



Anti-Tobacco Lesson #6

There's Still Nicotine in E-Cigarettes!

The use of e-cigarettes, or vaping, has become a "cool" and trendy alternative to smoking among teenagers and young adults, but is it safer than smoking tobacco? Did you know that e-cigarettes used for vaping contain nicotine?

Nicotine is a highly addictive chemical found also in e-cigarettes. Nicotine is an addictive drug and can be fatal in high doses. Nicotine negatively influences several parts of your body, including your brain, nervous system and heart. The use of nicotine over a period of time can lead to heart disease, blood clots and stomach ulcers.

Unscramble the words below. Make sure to tell your friends and family that even though vaping is an alternative to cigarettes, e-cigarettes still contain nicotine and should be avoided.

Be Smart-Don't Start Word Unscramble

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|---------------|-------------|-------------------|
| 1. EATMBRS | 6. INCINEOT | 11. CECNAR |
| 2. RT TSDAOTN | 7. SOPINOS | 12. HOGUC |
| 3. ZLAEB | 8. HAAMST | 13. OKTRES |
| 4. DDICNOIAT | 9. TIXCO | 14. BAITH |
| 5. COOATBC | 10. BEAETHR | 15. HSRES EAEATDI |

Word key: 1. Be Smart, 2. Don't Start, 3. Blaze, 4. Addiction, 5. Tobacco, 6. Nicotine, 7. Poisons, 8. Asthma, 9. Toxic, 10. Breathe, 11. Cancer, 12. Cough, 13. Stroke, 14. Habit, 15. Heart Disease



Third through fifth grade Oklahoma students are invited to join Blaze at *Be Smart-Don't Start Anti-Tobacco Day* on **Tuesday, May 7** at **Science Museum Oklahoma**. Museum visitors receive free admission!

PARTNERS

