

# VAPING TRIGGERS

**INSTRUCTIONS:** Triggers can feel really heavy, but it's important to understand them! In your small group, pick three triggers from the list you are assigned and prepare to act them out for the other groups to guess what they are!



<b>SOCIAL TRIGGERS:</b> Social situations or events	<b>EMOTIONAL TRIGGERS:</b> Thoughts or feelings	<b>EVERYDAY TRIGGERS:</b> Daily happenings or events
<ul style="list-style-type: none"><li>• Seeing someone vape</li><li>• Vaping smell</li><li>• Hanging out with friends who vape or smoke</li><li>• Going to a social event</li><li>• Studying with friends</li><li>• Being offered a vape</li><li>• Seeing vapes on social media</li></ul>	<p><b>Negative Emotions:</b></p> <ul style="list-style-type: none"><li>• Stress/Anxiety</li><li>• Loneliness</li><li>• Boredom</li><li>• Sadness</li><li>• Frustration</li><li>• Being upset</li></ul> <p><b>Positive Emotions:</b></p> <ul style="list-style-type: none"><li>• Happiness</li><li>• Excitement</li><li>• Relief</li></ul>	<ul style="list-style-type: none"><li>• Texting or playing on your phone</li><li>• Using the school bathroom</li><li>• Seeing vaping ads on social media</li><li>• Doing homework</li><li>• Watching TV or playing video games</li><li>• Walking</li><li>• Idle time<sup>1</sup></li></ul>

1. National Institute of Health. (2020). Understand your vaping triggers. Retrieved from <https://teen.smokefree.gov/quit-vaping/understand-your-vaping-triggers>