



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

X 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

X False: E-cigarette vapour is an aerosol with nicotine, flavourings, and harmful chemicals like formaldehyde, diacetyl, acrolein, vitamin E, and many unknown substances ([Hopkins](#)).

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 ([Hopkins](#)).

4. Vaping helps with stress and relaxation

X 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

X False: The TGA has not approved any vaping device as a tobacco or nicotine cessation device. Vaping can often lead to dual use (smoking and vaping) ([TGA, Oct 2024](#)).

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 ([Beutel et al. 2021](#)).

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 e-cigarettes can be especially addictive to young people, whose brains are still developing ([Cancer Council, 2024](#)).

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 ([Vilcassim, 2023](#)).



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