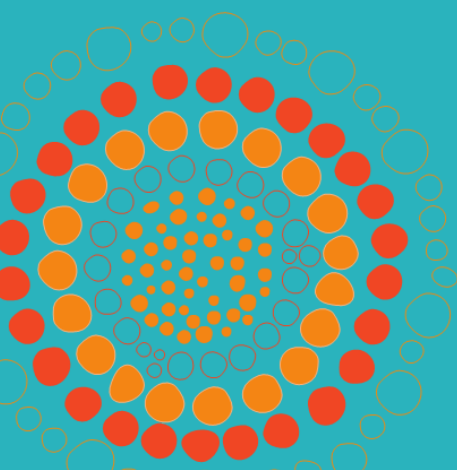


Vaping and E-cigarette **ACTIVITY BOOK**

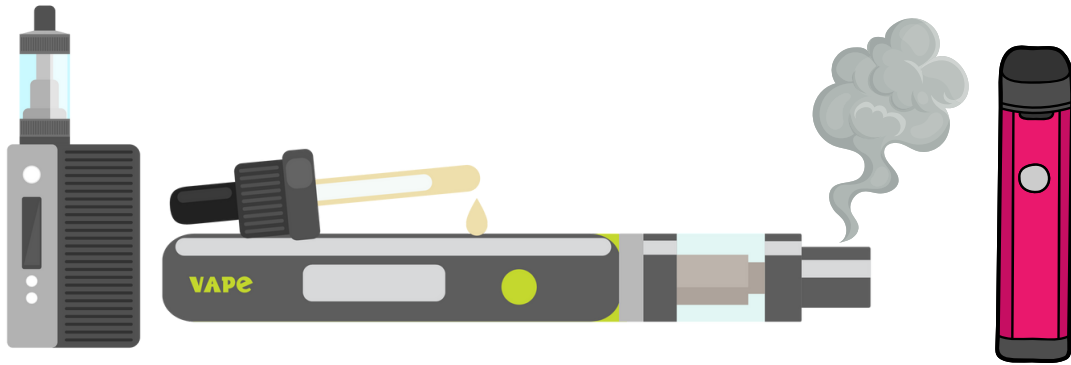


KIMBERLEY
TACKLING
INDIGENOUS
SMOKING



PRE-READING

"Vaping" is the word that is used when someone inhales vapour from electronic cigarette devices - or vapes.



Vapes work by heating up a liquid, known as "vape juice", turning it into vapour. The vapour is made up of liquid particles which contain many harmful chemicals.



Some people may believe that vapes are a healthier alternative to commercial cigarettes, however most vapes contain nicotine which is



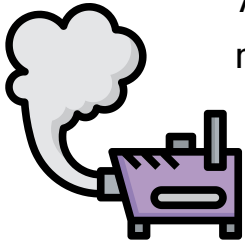
Vape juices contain many harmful chemicals, with many not labelled at all!

PRE-READING

The primary ingredients found in vape juices include:

Propylene glycol

A chemical used to make fake smoke in smoke machines.



Vegetable glycerin

A chemical known to be toxic to human cells.



Nicotine

A chemical that is also found in cigarettes.



Flavourings

These chemicals may be safe to eat, but it is not known if they are safe to inhale.



WARNING

Some vape juices that are labelled as 'nicotine-free' may still contain nicotine!

Hidden ingredients in vape juices include:

Diethylene Glycol

A chemical used in car coolant.



Acetaldehyde

A chemical used to make perfumes.

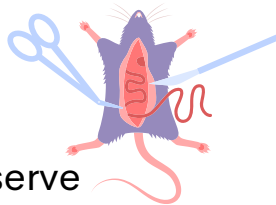


Cadmium

A toxic metal used to make batteries.

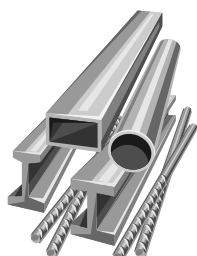
Formaldehyde

A chemical used to preserve dead bodies and lab animals.

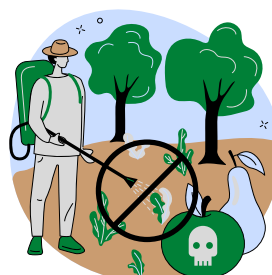


Benzene

Found in car exhaust fumes.



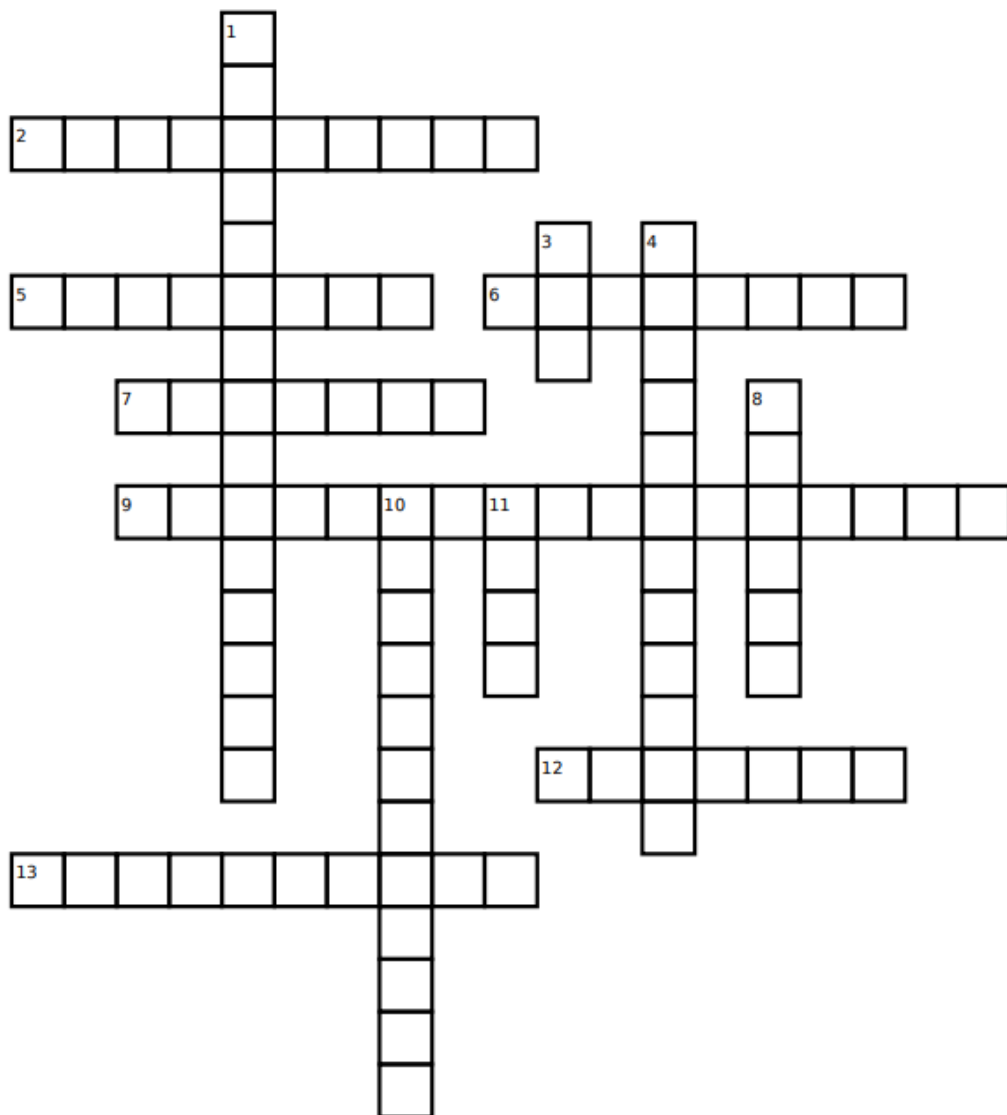
Nickle, Tin and Lead
Heavy metals.



Acrolein

An ingredient in weed killers

WHAT'S IN A VAPE?



Down:

1. A chemical that is used to make fake smoke in smoke machines
3. A heavy metal.
4. The chemical used to preserve dead bodies.
8. A heavy metal.
10. A chemical used to make perfumes.
11. A heavy metal.

Across:

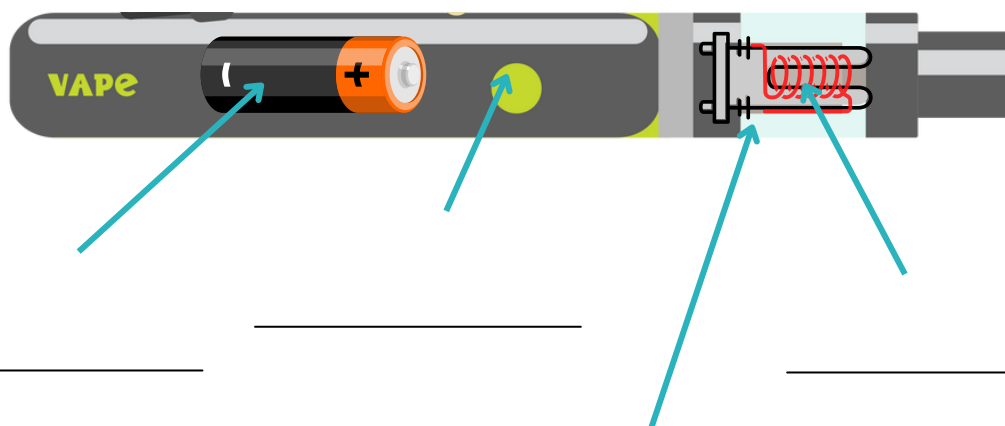
2. Chemicals that may be safe to eat but it is not known if it is safe to inhale.
5. Weed killer uses this as an ingredient.
6. An addictive chemical also found in cigarettes.
7. Is found in car exhaust fumes.
9. A toxic chemical for human cells.
12. A toxic chemical used to make batteries and is also found in cigarettes.
13. Car coolants use this chemical as an ingredient.

INSIDE A VAPE

Vapes come in many different shapes and sizes, but all have at least three major components.

Vape juice is stored in a cartridge. The juice is then turned from a liquid into a vapour by a heating element (coil) - powered by a battery - which allows for the harmful chemicals to be breathed in.

Can you label the following parts of a vape?



Do you think that vapes are well made and are physically safe?
Explain why you think they are/are not.

FACT OR FICTION

Circle the correct answer.

Most vapes only contain water and flavouring.

TRUE

FALSE

Even if the packaging states that the vapes are "nicotine-free", they may still contain nicotine.

TRUE

FALSE

Young people who vape are not likely to start smoking cigarettes.

TRUE

FALSE

The addictive part of vapes is the nicotine.

TRUE

FALSE

One vape can have the same amount of nicotine as 50 cigarettes.

TRUE

FALSE

Young people are less likely to become addicted to vaping than adults.

TRUE

FALSE

Vapes are marketed towards young people.

TRUE

FALSE

WHAT FLAVOURS FOR WHO?

The packaging and advertisement of vapes have been designed to reflect the flavour of the vape juice, coming in bright colours and often advertised using "influencers" on social media.

Write down what group (teenagers, young adults or adults) you think would like the flavours below the most.



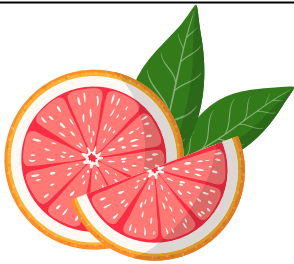
CANDY



MINT



CHILLI



grapefruit



anchovies



pineapple



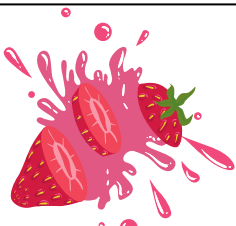
bubble gum



cola



banana



STRAWBERRY



SUSHI



COFFEE

VAPING AND THE RISKS

1. What is vaping?

2. What is the addictive chemical that most vaping products contain?

3. List 3 other harmful chemicals that can be found in some vape products and where the chemical can be found.







4. Name the primary age group that vapes target.

5. Explain how vapes target and are promoted to this age group.

HEALTH IMPACTS JUMBLE

Vaping affects many parts of the body. Research on the health impacts of vaping is ongoing, therefore the full effects are not yet known.

It is common for people to believe that vaping is harmless water vapour — in fact, it contains toxic particles.

The picture below shows what we currently know about the impact of vaping on the body.

Draw a line to match the jumbled word with the correct word.

USSREZEI

HEART DISEASE

IBNAR LONETVMEPED

EMPHYSEMA

ISIRLERRVEEB UNGL EGADMA

LIVER DAMAGE

IAEVL

IRREVERSIBLE LUNG DAMAGE

YEMEPMHAS

BRAIN DEVELOPMENT

AHETR IEESDAS

COUGHING

DOBLO NDA ROAUNILCTIC

SEIZURES

RLIVE MEDGAA

BLOOD AND CIRCULATION

YEKIND AGAMED

WORSEN ASTHMA

HNGUIGCO

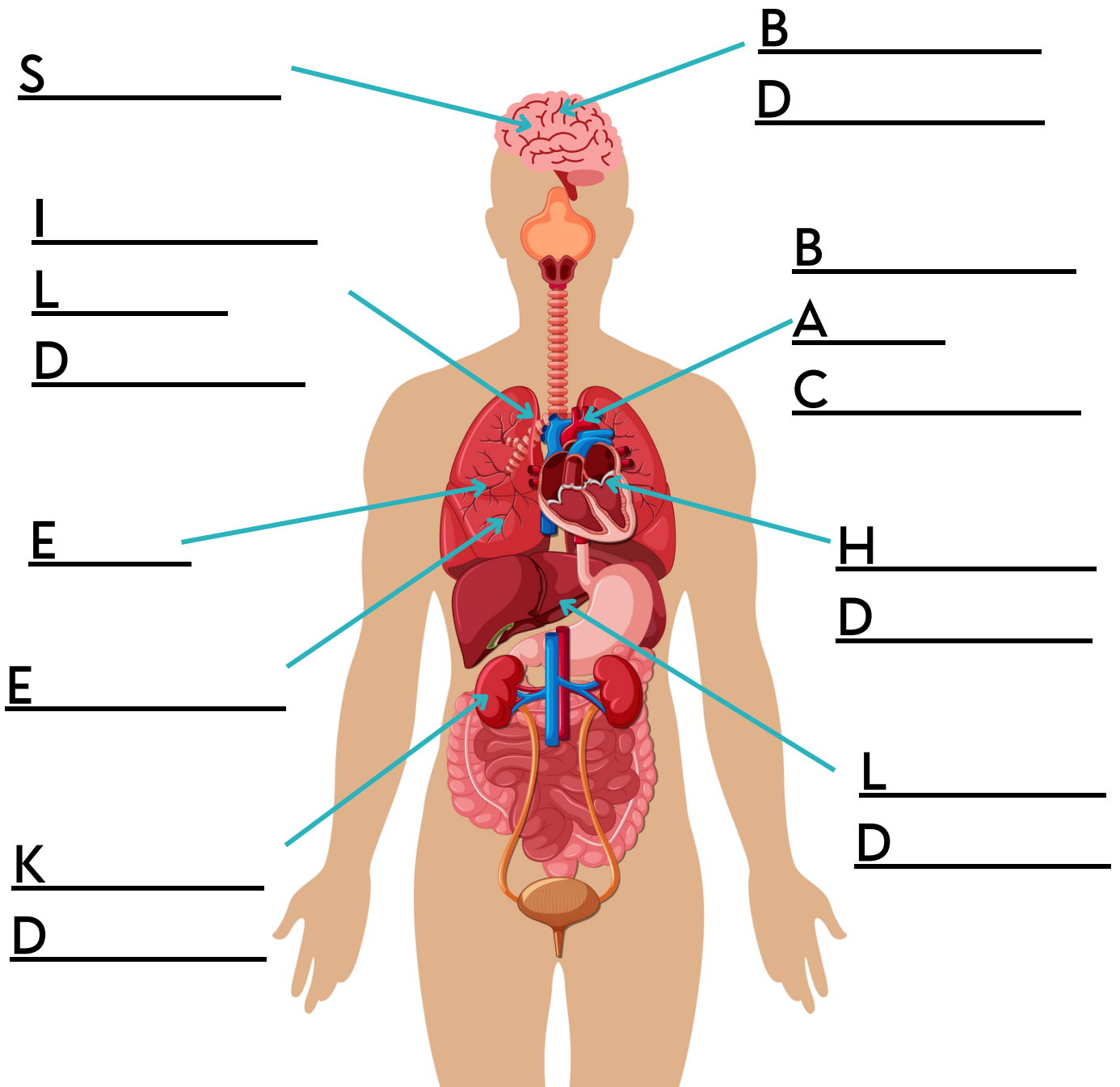
EVALI

RWNOSE MASATH

KIDNEY DAMAGE

HEALTH IMPACTS JUMBLE

Now write the word next to the correct body part.



Vaping can also increase

C _____ and

W _____ **A** _____ symptoms

THE LAW

Fill in the blanks using the words below:

It is _____ to _____, supply or
_____ a vape or any liquid that
contains _____ in Australia
without a doctor's _____



In Western Australia, it is
illegal even if the device _____
contain nicotine.

It is illegal to sell _____ to
anyone under _____ years of age.



The fine for _____ a vape can
be up to \$ _____.

OWN **VAPES**
NICOTINE **45 000**
ILLEGAL **PRESCRIPTION**
18 **SELL**
DOES NOT **POSSESSING**

This resource was produced by the
Kimberley Tackling Indigenous Smoking
Program

2022

Population Health Unit
Kimberley Aboriginal Medical Services Ltd.
12 Napier Terrace, Broome, W.A., 6725

