

# Talking About Tobacco and Vaping in Your Classroom

## Talking Tips

- **Start with facts, not fear.** Present clear information on the dangers of tobacco and addiction. Use our [age-specific worksheets](#) to help foster this discussion.
- **Encourage conversation.** When students come with questions, be open to answering them yourself and share our conversation guides with parents.
- **Customize your discussions.** You know as well as anyone how unique every student is. Focus on their individual goals, dreams and interests to help the conversation stick.
- **Lead with empathy, not judgment.** Honesty is the best policy. If one of your students vapes or uses tobacco, let them know about quit assistance and point them to the [TSET Healthy Youth Initiative](#) for more help.
- **Set a strong example.** Kids are always watching. If you currently use tobacco or nicotine products, [consider quitting](#). Decorate your classroom with our [tobacco-free posters](#) to encourage healthy choices.
- **Stay current on trends.** Tobacco and nicotine products are always changing. Stay on top of trends with our [Nicotine 101 download](#).

## Quiz Questions

1. Vapes contain which of the following chemicals?  
1) Formaldehyde 2) Oxygen 3) Arsenic 4) Neon  
Answer: 1 & 3
2. True or false: Vaping is completely safe and non-addictive.  
Answer: False. Most vapes contain nicotine.
3. Which of the following statements is false? 1) Nicotine boosts athletic performance. 2) Nicotine increases anxiety. 3) Nicotine causes mood swings.  
Answer: 1

## Quick Facts

- A single vape can contain as much nicotine as a pack of cigarettes.
- Young vape users are much more likely to smoke or use other products later in life.
- Kids report vaping as early as 11.
- Nicotine can lead to learning difficulties and mental health struggles that can last a lifetime.