

Myth buster, True/ False Vaping Quiz Instructions

Overall aim: to explore truths and myths around vaping and assess the knowledge levels of the participants.

In a group (approx. 10 people):

Create enough space for the participants to be able to stand in a line with a TRUE sign at one end and a FALSE sign at the other. (The risk continuum cards can be used for this). Distribute the Myth buster cards to individuals in the group. Ask for the statements to be read out one at a time and, after each, ask the participants to move towards either sign or to stand somewhere in between, depending upon what they believe about the statement. Encourage a few participants to share their reasoning and discuss with the group, allowing the opportunity for anyone to move along the line if they've changed their mind. Finally, give the answer and the explanation on the back of the statement.



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Individually: Place the TRUE and FALSE signs on a table with the Myth buster cards in a pile face up. One at a time, read the statements and decide whether to place them on the TRUE or FALSE pile. Once all cards are completed, turn them over to read the answers and the explanation.

In pairs or a small group: As for the individual but discuss the statement on each Myth buster card in turn and explain why it's TRUE or FALSE.

In a large group (15 + people): Use the Myth buster cards in a Power Point format (available on the talkabouttrust.org website) or read each statement out and ask people to stand up if they think it's TRUE. As in the small group session, encourage discussion and follow this by reading the answer and explanation.



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**Vaping is less harmful than
smoking.**



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TRUE - Vaping is less harmful than smoking.

For someone trying to give up smoking, the vapour from heating an e-liquid is much less harmful than the smoke from burning tobacco. However, vaping isn't harm free, as vapes contain nicotine which is addictive, and chemicals. Some vapes sold illegally contain THC, spice and other harmful substances.



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Most vapes contain nicotine.



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TRUE - Most vapes contain the same amount of nicotine as a packet of cigarettes

Nicotine is addictive leading to headaches and shakes from withdrawal as the body craves more.

A cigarette contains an average of 12 mg of nicotine, about 10% of which is inhaled.

A legal disposable vape contains up to 40 mg (20mg/ml) so a similar amount of nicotine to a packet of cigarettes as well as chemical additives and flavourings.

At least 25% of vapes sold in the UK are illegal, so can contain much higher levels of nicotine as well as additional chemicals.



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**Vaping can help someone
quit smoking.**



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TRUE - Vaping can help smokers quit.

As smokers quit, they crave nicotine, which is addictive. Vaping delivers nicotine in a less harmful way, by vaporising e-liquid instead of burning tobacco into smoke which contains tar and carbon monoxide causing lung cancer.

Gum or nicotine patches are a better way to quit than vapes, as the nicotine delivered is more regulated and at a lower dose and isn't breathed into the lungs.



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**Vapes are bad for the
environment.**



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TRUE - Vapes are bad for the planet

Vapes contain plastic, metals and foam. It's estimated that 5 million are thrown away each week in Britain.



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Vaping has no side effects.



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FALSE - Vaping does have some side effects.

Vaping can make someone cough, give them a dry and irritated mouth and throat, and cause headaches, irritability, and problems concentrating. Vapes sold illegally often contain other substances like THC causing serious side effects.



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**Scientists are sure that
there are no long-term risks
from vaping.**



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FALSE - The risks of long-term vaping are unknown.

It is thought that vapes are likely to be far less harmful than smoking, but vaping hasn't been around long enough to know the health effects of long-term use.

Nearly 2,000 different chemicals have been found in vape products and these might have health risks that we don't yet know about.

Put simply, don't start if you don't smoke.



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**Second-hand vapour is not
as harmful as second-hand
smoke.**



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TRUE - Second-hand vapour is not as harmful as second-hand smoke.

Currently there's no evidence to show that second-hand vapour is harmful. However, it's best not to vape around children and be considerate of others.



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**There are currently no laws
in the UK around who can
vape.**



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FALSE - There are laws in the UK around who can vape.

E-cigarettes, vaping liquids and disposable vapes containing nicotine, as well as pouches are illegal for under 18s and if someone over 18 supplies any of these products to some one under 18 they can also be prosecuted.

This is because nicotine is a highly addictive drug and withdrawal can lead to headaches, irritability, anxiety and nausea.

The maximum nicotine strength of e-liquid allowed to be sold is 20mg/ml and the maximum size container is 10ml. Anything higher is illegal.



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**Nicotine should be avoided
by some groups of people.**



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TRUE - Nicotine in any form is not recommended for non-smokers, children and pregnant women.

That's because nicotine is harmful to children and unborn babies, affecting the brain.

The unknown risks of the long-term use of vapes or pouches mean non-smokers shouldn't start.



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UK laws control what substances vapes contain.



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TRUE. There are laws in the UK to control what vapes contain

For example, vapes can have a maximum tank size of 2ml and nicotine level of 20mg/ml.

However, 25% of vapes sold in the UK are 'illegal', according to UK Trading Standards. So you can't know what's in these devices.



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