

Don't Fall for Vaping

BUILD A TOWER OF TRUTH!

Teams answer questions about vaping to earn building supplies and complete stacking challenges. Correct answers earn stronger, sturdier materials. Incorrect answers earn weaker, wobblier materials. The last tower standing wins!

How it Works

1. Divide your Crew into at least two teams. Each team will need a flat surface to build on.
2. Your Adult Advisor will start the game by asking a question about vaping. Discuss as a team and decide what you think the answer is.
3. If your team answers correctly, you'll get one large Solo cup and a wide index card to start your tower. If your team answers incorrectly, you'll get one small Solo cup and a thin popsicle stick to start your tower.
4. Keep answering questions one at a time, earning large or small supplies and stacking your tower.
5. The last tower standing wins!

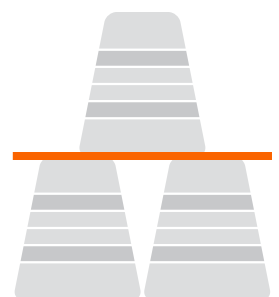
Play A Different Way!

Try these other stacking challenges to keep the fun – and learning – going.

- **Sky's the Limit:** Teams compete to build the tallest tower after a set number of questions.
- **One for All:** All teams build the same stacking formation with the large cups. Only correct answers earn a cup.
- **Smarty Stack:** Come up with a new list of harder questions.
- **Speed Stack:** Teams answer all questions first, collecting their supplies. Then, see who can build the tallest tower in 20 seconds!

What You'll Need (all files can be downloaded at RazeWV.com)

- Vaping True/False question list
- Large Solo cups
- Small Solo cups
- Index cards
- Popsicle sticks



Pro Tip! How you use your materials is up to you – but you must use them every round and keep them there once placed.

True or False Vaping-Related Questions and Answer Key (with correct answer highlighted):

T F – Vaping can cause popcorn lung.

T F – **The vapor is just water.** The “vapor” that ecigs make is actually an aerosol (a fine mist of tiny particles). The aerosol can contain nicotine, toxic chemicals and heavy metals. It’s way more than just water.

T F – **You are at risk when vaping without inhaling anything.**

T F – **18-year-olds can buy vapes or vape products.** The legal age to purchase tobacco products, including e-cigarettes is 21

T F – **If you become addicted to nicotine at a young age, you are more likely to try and become addicted to other substances (i.e. alcohol, opioids, cocaine, etc.) down the road.**

T F – Vaping can cause seizures

T F – **Vaping doesn’t hurt the people around me.** When you vape, you inhale aerosol into your lungs. Bystanders breathe this in when you exhale into the air.

T F – **Trying an e-cigarette just one time is not risky.** Almost 20% of the people who try an e-cigarette one time become regular users.

T F – **The Federal Drug Administration has approved e-cigarettes as a quit-smoking aid.** The Federal Drug Administration has not approved e-cigarettes as a quit-smoking aid.

T F – **Using nicotine between the ages of 10 and 18 makes you more likely to become addicted to other drugs in the future.** Using nicotine between the ages of 10 and 18 could make you more likely to become addicted to other drugs in the future.

T F – **Most people who smoke started when they were 20 years old or older.** Most tobacco use starts during adolescence (between the ages of 10 and 19).

T F – **Almost 50,000 people in the United States die each year from smoking.** The number is ten times that amount—almost 500,000 people die in the United States each year from smoking.

T F – **One JUUL e-cigarette pod contains less nicotine than two regular cigarettes.** One JUUL e-cigarette pod does contain as much nicotine as a pack of 20 regular cigarettes.

T F – **Smoking even a few cigarettes a day is harmful to one’s health.** Smoking even a few cigarettes a day is harmful to one’s health.

T F – **Many adults who use e-cigarettes to help them stop smoking do end up smoking both e-cigarettes and regular cigarettes.** Many adults who use e-cigarettes to help them stop smoking do end up smoking both e-cigarettes and regular cigarettes.

T F – **Raze members can make a BIG difference in their schools and communities?! TRUE!**