

VAPING MYTHBUSTERS GAME SHOW

A fun and interactive way
to bust vaping myths in
Australian secondary school classrooms





OBJECTIVE

Students will challenge misconceptions about vaping, understand the health risks, and engage in critical discussions through a fun, competitive game show.

Learning outcomes:

- Correctly identify false vaping claims and understand why they are misleading.
- Comprehend the real health risks of vaping, including its effects on addiction and long-term well-being.
- Confidently explain the dangers of vaping to peers, using factual evidence.
- **Develop critical thinking skills** by challenging misconceptions and evaluating information effectively.













ACTIVITY INSTRUCTIONS

Activity flow



1. Split the Class into Teams (2-3 minutes):

- Divide the class into two or more teams.
- Assign one student to be the game show 'host' who reads out the statements.
- The teacher acts as the game show referee and point tracker.

2. Game Show Rounds (10-15 minutes):

- The student host reads each statement aloud.
- Teams will have a few seconds to discuss their answer.
- Each team provides their answer (True or False) by raising a hand or writing on a whiteboard.
- Points are awarded for correct answers, and the teacher keeps track of points on the board.
- After each round, the host (or teacher) reveals the correct answer with a brief explanation.

3. Peer Reflection Circles (Wrap-up discussion) (5-10 minutes):

Break the students into small groups (2–3 students per group).

Debunk the myths:

- Each group picks **3** false statements from the game show.
- The group works together to **figure out how they would debunk** each myth, using what they learned from the activity.
- They should think about **how they would explain the truth** in a way that would convince someone who believes the myth.

Group Presentations:

One representative from each group presents their **3 debunked myths** and explains how their group would counter these misconceptions, offering facts and practical explanations.



STATEMENTS TO USE IN THE ACTIVITY



1. Vaping is a safe alternative to smoking

False: Vaping can lead to the same risk factors and health concerns as cigarettes, including asthma, cancer, heart disease, and stroke (Glantz, 2024; Khanagar, 2024).

2. The vapour from e-cigarettes is just flavoured air

False: E-cigarette vapour is an aerosol with nicotine, flavourings, and harmful chemicals like formaldehyde, diacetyl, acrolein, vitamin E, and many unknown substances (<u>Hopkins</u>).

3. Secondhand vapour is unsafe

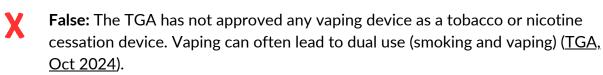


True: Secondhand emissions from e-cigarettes contain harmful chemicals and ultrafine particles that can cause respiratory issues, even in non-users (<u>Hopkins</u>).

4. Vaping helps with stress and relaxation

False: While it may provide temporary relief from nicotine withdrawal symptoms, vaping worsens anxiety and depression over time (CDC, 2024).

5. Vaping is an effective way to quit smoking





STATEMENTS TO USE IN THE ACTIVITY (CONTINUED)



6. Most teens do not vape



True: Only about 10% of Australian teens aged 14–17 vape regularly. The perception that it's more common comes from its high visibility and marketing (AIHW, 2023).

7. Vaping is more eco-friendly than traditional cigarettes



False: Vapes contribute significantly to environmental pollution through non-biodegradable materials, toxic waste, and microplastics (<u>Beutel et al. 2021</u>).

8. E-cigarettes don't contain nicotine or have less nicotine than traditional cigarettes



False: Many e-cigarettes contain nicotine, often in high concentrations. Some e-cigarettes can deliver more nicotine than traditional cigarettes. For example, one vape can contain as much nicotine as 300 cigarettes or about 15 packs! (Queensland Health, 2024)

9. Vaping is addictive



True: Vaping is highly addictive due to the nicotine content. The nicotine in ecigarettes can be especially addictive to young people, whose brains are still developing (<u>Cancer Council, 2024</u>).

10. Vaping is unsafe during pregnancy



True: Vaping during pregnancy can be harmful to fetal development. Nicotine can damage a developing baby's brain and lungs (<u>Vilcassim</u>, 2023).





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