



English II

Reading comprehension

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Vapes: Seriously, They're Toxic!

Vaping has become popular, especially among young people, but many do not realize how dangerous it is. Vapes, or e-cigarettes are electronic devices that produce vapor and contain harmful chemicals that can seriously damage your health. **They may seem safer than regular cigarettes, but in reality, they can be just as toxic.**

Most vapes contain **nicotine**, a highly addictive substance that affects the brain. It can cause mood changes, anxiety, and make quitting very difficult. Some vapes also contain **toxic chemicals** like formaldehyde and heavy metals, which can harm the lungs and other organs. **Even "nicotine-free" vapes can contain dangerous substances that irritate the respiratory system.**

The **health risks** of vaping include lung damage, breathing problems, and increased heart rate. Some people develop a condition called "**vaping lung disease**", which makes it hard to breathe and can even be fatal. Long-term use may also increase the risk of heart disease and other serious illnesses.

Another big problem is that vaping is marketed to young people with sweet flavors and colorful packaging. This makes it seem harmless, but the truth is that vaping can lead to addiction and long-term health problems. Many people who start vaping later switch to cigarettes or other drugs.

Vaping is not a "safe" alternative to smoking, it is toxic and addictive. The best way to protect your health is to **avoid vaping completely** and spread the truth about its dangers.



Now create the organizer with the following branches:

- What Are Vapes?
- Harmful Ingredients
- Health Risks
- Why Avoid Vaping?

Paste the reading in your portfolio, underline the information for each branch, then create your organizer.

This is the design you must follow, of course, you can add images, and details, be free to be creative.

