

**Introduction:** Use the questions below to ‘interview’ an adult you trust. Write the answers on this sheet. You will share the information with your class in the next *CATCH My Breath* session.

**Read** this out loud to the adult:

The purpose of this activity is for me to share with you what I’m learning in school about e-cigarettes and hear your opinions.

**Ask** the person to respond to the following statements with ‘True’ or ‘False.’ If they get it wrong, tell them about what you’re learning.

**1. Most e-cigarettes contain nicotine.** \_\_\_\_\_

*True. 99% of all e-cigarettes contain nicotine.*

**2. E-cigarette ‘smoke’ is water vapor.** \_\_\_\_\_

*False. The ‘smoke’ that comes out of an e-cigarette is an aerosol.*

**3. E-liquid can be fatal to babies and toddlers if ingested.** \_\_\_\_\_

*True. There have been over 23,000 poison control center cases related to e-liquid since 2013.*

**4. Teen brains get addicted to nicotine more easily than adult brains.** \_\_\_\_\_

*True. Young people’s brains are still growing and developing, making it easier to get addicted to nicotine.*

**5. The legal age to buy or use tobacco products, including e-cigarettes, is 18.** \_\_\_\_\_

*False. The legal age to buy or use tobacco products, including e-cigarettes, is 21.*

**6. Kids who use e-cigarettes are 4 times more likely to start regular cigarettes.** \_\_\_\_\_

*True. Young adults who use electronic cigarettes are more than four times as likely to begin smoking tobacco cigarettes within 18 months as their peers who do not vape.*

*Ask the person the following questions and write their answers.*

- 1. When you were younger did any of your friends or kids that you know pressure you to try any kind of tobacco product or e-cigarettes? Tell me about it.**

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- 2. What do you think is a good way to respond to that peer pressure?**

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- 3. How do you feel about someone my age using tobacco products like e-cigarettes?**

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- 4. Is there anything else you'd like me to know about e-cigarettes or other tobacco products?**

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