

The Dangers of Vaping and Marijuana

https://www.scripps.org/news_items/6861-is-vaping-safe-is-it-safer-than-smoking-video
[Is Vaping Safe? What Are The Risks? \(video\)](#)

While watching the vaping video, answer the following questions:

1. What is vaping?	Vaping is when you use a device that heats liquid into vapor.
2. What is CBD?	CBD is a chemical that is found in the marijuana plant.
3. What is THC?	THC is also found in the marijuana plant and that's what gets you high when vaping.
4. What is the most worrisome damage of vaping?	The most worrisome damage of vaping is that it is very addictive and it does a lot of damage to your body in so many different ways.
5. Which additive in vaping is most dangerous?	The most dangerous additive in vaping is vitamin E that is found in THC.
6. Why is this additive so dangerous?	It is so dangerous because it can damage the lungs in so many ways.
7. How many cases of lung disease and deaths have been associated with vaping?	There have been more than 40 deaths and thousands of cases with lung disease.
8. Is there any way to vape safely?	NO, there is absolutely no way of vaping safely.

Write a summary of the video explaining the main ideas and what you learned from the video.

What I learned from the video is that vaping in general is bad for you. That it has a lot of addictive chemicals in it and more of the younger generation is using vapes. Vaping is probably just as bad as smoking. I also learned that if you wanna quit vaping to speak to your physician about the different ways to quit.

Read both articles carefully. After you read them, write a summary of each article explaining the main ideas and what you learned from reading the article. **You may not copy and paste** any information from the articles. You need to read them both carefully and then **explain in your own words** what you learned. After writing the summaries, you need to write a paragraph explaining how what you read applies to you, and how this information will affect your future choices.

<https://www.sciencenewsforstudents.org/article/data-show-worrisome-rise-youth-vaping>

<https://www.sciencenewsforstudents.org/article/legalizing-pot-may-confuse-teens-thinking-its-safe>

Article 1 : This article talks about how vaping in teens and tweens keeps on growing and how there has been 1,299 cases of lung injury that has been linked to vaping since this summer. It also talks about how over the years vaping has become more popular, high schoolers and even 8th graders have been using it more and it is not surprising that a lot of these teens are already addicted. Since vapes contain nicotine, nicotine messes with teens' brains whenever they are developing.

Article 2 : This article talks about how a lot of kids show up to class high on marijuana and that they are spacey and unfocused. It also says that some teens that use marijuana regularly tend to develop mental health problems such as anxiety, depression, and psychosis. Some other problems that are linked to using marijuana are making memory worse. A message they said is just because marijuana is legal doesn't mean it is safe for you.

This information applies to me because I am one of those teens smoking in the bathrooms and if I don't start making the right choices I'm not going to have the best future that's even if I get to have a future. I also need to face my problems and know I messed up and find a way to fix it before it gets worse. Now that I know what I did I know not to do it again and learn from this experience.