

VAPES DOWN QUIZ

Test your knowledge about e-cigarettes and vapes.



1. What vape chemical is also used to preserve dead animals?

- a) Diacetyl
- b) Formaldehyde
- c) Artificial sweetener
- d) Frog juice

2. Teens who vape are at risk of:

- a) Issues with long-term memory
- b) Increased mood disorders
- c) More vulnerable to addiction because their brains are still developing
- d) All of the above

3. People who vape have:

- a) Less stress
- b) Better focus
- c) Better physical performance
- d) None of the above

4. Which ingredient is not a main one found in vapes?

- a) Butanoic acid
- b) Hydrogen cyanide
- c) Water
- d) Acetone

5. You could be addicted to vapes if you:

- a) Vape even though you know it's bad for you
- b) Feel anxious and vape to help
- c) Vape instead of eating
- d) Hide it from others
- e) All of the above

6. The nicotine in one vape pod is equal to:

- a) 2 cigarettes
- b) 30 cigarettes
- c) 10 cigarettes
- d) Enough to give you the shakes

7. True or False: vaping will reduce stress and anxiety.

- a) True
- b) False, nicotine can cause and increase anxiety

8. True or False: it's just water vapor in vapes.

- a) True
- b) False, you're inhaling aerosol and other harmful chemicals

9. What do vapes and vomit have in common?

- a) Butanoic acid
- b) The color
- c) The smell
- d) Health benefits

10. Nicotine in a vape can cause brain fog.

- a) True
- b) False

11. At what age can you legally buy a vape in Texas?

- a) 18
- b) 21
- c) 20
- d) No legal age

12. Vaping can cause:

- a) Lung damage
- b) Shortness of breath
- c) High blood pressure
- d) All of the above

13. True or False: flavored vapes are safe.

- a) True
- b) False, flavors can contain harmful chemicals

READY TO QUIT?

Visit vapesdown.yesquit.org

ANSWER KEY

The correct answer choices are bolded below.



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