

VAPING EDUCATION USER GUIDE

BREATH BATTLE™

OBJECTIVE

According to the CDC, vaping can harm lung health. Some of the chemicals found in e-cigarette aerosol can cause irreversible lung damage and lung disease. This damage can lead to reduced lung function, which can result in difficulty breathing now and in the future.

Vape - “Breath Battle” is an activity that shows the adverse effects of vaping on lung health through an interactive experience. By highlighting these effects, it can raise awareness about the dangers of vaping and encourage participants to make informed decisions regarding their lung health.

IMPACT OF VAPING ON LUNGS

Vaping negatively affects lung health in several ways:

- **Chemical Exposure:** Vaping introduces harmful substances—nicotine, volatile organic compounds (VOCs), heavy metals—causing lung inflammation and tissue damage.
- **Decreased Lung Function:** Aerosols from vaping devices impair lung capacity and can lead to breathing difficulties.
- **Increased Respiratory Illnesses:** Vaping heightens the risk of bronchitis, pneumonia, and worsens asthma or COPD.
- **Lung Disease Development:** Long-term vaping is linked to irreversible damage, including “popcorn lung” and lung cancer.

GAME CONCEPT

Participants each receive a paper straw, symbolizing their lungs. The challenge is to use the straw to suction and transport lightweight graphics across a mat.

- **“Healthy Lungs” Participant:** Uses a smooth, uncrumpled straw.
- **“Vaping Lungs” Participant:** Uses a bent and crumpled straw, representing reduced lung function.

Participants compete to move pieces across the mat; after each round, the “Healthy Lungs” participant crumples their straw and moves to the “Vaping Lungs” board, while a new player joins with a fresh, uncrumpled straw.

MATERIALS

16 Game Pieces

Straws

“Healthy Lungs” and “Unhealthy – Vaping Lungs” Game Mats.

SET UP

1. Place both mats on a table, at least a foot apart.
2. Position 8 game pieces at the starting point of each mat.
3. Provide each participant with an unwrapped straw.
4. Demonstrate how to crumple the straw for the whole group.

GAME PLAY

1. First round: one player stands at “Healthy Lungs” with an uncrumpled straw.
2. On signal, use the straw to suction all 8 pieces from the bottom to the top of the mat, crossing both lines.
3. Next rounds: a new player takes the ‘Healthy Lungs’ position, while the previous player crumples their straw from the Healthy Lungs round to use for ‘Unhealthy - Vaping Lungs.’
4. Repeat to show how vaping impacts lung function, making simple tasks harder.



PROCESS THE EXPERIENCE

After the game concludes, encourage players to reflect on their experiences. Ask them to consider:

- How did it feel to use the crumpled straw versus the smooth one?
- How might vaping impact lung function over time?
- What are healthier alternatives to vaping that support long-term lung health?

EXPLORING HEALTHIER ALTERNATIVES

Engage players in discussing alternatives to vaping, like regular exercise, mindfulness practices, or hobbies that focus on well-being. Emphasizing these alternatives can empower participants to make informed, health-conscious choices.

OPTIONAL TEAM GAME PLAY

1. Create two teams of even numbers
 - If uneven numbers, have one player in the vaping team go twice, first and last.
2. Ask one player volunteer to show how to use the uncrumpled straw.
3. On signal, they will use the straw to move (suction) all 8 pieces from the bottom to the top of the mat, crossing both lines.
4. Have the vaping team crumple their straws.
 - Ensure the bottom is crimped and the straw is thoroughly crumpled.
5. The vaping team and non-vaping team will have two players compete.
6. On signal, they will use the straws to move all 8 pieces from the bottom of the mat, crossing both lines.
 - Whoever moves all 8 pieces to the top end of the mat first wins that matchup.
 - Their team receives a point.
7. Repeat until everyone has competed.
 - The team that won the most bouts won the activity.
8. Repeat the activity with the teams flipped.
 - This ensures every participant experiences the vaping and non-vaping version of this activity.



“Vaping doubles the risk of developing respiratory symptoms” like wheezing and shortness of breath in teens, even after only a few months of use.

-Johns Hopkins Medicine