

VAPING EDUCATION USER GUIDE

VAPE RISK TAKING

INTRODUCTION

The blocks represent an individual's life and health. When someone makes a choice to vape any substance, there are several risks to their health. These risks can include lung damage, heart damage, addiction/withdrawal, stunted brain development/mental health issues, and financial drain. Each block color represents a vaping risk. Removing a block symbolizes taking a vaping risk. The more risks taken, the greater the chances of one's life and health deteriorating. This activity serves as an interactive demonstration of the dangers of vaping.

IMPACT OF VAPING ON LUNGS

Vaping negatively affects lung health in several ways:

- **Chemical Exposure:** Vaping introduces harmful substances—nicotine, volatile organic compounds (VOC), 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 PLAY (UP TO 8 PLAYERS, 15-20 MINS)

MATERIALS

- 48 Risk blocks
- 67 Risk cards
- 4 How to Play Cards

SET UP

1. Mix up and stack the blocks.
2. Set aside an example of each card color.
3. Before play begins, provide a brief overview of each type of risk (color). Refer to the RISKS list for details on vaping-related risks. White cards represent abstaining from vaping—no block is removed. The player may put one block back if they identify a positive behavior for that category of block.

For ideas, see here <https://fatalvision.com/vaping/> When the block is returned, return the White card to the bottom of the deck.

START

1. Fan out the cards or the student can pick from the deck
2. Player takes 1 card from the Risk cards.
 - No player can choose a block from one of the top 2 rows in the first round.
3. Player removes a block matching the color of the card selected. Each turn signifies ongoing vape use.
4. Read the example of the risk card and describe the risk to the other players.

END OF GAME

The game ends when the stack collapses.



PROCESS THE EXPERIENCE

Engage the students in a discussion about the impact of vaping and how to identify positive behaviors to engage in.

- What risks did you take?
- What could that mean for someone's life and health?
- What happens the longer you play the game?
- How does that relate to continuing to vape?
- What are some reasons people vape and what could be some positive alternatives to those reasons?

TALKING POINTS

- Vaping has significant impacts on life and health. The risks could affect any or all the areas represented by the colored blocks.
- Some people experience these impacts sooner than others, which can be illustrated by the fact that some people topple the stack sooner than others.
- Sometimes the stack takes a long time to fall. Eventually the risks accumulate and negatively affect everyone involved.
- Sometimes one-color card is picked more often. This can emphasize a risk impact that can affect one person much more than others might.
- There are more blue (lung risks) and red (heart risks) cards to highlight the higher recognized risks to these health areas.

OPTIONAL GAME PLAY

- Take 2 cards or more to represent more frequent vape use.
- Roll a numbered die (not included) to indicate how many risk cards to take for that vaping episode.
- Instead of having the participant pull the top card from the deck, have the instructor fan out 5-7 random cards.



VAPING RISKS



Lungs

- EVALI (lung injury associated with cigarette, or vaping, product use) is a serious vaping-related side effect causing symptoms like flu or respiratory issues. It can lead to hospitalization and even death.
- Severe respiratory problems and lung diseases like Bronchiolitis obliterans (popcorn lung) and cryptogenic organizing pneumonia (COP) can occur from vaping.
- Vaping can reduce lung function, increase inflammation, weaken the immune system, and cause asthma attacks, coughing, and wheezing.
- Chemicals in vaping, like volatile organic compounds (VOCs) and formaldehyde, can cause lung irritation, headaches, nausea, and long-term health issues like cancer.



Addiction/Withdrawal

- Nicotine and THC in vaping can lead to addiction, affecting memory, focus, and learning.
- Withdrawal symptoms include irritability, restlessness, anxiety, depression, trouble sleeping, and cravings.



Brain Development/Mental Health

- Nicotine and THC in vaping can permanently harm the developing brain, affecting attention, learning, mood, and impulse control.
- Nicotine is a stimulant, lead to addiction, and cause insomnia, depression, and mood swings.
- Vaping is associated with increased anxiety symptoms, reported by approximately 60% of users.



Heart Health

- Vaping increases the risk of heart attack and stroke, causes cholesterol deposits in arteries, spikes adrenaline leading to increased blood pressure and heart rate, and can cause artery stiffness and blood clotting issues.



Financial cost

- The average annual cost of vaping can be up to \$1,000, with additional healthcare costs averaging up to \$2,000 per year.