

# VAPING QUIZ AND NH PLEDGE

## ACTIVITY

### Time Needed

40-60 minutes

### Materials

Note-taking supplies

List of questions (below)

Access to the Internet

Just Think Twice Vaping Quiz - can be taken online at:

<https://www.justthinktwice.gov/quiz/quiz-vaping-marijuana>

### Activity Description

There is a lot of information accessible to us and it's helpful to separate fact from fiction. You will take the [Vaping Quiz](#) and consider how you can say no to vaping. Signing the pledge and including your parent or guardian can help you keep yourself accountable to making good decisions.

### Suggested Steps

1. Students take quiz.
2. Talk in pairs or a small group about the following questions:
  - a. what did you learn that you didn't know before?
  - b. Does this quiz change your views? If so, how?
  - c. How might the information in this quiz be useful to you?
  - d. If there was one thing you would want others to know based on what you've learned from this quiz, what would it be?
  - e. What do you still wonder about vaping? Try to find the answer.
3. Take the [Natural High Pledge](#) at <http://bit.ly/PledgeToLiveNaturallyHigh>



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