

TIS BOOKLET



BREATHE WELL
LIVE WELL | WOAK WARLANG
WONGIN WARLANG



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REFLECTION

Please fill in this page and hand it back to one of the members of our SWAMS TIS team

- I am Aboriginal
- I am both Aboriginal and Torres Strait Islander
- I am Torres Strait Islander
- I am not Aboriginal or Torres Strait Islander
- I prefer not to say

Welcome

This booklet is designed to help you learn about the harms of smoking and vaping in a way that's engaging, relatable, and easy to understand.

Instead of just listing facts, we've included activities to spark conversations and support informed choices. Smoking and vaping continue to affect the health of individuals, families and communities across Australia. By learning together, we can make stronger, healthier decisions for ourselves and the people around us.



What stuck with you?

What is one thing you learned today that surprised you or made you think?

What will you do with what you learned?

Has anything you learned today changed how you think or what you might do in the future?

Your Voice: Questions or Thoughts

Is there anything you didn't get to say or ask today that's still on your mind?

How do you feel about smoking and vaping after today's session?

- My opinion hasn't changed
- I don't want to smoke or vape
- I want to learn more before I decide
- I want to quit or help someone else quit
- I didn't know some of this stuff
- Other: _____



**CHOOSE LOVE
OVER SMOKE**
YOUR BUB DESERVES
A HEALTHY START



PRE-READING VAPING



Propylene Glycol
A chemical used to make fake smoke in smoke machines



Vegetable Glycerin
A chemical which is 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



Diethylene Glycol
A chemical used in car coolant



Cadmium
A toxic metal used to make batteries



Acetaldehyde
A chemical used to make perfumes



Benzene
Found in car exhaust fumes



Formaldehyde
A chemical used to preserve dead bodies and lab animals



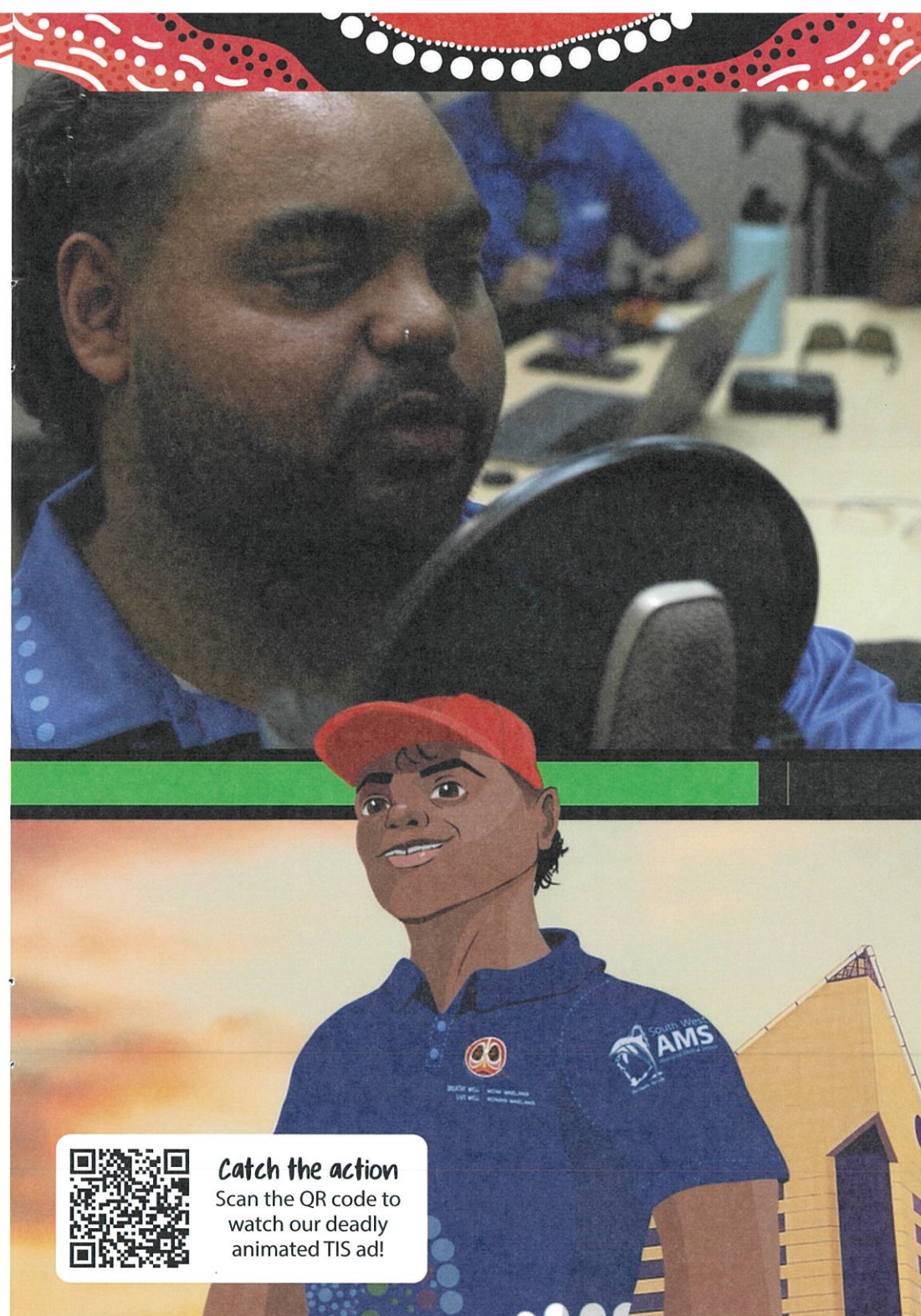
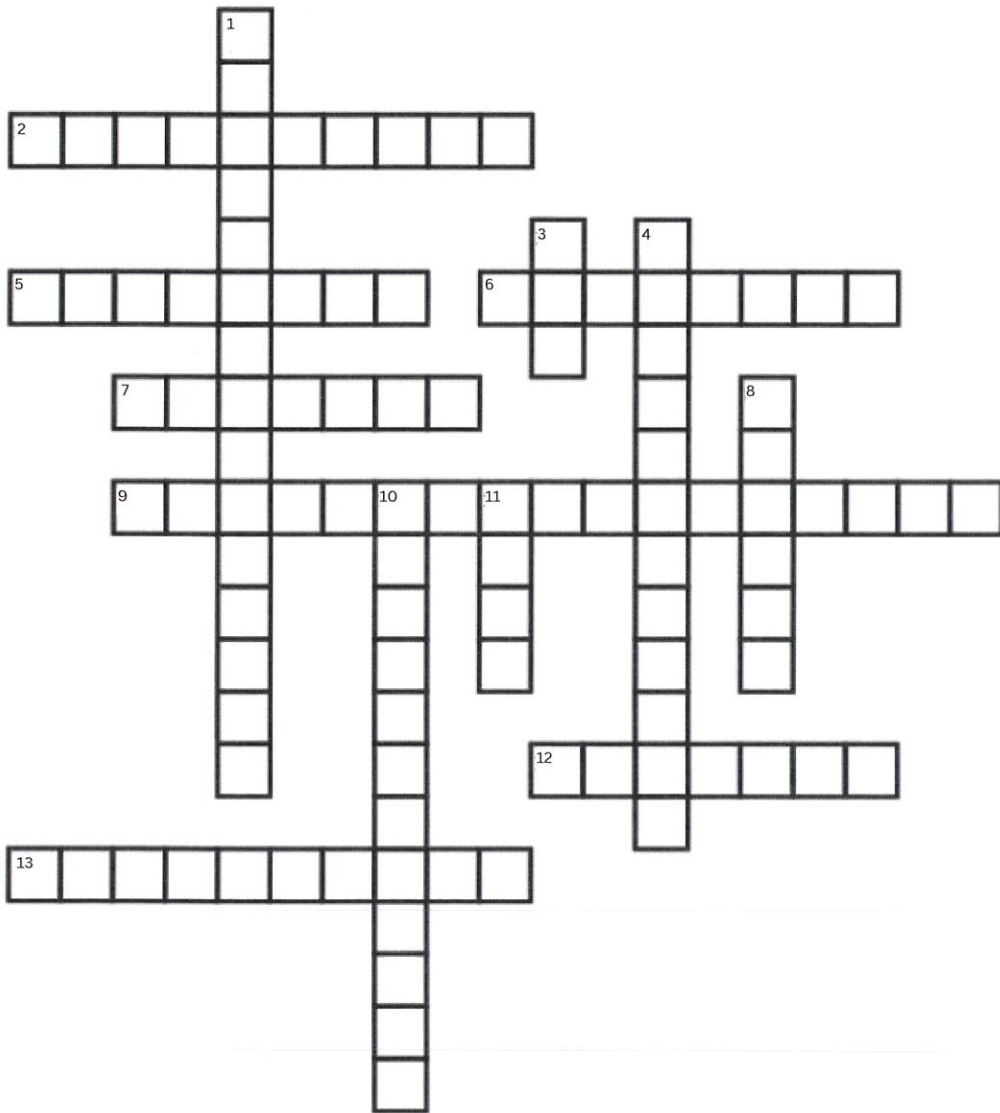
Acrolein
An ingredient in weed killers



Nickel, Tin and Lead
Heavy Metals



Cross Word



Catch the action
Scan the QR code to
watch our deadly
animated TIS ad!

STAY STRONG!

DON'T LET PEER PRESSURE
STEER YOU WRONG!



Quitline 13 7848

quit.org.au

proudly supported by



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.

Fill in the Blanks:

Vapes (both with _____ and without) can only be legally supplied through a registered _____.

To do this, people will need to have a discussion with a pharmacist, including about the _____ and other options to quit or manage nicotine dependence. They will need to provide _____ before purchase and will only be allowed one month's supply at a time.

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

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

VAPES 45 000

DOSAGE ID 18 NICOTINE

POSSESSING PHARMACY

My Healthy Habits Toolkit:

To stay healthy, I will:

- Stay active and move my body every day
- Breathe deeply or stretch when I feel upset
- Spend time with positive friends
- Eat healthy foods and drink water
- Get enough sleep

What's one healthy habit you already do or want to try?

My Promise to Myself:

"I am proud to care for my body and my future. I will say no to smoking and vaping, and yes to a healthy life!"

What will help you stick to your promise?

My Healthy Action Plan

Why This Is Important:

Being healthy means making smart choices for my body and future. Smoking and vaping are harmful and can stop me from breathing easily and doing things I love.

What does being healthy mean to you?

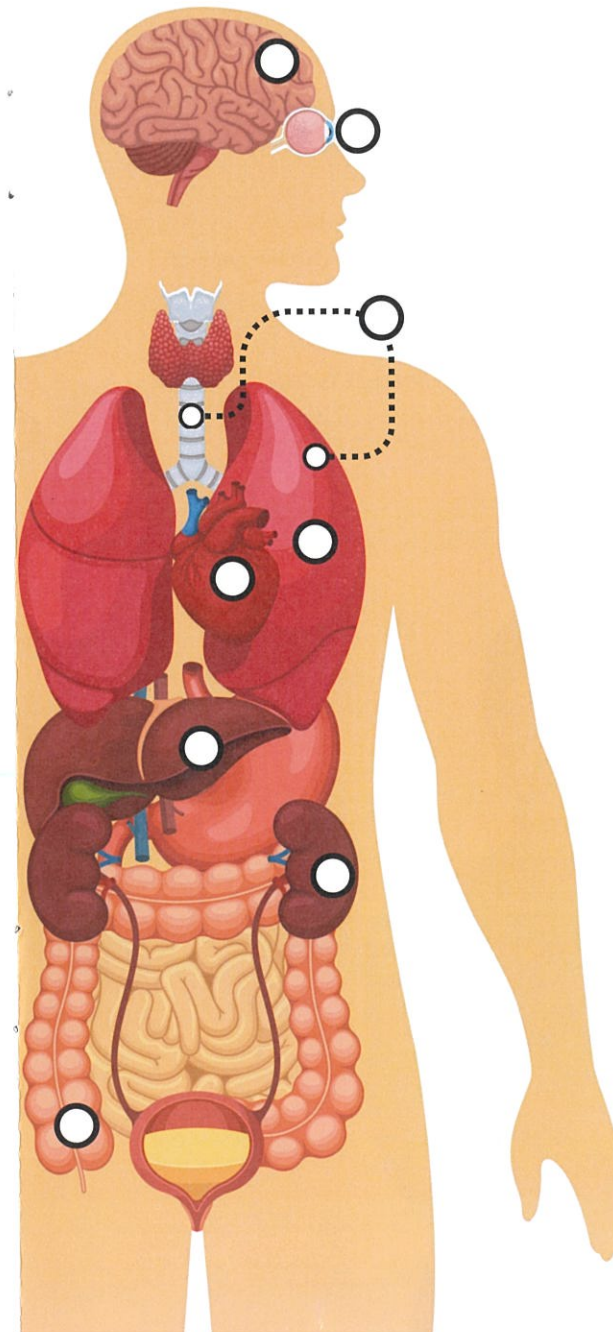
What Can Influence Me:

Sometimes people feel like trying harmful things because of:

- Stress or emotion
- Social influence or peer pressure
- Boredom or curiosity
- Normalisation by adults or the media

What might make someone feel like trying something unhealthy?

Effects on the body



Match up the body part to the disease caused by smoking and vaping

Diseases:

- Macular Degeneration
- Kidney Disease
- Cardiovascular Disease
- COPD
- Liver Disease
- Peptic Ulcers
- Emphysema
- Stroke

Unjumble

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

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



Hidden Message:

ACETONE

TAR

LEAD

ARSENIC

TURPENTINE

CADMIUM

BENZENE

SMOKE

CARBONMONOXIDE

HYDROGENCYANIDE



WORD SEARCH

Find the hidden words and use the remaining letters to work out the hidden message

A M M O S N I A T F O D U C N
D I N C I M G A R A A E A T T
E S I S A D O D E E R R D O N
E N O T E C A K L P B U R P O
T S E T O M A K E O E T H E M
U A R S E N I C N C M O R E A
R D D I C T I M V A E A M O C
P M W G U N O Y Q D V S N R R
E T B H M N V Q O M X V B E H
N V W M O K N E A I Y U N W Q
T G T X L K H Q G U C E H S C
I Q I R T M F F Q M Z R L I A
N D J W W Q K M U N J T A P A
E D I N A Y C N E G O R D Y H
K V L D Y L X B X D J X T D X

USSREZEI

IBNAR LONETVMEPED

ISIRLERRVEEB UNGL EGADMA

IAEVL

YEMEPMHAS

AHETR IEESDAS

DOBLO NDA ROAUNILCTIC

RLIVE MEDGAA

YEKIND AGAMED

HNGUIGCO

RWNOSE MASATH

HEART DISEASE

EMPHYSEMA

LIVER DAMAGE

IRREVERSIBLE LUNG DAMAGE

BRAIN DEVELOPMENT

COUGHING

SEIZURES

BLOOD AND CIRCULATION

WORSEN ASTHMA

EVALI

KIDNEY DAMAGE



What do you know?

Circle the correct response

What year did Australia ban tobacco advertising on television and radio entirely.

- A) 1961
- B) 1972
- C) 1976
- D) 1983

What year did the Public Health (Tobacco) Act creates an offence of smoking in a car with a child under the age of 16 present

- A) 1998
- B) 2003
- C) 2009
- D) 2011

In what year does Australia begin banning smoking in outdoor dining areas and certain public spaces to protect non-smokers

- A) 1989
- B) 1995
- C) 2004
- D) 2010

What do you know?

Circle the correct response

What year did the first summary of the dangers of passive smoking appear for non-smoking adults

- A) 1975
- B) 1985
- C) 1995
- D) 2005

The use of e-cigarettes (vaping) was first identified in Australia in

- A) 1993
- B) 2007
- C) 2014
- D) 2020

Nicotine patches become available for use in Australia and are available on prescription in this year

- A) 1993
- B) 1996
- C) 1999
- D) 2002