

Student Name: \_\_\_\_\_

## Exploration Activity: Smoking vs Vaping- What's the Impact?

**Instructions:** In this activity, you will learn the effects of smoking and vaping on your body and the environment.

Make a project that shows how smoking or vaping can hurt your lungs, heart, brain, and the planet. You can choose how to show your work, such as a poster, slideshow, or infographic. While doing your project:

- Use good sources like Health Canada, Canadian Cancer Society, Alliance for the Control of Tobacco NL, [Nicotine \(inhaled\)](#) substance snapshot.
- Say where you got your information.
- Use your own words — don't copy and paste.

### In your project, make sure to cover these key points:

- Define smoking and vaping. Briefly describe how they both work.
- What are the health risks of vaping? What are the health risks of smoking cigarettes?
- Why are vapes and cigarettes addictive?
- Where is smoking/vaping allowed or banned?
- What is the legal age for smoking or vaping?
- Why do people (especially teens) start smoking or vaping? How do families, schools, and governments help prevent it?
- What are the impacts of secondhand smoke or vapour?
- How can smoking or vaping impact the environment?
- Conclusion: What is one important thing you learned today?
- In your opinion, which do you think is more harmful — smoking or vaping? Explain your answer using facts.