

Vapor or Aerosol? Does it Really Matter? Activity

Purpose & Preparation	Procedure
<p>Purpose:</p> <p>To understand why the differences between vapor and aerosol are important.</p> <p>To demonstrate that aerosols leave residue behind and e-cigarettes/vape pens aerosols do the same.</p> <p>Materials Needed:</p> <ul style="list-style-type: none"> ○ Spray bottle filled with water ○ Aerosol hair spray can (if it has a fruity smell, better yet) or aerosol underarm deodorant ○ "So, What's Really in These E-Cigarettes/Vape Pens?" PowerPoint Slides 12-14 	<p>Procedure:</p> <p>Show the "So, What's Really in These E-Cigarettes/Vape Pens?" PowerPoint</p> <ul style="list-style-type: none"> • Slides 12-14 <p>Show the class the water-filled spray bottle.</p> <p>Say to the class:</p> <ul style="list-style-type: none"> • Just FYI, I filled this spray bottle just a few minutes ago with water. If I spray this on my hair [spray water bottle on your hair], what will happen? [Some people will answer your hair will get wet, or you can just say "My hair will get wet."] <p>Ask the class:</p> <ul style="list-style-type: none"> • In 30-45 minutes, when this water dries from my hair, will anything be left on my hair? [Looking for: "no, nothing will be left because this was just water vapor/spray."] • Vapor is one of the main words the e-cig/vape companies want you to associate with their products. Nice and safe. • [Point the water spray bottle towards your mouth] By the way, do you think it is safe to spray this into my mouth and swallow? Is it safe to drink and digest? [Answers will likely be yes from the crowd.] • [Spray the bottle of water into your mouth and swallow.] Yes, it is, it's only water and water vapor/spray. [Hold the aerosol hair spray can up.] <p><i>More directions below, please continue reading</i></p>



Web link: [http://med.stanford.edu/tobaccopreventiontoolkit/activity-pages/Vapor or Aerosol Does It Really Matter.html](http://med.stanford.edu/tobaccopreventiontoolkit/activity-pages/Vapor%20or%20Aerosol%20Does%20It%20Really%20Matter.html)

Vapor or Aerosol? Does it Really Matter? Activity

- **Now what will happen if I spray this onto my hair?** [Hold it up as you are about to spray your hair.] **Is this only water vapor?**
- [Read some of the chemicals in the product.] **Let me ask again, what will happen when I spray my hair with this aerosol-propelled hair product? It will shape and hold my hair. In 30-40 minutes will it be dry? What will be left in my hair? Will all the chemicals in this aerosol be gone from hair, or will some of them still be left to shape and hold my hair?**
- [Wait for the answers.] **Yes, you're right, some of the chemicals will still be left in my hair. After all, when you have chemicals in the form of an aerosol, they may look like water vapor, but they actually have small particles of...chemicals. Some will just hold hair and others if inhaled will do damage.**
- **Now let me ask, is this aerosol** [hold the can up] **safe for me to spray into my mouth and drink? Swallow?** [Hold the can near your open mouth.] **Why? Why not?** [Wait for their answers. You may want to read some of the chemicals again in the hair aerosol.]
- [With a spray on hair product, repeat the exercise. Optionally, pull out a can of aerosol under arm deodorant, ask and repeat the same questions.] **Do you believe e-cigarettes/vape pens/aerosol products are just water vapor? If not, are they safe? What kind of particles do you think they may have in them?**
- **Why does it matter that e-cigarettes/vape pens produce aerosol and not water vapor?**
 - **Aerosols leave residues behind that can be harmful.**
- **Let's talk about a real-life example of this.**

