

Vaping Bingo Game Instructions



Materials

1. 10 different vaping bingo game cards to use individually or in pairs
2. Pens/markers/tokens for each player
3. Question Sheet
4. Prizes (optional)

Game Duration:
Approximately 20-30 minutes

Instructions and game rules

- The facilitator introduces the topic of vaping as per text from the introduction sheet and then facilitates the game.
- Provide one bingo card and a pen/marker/token to each player/pair of players.
- The facilitator asks each Vaping Bingo Question on the following sheets and invites the players to call out the answer. Once someone has got it right and discussed the answer they can mark off that square on their card. Answers are provided to support the facilitator to discuss more detailed information with the class.
- The first player to have 4 correct answers in a row (vertical/horizontal or diagonal) wins.
- Continue playing until all questions have been asked and/or someone wins.

Note: As an educational activity continue playing until all questions have been asked and answered in order for players to understand more about vaping.

An educational presentation is also available to use as a stand-alone resource or as an introduction to this game.

This is a fun and interactive way to talk and learn about vaping.

Once the game is finished hold a short group discussion about the topic using the following questions as a guide:

- What stood out for you?
- What information surprised you?
- What did you learn that was new?
- What is your main take home message?

Introduction

Today we will be learning together about vaping and to do so we're going to play a game! We know that most young people do not vape however, we have seen an increase in vape use across the community and any uptake is concerning.

You might think vaping is harmless, but it isn't. The serious consequences of vaping are just starting to emerge and we want to make sure young people have access to the correct information.

Vapes, also known as e-cigarettes, heat a liquid into a vapour that users inhale. Vapes may seem harmless, but those appealing flavours are designed to suck you in. Many people think that it is just flavoured water vapour and that it is safe but that is not true. The truth is that vapes contain chemicals and toxins, including those known to cause cancer - they just don't put it on the label. Vapes contain hundreds of chemicals like those found in disinfectant, bug spray, weed killer, and other household products.

There are also a range of health impacts (both short and long term) on our bodies and we will explore them throughout the game.

Let's play!

To find out more about vaping let's launch into a game of Vaping Bingo.

I'm going to ask a question. Put your hand up if you know the answer. If your answer is correct you can mark it off. The first player to have 4 squares in a row (in any direction) is the winner.

Are you all ready? Do you have your cards and pens/markers/tokens ready?

Vaping Bingo Questions

Q1

Is vaping considered safer than smoking?

ANSWER: No

Even though scientists are still learning about vapes, they do not consider them safe. It took decades to understand the damage smoking was causing to health.

Immediate short-term health effects of vaping include nausea, vomiting, mouth and airway irritation, chest pain and palpitations. Because vapes are relatively new and haven't been studied over a long period of time, it is impossible to say they are safer than cigarettes.

The health risks associated with vaping remain uncertain, but they cannot be considered safe. Both vapes and cigarettes have health risks.



Q2

How are vapes designed by tobacco companies to appeal to young people?

ANSWER: The flavours

Flavours (e.g. watermelon, grape, caramel, bubble-gum, vanilla, mint, etc) and colourful packaging used for vapes make them appealing.

Many vapes also contain nicotine, which you can become addicted to very quickly. Tobacco companies are continuously looking for new customers.

Vapes are a new way to get young people addicted to nicotine.

FLAVOURS



Q3

Is selling vapes to a person under 18 years illegal?

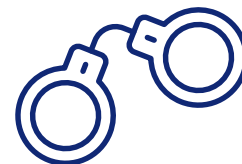
ANSWER: Yes

Just like tobacco products, selling any vape or vape accessories to anyone under 18 years of age is illegal in NSW, regardless of whether the product contains nicotine or not. This includes sales in stores as well as online sales.

It is illegal for retailers to sell e-cigarettes or e-liquids that contain nicotine, including online sales. Only pharmacies can sell e-cigarettes to people over 18 years old with a valid prescription for the purpose of quitting cigarettes.

If you suspect someone is selling vapes to minors, you can report it to NSW Health by completing the online reporting form or call the Tobacco Information Line on 1800 357 412.

1300 357 412



Q4

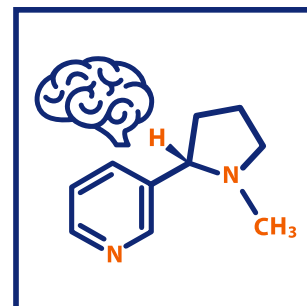
What is the name of the addictive drug often found in vapes that is more harmful to young brains than in people over the age of 25 years?

ANSWER: NICOTINE

Nicotine is a drug that is present in many vapes and is very addictive for young brains. Getting addicted to nicotine is a lot easier than people think. The chemical changes the way your brain works, causing you to crave more nicotine and making it hard to think about anything else.

Addiction keeps you vaping even when you want to quit.

It can cause long-lasting negative effects on your brain development. There's evidence that adolescents may become addicted to nicotine quicker, and at lower or less regular levels of consumption than adults. Adolescence is an important time for brain development, and exposure to nicotine can have long-term health consequences, impacting memory, attention, and learning.



Q5

Do vapes that are labelled “nicotine free” or are advertised as nicotine free ever contain nicotine?

ANSWER: Yes

Testing has shown that vapes labelled ‘nicotine-free’ can have high nicotine levels.

People can think they are using nicotine-free vapes and can unknowingly quickly develop a nicotine addiction.



Q6

Can vaping cause a life threatening situation?

ANSWER: Yes

Vapes have been linked to seizures, particularly in young people. The most likely cause is nicotine poisoning.

The nicotine concentration in e-cigarette cartridges varies, so it may be that users inhale more than expected, or that there are underlying medical conditions that make them more susceptible to seizures.

One thing that makes assessing the health risks of vaping difficult is that the market is largely unregulated and ingredients are often mislabeled.



Q7

How do I say no to a vape when I am offered one?

ANSWER:

If you don't want to vape, you're not alone. When someone offers you a vape, it's good to have a reason ready to deal with pressure from friends and tell them why you don't want to get sucked in.

Here are a few:

- "Nah – nicotine gives me a headache"
- "I don't want to get hooked like a smoker"
- "I'm trying out for the footy team, and I don't want vaping to ruin my chances"

Maybe make a joke, or say "no thanks" plainly and firmly. Whatever works, just be prepared.



Q8

How many chemicals have been found to be added into vapes?

ANSWER: Over 200 chemicals

Over 200 chemicals have been found in vapes when they are tested.

These can include: acetone (generally found in nail polish remover), acrolein (commonly found in weedkiller), and formaldehyde (used in industrial glues and for preserving corpses in hospitals and funeral homes).

Most vapes also contain nicotine and did we mention heavy metals, like nickel, tin, and lead? That's sick! But not in a good way.



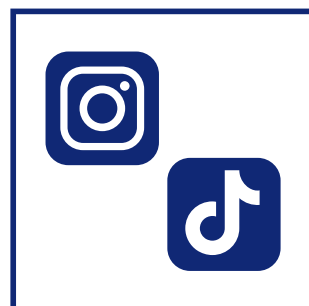
Q9

What is a technique that sellers use to reach young people?

ANSWER: Social media

Social media such as Tik Tok and Instagram are often used to promote vapes - techniques are used to make them look harmless and appealing to young people.

It is important to understand tobacco companies use these techniques to increase the sale of these products that are illegal to purchase anywhere else.



Q10

What impact do vapes have on lungs?

ANSWER:

Vapes can expose you to chemicals at levels that have the potential to cause negative health effects and can impact your lungs and fitness. Vaping has been linked to serious lung disease.

Importantly, many of the long-term harms of vaping are still unknown.

When you inhale from a vape you can be exposed to:

- The same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- Toxins such as formaldehyde and heavy metals.
- Ultrafine particles that can be inhaled deep into the lungs.
- Flavouring chemicals such as diacetyl (a chemical linked to serious lung disease).



Q11

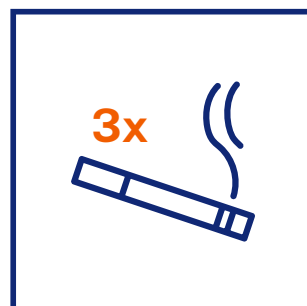
Do people who use vapes go onto use tobacco cigarettes?

ANSWER: Most adults who smoke cigarettes became addicted to nicotine as teenagers.

Nicotine is highly addictive and research suggests that young people can become more easily addicted to nicotine than adults.

Research indicates that young people who vape may be three times (3x) more likely to go on to use regular cigarettes. Signs of addiction include cravings, or feeling like you really need to vape; going out of your way to get a vape; feeling anxious or irritable; continuing to vape because you find it hard to stop; and, having trouble sleeping.

Exposing young brains to nicotine early can wire the brain to be more addicted to substances into adulthood. Substance abuse can affect all areas of life including relationships and employment. Vaping can affect mental health, both in the short and long term, causing symptoms of depression, anxiety and substance use disorders because of the way nicotine changes the brain.



Q12

Do the same “smoke-free laws” that are designed for cigarette use in public places also include e-cigarettes/vapes?

ANSWER: Yes - The Smoke-free Environment Act 2000 prohibits people from using e-cigarettes in smokefree areas.

Importantly, many of the long-term harms of vaping are still unknown.

When you inhale from a vape you can be exposed to:

- all indoor public places
- outdoor public places:
- within 10 metres of children’s play equipment in outdoor public places
- spectator areas at sports grounds or other recreational areas used for organised sporting events
- within 4 metres of a pedestrian access point to a public building
- commercial outdoor dining areas
- in a car with a child under 16 years of age in the vehicle

NSW Health inspectors conduct regular compliance monitoring and enforcement activity. Inspectors enforce the ban on using e-cigarettes where smoking is not permitted. They can issue cautions or on-the-spot fines to people who break the law.



ARE THE LAWS
THE SAME?

Q13

Are burns a potential risk to using vapes?

ANSWER: Yes

Vaping waste contains chemicals that can burn or explode.

The number of medical reports of injuries caused by the explosion of e-cigarettes has significantly increased. The batteries in e-cigarettes can overheat, catch fire, or explode and in some cases, it has led to serious injury and disability.



Q14

Can vaping affect your mental health?

ANSWER: Yes

Regular nicotine use can worsen stress and anxiety and can make you more susceptible to depressive symptoms.

Increased symptoms of depression are linked to vaping nicotine. Research shows a link between increased nicotine use and depression, meaning the more you use nicotine, the higher your risk of depression. Nicotine – which is in most vapes – can amplify depression symptoms and can make anxiety symptoms worse.



Q15

Can vaping affect your sporting performance?

ANSWER: Yes

Young people who vape tend to experience the same negative effects as tobacco in adult smokers.

Vaping can slow down lung growth, impair lung function and cause the heart to beat faster, affecting physical activity performance and causing more frequent injuries and complications from injuries that delay a return to sports and other physical activities.



Q16

Where can I find support to quit vaping?

ANSWER: Quitline on 13 QUIT (137848)

Most vapes contain nicotine, which makes them highly addictive like cigarettes and can make quitting difficult even if you try really hard. If you think you may be addicted, or know someone at risk, support is available to help you get off vapes.

You can talk to your GP or local youth health service for advice and support. Or you can call the Quitline on 13 QUIT (137848)

13 QUIT

This resource has been based on the following sources:

Know what you're vaping toolkit: NSW Health

<https://www.health.nsw.gov.au/vaping>

Your room: NSW Health

<https://yourroom.health.nsw.gov.au/getting-help/Pages/Respect-Your-Brain.aspx>

Quitline: NSW Health

<https://www.icanquit.com.au/>

Australian Drug Foundation

<https://adf.org.au/drug-facts/vaping-e-cigarettes/>

American Journal of Preventative Health

[https://www.ajpmonline.org/article/S0749-3797\(19\)30368-X/fulltext](https://www.ajpmonline.org/article/S0749-3797(19)30368-X/fulltext)

You can seek further support:

Quitline - <https://www.icanquit.com.au>

Family Drug Support - <http://www.fds.org.au/>

ReachOut Australia - <https://au.reachout.com/>

Lifeline - <https://www.lifeline.org.au/>

Headspace - <https://headspace.org.au/>

This resource has been developed in response to priorities set by the Vape Free Action Group. This group was formed in November 2022 by Murrumbidgee Local Health District to bring together a diverse range of stakeholders across the community to share knowledge, facilitate the development of ideas and build community capacity to respond to youth vaping.

Members include representation from:

Murrumbidgee Local Health District

Albury Wodonga Health

Riverina Police District

Karralika Programs

Cancer Council NSW

NSW Department of Education

Catholic Schools NSW

Young people aged 16-24

PCYC Griffith and PCYC Wagga Wagga