



Vaping and E-Cigarette Use

Ballarat Community Health
Prevention toolkit for schools



Contents

| | |
|---|----|
| Acknowledgements..... | 3 |
| Purpose | 4 |
| Introduction..... | 5 |
| What are vapes or e-cigarettes?..... | 5 |
| Why should we be concerned? | 6 |
| Health Promoting Schools Framework | 7 |
| Leadership and Commitment..... | 9 |
| For Leadership Staff..... | 9 |
| School Policy – Vaping and E-Cigarette Policy..... | 9 |
| School Policy – Procedures for Student Misuse | 10 |
| Healthy Physical Environment..... | 13 |
| Free Signage | 13 |
| Disposal of Vapes and E-Cigarettes..... | 15 |
| Healthy Culture..... | 17 |
| Top Tips for Hosting Smoke and Vape Free Events at Your School..... | 17 |
| Student Teaching and Learning | 18 |
| For School Staff..... | 18 |
| Evidence-Based Vaping and E-Cigarette Education | 18 |
| Incursions..... | 22 |
| Supporting Resources | 23 |
| Additional Resources..... | 26 |
| Supporting Students | 27 |
| Professional Development for School Staff | 28 |
| Families and Community Partnerships..... | 29 |
| Supporting Parents and Carers..... | 29 |
| Starting the conversation | 29 |
| How to have the ‘vape’ talk..... | 30 |
| Resources | 31 |
| Parents’ Guide | 33 |
| Newsletters | 34 |
| Social Media..... | 36 |
| Local Services and Other Resources | 38 |
| Referral pathways for young people | 38 |
| Helplines..... | 38 |
| Apps..... | 39 |
| Extra information | 39 |
| Flyer | 40 |
| The Checklist | 41 |
| Vaping and E-Cigarette Checklist for Schools | 41 |

Acknowledgements

Ballarat Community Health (BCH) recognises and celebrates the diversity of the community within which we work. We acknowledge and respect the Traditional Owners of the Lands and Waters where we provide services, the Wadawurrung, Dja Dja Wurrung, Djab Wurrung, Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagulk peoples. We acknowledge the important place of all Aboriginal and Torres Strait Islander people who live in our area as the First Peoples of Australia and pay our respects to Elders past, present and emerging.

The 'Vaping and E-Cigarette Use – Prevention Toolkit for Schools' is based on the resource developed by the Health Promotion Team at Peninsula Health and has been tailored to the Ballarat community by the Health Promoting Schools Team at BCH. We would like to thank the Health Promotion Team at Peninsula Health for sharing their original resource and allowing us to amend for our local use.

Additionally, we would like to acknowledge the following:

- The Achievement Program's whole of school approach through the Tobacco, Alcohol and Other Drugs benchmark and policy template
- Quit Victoria's evidence-based vaping and e-cigarette presentation package and the 'Seeing Through the Haze' school resources
- Common Cause Australia's Insights and Recommendations from the ACT Youth Vaping Research
- Bellarine Community Health and their regional partners' Vaping in Schools resources
- North Richmond Community Health's 'Vape Escape' Podcast Series

Ballarat Community Health's Alcohol and Other Drugs Youth Outreach Service for providing information on local referral pathways and support services

Toolkit last updated 16/8/24

Purpose

The 'Vaping and E-Cigarette Use – Prevention Toolkit for Schools' has been developed in response to the rapid rise of vaping and e-cigarette use amongst students over the last couple of years. Ballarat schools have reported spending many hours per week responding to vaping issues and have requested support from BCH.

Whilst this resource is intended to support schools to create healthy learning environments which aim to prevent students vaping at school, we also acknowledge the need for schools to explore effective responses to e-cigarette use.

This Toolkit focuses on specific information for schools, principals, teachers, parents and carers. Other key information included is an E-cigarette and Vaping Checklist for schools, local support services and policy template.

Introduction

E-cigarette use among young people, especially school age children, has increased dramatically. The latest data from the Australian Secondary Schools Alcohol and Drug survey shows that almost one-third (30%) of students had ever vaped and one in eight 12- to 15-year-olds and one in five 16- to 17-year-olds had vaped in the past month.

While the Federal Government recently committed to strengthening the regulation of e-cigarettes at the national level, much still needs to be done to prevent vaping among young people and to support those already vaping to quit.

What are vapes or e-cigarettes?

E-cigarettes or “vapes” are battery-powered or rechargeable devices that are designed to deliver nicotine and/or other chemicals via an aerosol vapour directly to the lungs. Many vapes contain nicotine, the highly addictive chemical found in cigarettes, and products vary in terms of ingredients and designs.

Vapes can look like everyday items such as pens, highlighters, and USB memory sticks but the design of these products is changing all the time.



Image – [NSW Health](#)

When using a vape, the user inhales and exhales the aerosol from the heated e-liquid. All vapes/e-cigarettes have three basic components: a battery, an atomiser and a fluid cartridge. The fluid used in vapes usually contains propylene glycol, glycerol, nicotine and added flavourings.

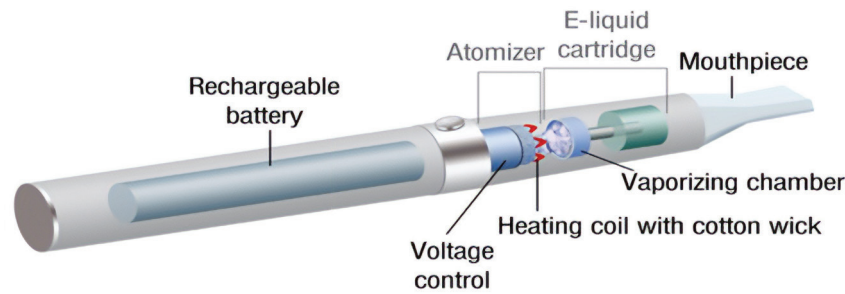


Image – Quit Victoria

Why should we be concerned?

E-cigarettes/vapes are introducing a whole new generation of young people to nicotine. According to a recent survey conducted by VicHealth (2023), 47% of Australians, aged between 15–30 years, vape but only 1 in 3 young people (and parents) understand what’s in them and the associated harms.

Research has shown that vapes can contain up to 200 dangerous chemicals, like those found in disinfectant, bug spray, weed killer, and other household products.

These can include acetone (generally found in nail polish remover), acrolein (commonly found in weedkiller), and formaldehyde (used in industrial glues and for preserving corpses in hospitals and funeral homes). Most vapes also contain nicotine and heavy metals, like nickel, tin, and lead.

Vaping can cause:

- Nausea and vomiting
- Mouth and airway irritations
- Breathlessness
- Asthma attacks
- Nicotine poisoning
- Seizures
- Lung injuries
- Burns
- Addiction
- Environmental waste and fires
- Dual use with cigarette smoking
- Increased smoking uptake in non-smokers

In addition to the damage vaping can do to physical health, it can also impact mental health. Growing international research shows vaping increases the risk of mood and anxiety disorders and can worsen symptoms of depression.

Please note that this Toolkit will not cover the specifics of the Federal Government’s Vaping Reforms. For the latest information on the reforms, check out the [Therapeutic Goods Administration](#) or [Quit Victoria’s FAQs](#).

Health Promoting Schools Framework

Imagine a school where the students learn better and are more engaged and active during school hours. Healthy people perform better, regardless of their age.

The Health Promoting Schools Framework can help create a positive learning and working environment where both staff and students have better outcomes.

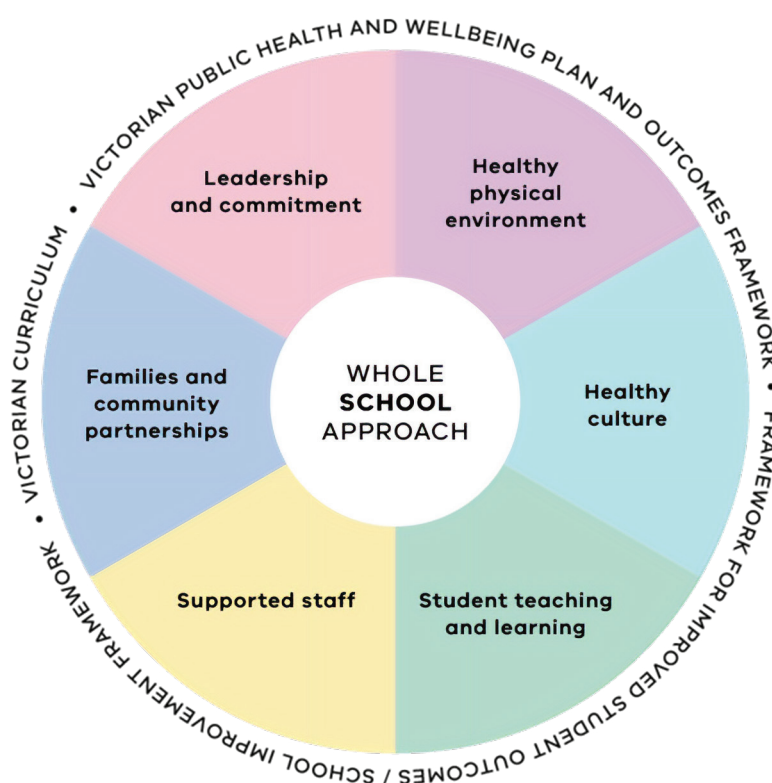
The Framework is based on the World Health Organisation's Health Promoting Schools Model and reflects the Victorian Government's ongoing commitment to improving the health and wellbeing of children and young people.

The Framework provides a whole-of-school approach to health and wellbeing, supporting short- and long-term health outcomes by making healthy changes to the school's physical environment, policies and practices. This approach to health and wellbeing is recommended by the Department of Education as best-practice.

The whole-of-school approach strengthens the relationship between health and education by linking the Victorian Public Health and Wellbeing Plan with FISO 2.0 (Framework for Student Outcomes 2.0) and the Victorian curriculum.

The Framework aligns with a school's strategic planning and annual implementation plans and further strengthens family engagement and community partnerships with local services, including Ballarat Community Health.

Figure 1 – Health Promoting Schools Framework



The Framework is centred around eight key health areas, which include:

-  Wellbeing
-  Safety
-  Food Environment
-  **Vaping, Alcohol & Other Drugs**
-  Movement
-  Relationships
-  Sun Protection
-  Climate & Health

Each health area has a set of targets to achieve, resulting in healthy changes to a school's physical environment, policies and practices, health promoting activities and referral pathways. Through participation in the *Health Promoting Schools Framework*, a school will become recognised as a 'Healthy School' with health and wellbeing successfully embedded into everyday school life.

Leadership and Commitment

For Leadership Staff

School Policy – Vaping and E-Cigarette Policy

Does your school have a current Smoking, Alcohol and Other Drugs Policy?

Has it been updated to include Vaping and E-Cigarette Use?

No? Don't worry – the BCH Health Promoting Schools Team can help!

We can support you to update your school Smoking, Vaping, Alcohol and Other Drugs Policy to align with best practice, the Department of Education and the relevant legislation.

Contact the BCH Health Promoting Schools Team at healthpromotion@bchc.org.au for more information or to access the policy template.

HEALTHY SCHOOLS Achievement Program

Smoking, Vaping, Alcohol and Other Drugs

Policy example

Purpose

Leadership and staff acknowledge the importance in reducing harm from smoking, vaping, alcohol and other drugs. Providing a smoke-, vape- and drug-free environment and promoting low-risk alcohol consumption contributes to the overall health and wellbeing of the students, staff and families related to the school.

This policy confirms our commitment to:

- ensuring a smoke-, vape- and drug-free environment for students, families, staff, volunteers and visitors
- promoting low-risk alcohol consumption to our service community
- delivering smoking, vaping, alcohol and other drugs education in one or more learning key areas of the curriculum as a part of a whole school approach to health and wellbeing (e.g. developing knowledge, resilience and help-seeking skills of students)
- providing information to staff and families about the health benefits of not smoking, vaping or taking drugs, and low-risk alcohol consumption
- providing a safe, inclusive and empowering school environment
- implementing strategies to prevent and minimise harm
- dealing with drug use (licit and illicit) as a health and safety issue
- establishing supportive procedures to respond to drug-related incidents.

As a health promoting school, we will promote positive behaviours in relation to smoking, vaping, alcohol and other drugs through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Policy statement

Background

Smoking, vaping, alcohol and other drugs prevention and education is most effective when it is delivered in a context of a whole school approach to health and wellbeing.^{1,2} Children and young people begin experimenting with tobacco or e-cigarette products, and licit and illicit drugs at school age and role modelling by adults is very influential during this period. Teachers and parents are in a particularly influential position as their behaviour can have an impact on how children and young people behave. For example, a smoke-, vape- and drug-free school environment sends a clear message that a healthy lifestyle does not include smoking, vaping and drug-taking. Likewise, education can play a counterbalancing role in shaping a normative culture of safety, moderation, and informed decision-making.

¹ DE Alcohol and Other Drugs - Students Policy <https://www2.education.vic.gov.au/pa/alcohol-and-other-drugs-students/policy>
² DE Smoking and Vaping Ban Policy <https://www2.education.vic.gov.au/pa/smoking-vaping-ban/resources>

Cancer Council Victoria **VICTORIA** Government

School Policy – Procedures for Student Misuse

You have found a student vaping at school, so now what?

Vaping and e-cigarette use is a health issue, not a disciplinary one. Nicotine is addictive and known to impact the developing brain – young people are also being targeted by a well-resourced industry. It is important that school procedures reflect this. Students need to be given the appropriate supports and encouraged to seek help.

Our friends at Bellarine Community Health, and their regional partners, have developed a resource to guide schools through a process to support students who are found vaping at school. Check out their suggestions below.

1. Check your School Policy

Does your school have a current Smoking, Alcohol and Other Drugs Policy?

Has it been updated to include Vaping and E-Cigarette Use?

Yes? Great! Have a read through the policy to see what processes and procedures are in place.

No? Check out page 9 of this Toolkit and contact the BCH Health Promoting Schools Team on healthpromotion@bchc.org.au for more information.

2. Talk and Listen to the Student

Try to understand WHY the students were vaping. Their answers may help guide you in selecting the best option from the following list of projects in step 3. It may also indicate that the best solution is to refer the students for counselling or cessation support (check out the Local Services and Other Resources section of this Toolkit).

To support you to decode student motivations, attitudes and behaviors towards vaping, check out the latest research from VicHealth and the Behaviour Change Collaborative - Influencing Gen Vape. This Australian-first research project categories young people into distinct segments based on teens' motivations and attitudes towards vaping, as well as their current behaviours. The research also offers insights regarding targeted interventions for each segment – this can guide next steps for the students in question.

3. Student Project

Give the students anti-vaping projects to complete. Some ideas include:

- Design a no smoking/no vaping poster.
- Write a paper on the history, information, law and dangers of vapes/e-cigarettes.
- Put together a presentation about vapes/e-cigarettes that could be presented to their classmates.

- Design an article for the school newsletter/social media channels about places where families and students can get vaping support.
- Interview your local community health organisation about vaping in your community.

4. Student Education

Here are some education options to support students to further understand the health impacts of vaping:

- Quit Victoria - Vaping and Your Health [Factsheet](#) for Teens
- Quit Victoria – The Dangers of Teen Vaping (for Young People) – [Video](#)
- Blurred Minds – Online Games – [Vape Investigator](#)
- Lung Foundation – Vaping and Young People (12-17) - [Factsheet](#)
- Truth Initiative (USA) – The Truth – [Videos](#), [Resources](#) and More!
- Truth Initiative (USA) - Vaping, Mental health and Young people – [News Article](#)
- Quit Victoria – [Build Your Quit Plan](#)
- Re-Think Vape (USA) – [Teen Resources](#)

5. Talk Together

If students are caught vaping again after following the above steps, it may be worth bringing the parents, students and teachers together to chat together about how they can support the students.

Check out the Supporting Parents and Carers section of this Toolkit or visit the [Quit Vaping Hub](#) to find out more to support this conversation.

6. Last Resort

If students are caught vaping again after following the above steps, you may need to take further action and discussion further discipline options in line with your school policies.

Local Resources:

In 2023, Ballarat Grammar School worked with Ballarat Community Health and a Registered Nurse to develop Vaping Information Booklets for both Families and Students. The Student Booklet outlines a possible process for a student returning to school after a suspension - [Student Information Booklet](#)

Interested in learning more? Hear from Sandra Warwick, the Senior School Deputy Head at Ballarat Grammar, as she shares her experience of vaping and its effects on students with [Quit Victoria](#). Recognising the public health crisis, Ballarat Grammar actively supports students and families in their efforts to quit and is advocating for all levels of community working together to reduce vaping harms.

Healthy Physical Environment

Free Signage

Under the Tobacco Act 1987, it is prohibited to vape (use an e-cigarette) in a smoke-free area. 'No Smoking or Vaping' signage is now available from Ballarat Community Health and the Department of Health.

Signs can be displayed around your school, including in reception areas, bathrooms and at school entrances to send a strong, consistent message to your school community about vaping and e-cigarette use.

Schools can order 6 A3 metal signs from Ballarat Community Health. These signs feature a QR code linked to BCH's Smoking and Vaping Support Webpage. Please contact the [Health Promoting Schools](#) to order yours today!

NO SMOKING OR VAPING



**on these premises and
within 4 metres of entrance**

PENALTIES MAY APPLY
Tobacco Act 1987



Supported by Ballarat Community Health



PDF versions of the Department of Health's 'No Smoking or Vaping' signage are [available to download](#).

NO SMOKING OR VAPING



PENALTIES MAY APPLY
Tobacco Act 1987

NO SMOKING OR VAPING



**on this premises and
within 4 metres of entrance**

PENALTIES MAY APPLY
Tobacco Act 1987

NO SMOKING OR VAPING



**within 10 metres of
playground equipment**

PENALTIES MAY APPLY

Disposal of Vapes and E-Cigarettes

According to [Clean Up Australia](#), vapes and e-cigarettes are an 'environmental triple threat': plastic waste, electronic waste and hazardous waste. As such, vapes and e-cigarettes should not be put in household recycling or garbage bins.

- **Plastic waste**

Many popular e-cigarettes are pod-based devices with single-use plastic cartridges.

- **Electronic waste (eWaste)**

Vapes have more in common with a mobile phone than a traditional cigarette – they are electronic devices containing computer circuits, hard plastics, heavy metals like lead or mercury, and lithium-ion batteries. The lithium-ion batteries are also classed as hazardous waste.

- **Hazardous waste**

Vapes are a hazardous waste item because they contain liquid nicotine and other harmful chemicals in the e-liquid.

The first step in for the safe disposal of vapes and e-cigarettes is to identify what kind of vape you're dealing with – reusable or single-use/disposable.



Images – [NSW Health](#)

Disposable vapes are the most common vapes used by young people. They can contain between 300 to over 4,000 'puffs' in each device. They often range in price from \$15 to \$50, depending on the number 'puffs' the device contains. Many of these vapes contain nicotine, despite often not being labelled as containing nicotine.

Vapes can also come in pod-style or refillable devices, where the user refills the device with e-liquids or new pods containing e-liquids. These devices don't seem to be as popular with young people.

Recycling and Disposal Options for Reusable Vapes - [Planet Ark](#)

Many re-usable vapes will allow users to easily remove the battery, making them much easier to recycle or dispose of safely than single use vapes.

Step 1

Remove the battery from the vape. The battery can be dropped off for recycling at one of the thousands of free [collection points](#) across the country (for example, Aldi supermarkets). Put sticky tape over the battery terminals (the parts that produce electricity) to prevent fires.

Step 2

Remove the cartridge, reusable pod, and e-liquid (also known as vape juice). These components can be taken to a pharmacy to be disposed of through the [Return Unwanted Medicines \(RUM\) Program](#).

Often these components can contain hazardous and toxic substances which can leach into soils and waterways when they are littered or sent to landfill. Disposing of these components through the RUM Project will ensure they are disposed of safely and responsibly.

Please do not put vape batteries in RUM Project collection bins as they are a fire risk. Call your pharmacy in advance to check if they will accept vape components.

Step 3

Put the outer container of the vape into the garbage bin.

Recycling and Disposal Options for Single-Use/Disposable Vapes - [Planet Ark](#)

If the battery cannot be easily removed from the vape (because it is enclosed with no easy access points), it is likely a single use/disposable vape. These vapes will be the most common confiscated by schools.

Contact your local council or the [Pharmaceutical Society of Australia, Document: Guidelines for pharmacies providing smoking cessation support](#) (2021 – page 18) about safe disposal processes for closed systems, as there may be limits to how much can be disposed of in the general waste system.

FYI – when talking with young people about vapes, there is no need to distinguish between reusable and disposable vapes – our aim is to show it's all harmful (nicotine or not, illegal or not, disposable or not).

Healthy Culture

Top Tips for Hosting Smoke and Vape Free Events at Your School

1. Display smoke-free and vape-free signage at the event
2. Consequences of vaping and smoking at the event are clearly stated
3. Add 'this is a vape-free and smoke-free event' message to flyers, permission forms and repeated at school assemblies/meetings

This is an example of Smoke, Vape and Alcohol-Free Event Signage. Please click on the link below to download an editable version for your use.



[DOWNLOAD](#)

Student Teaching and Learning

For School Staff

Evidence-Based Vaping and E-Cigarette Education

Quit – 'Seeing Through the Haze' School Resources

'Seeing Through the Haze' is a resource to equip students with the critical thinking skills to create change for a vape and smoke free future. The resource is structured as a three-part learning sequence.

The resource has been mapped to the Australian Curriculum (further details can be found in the Companion Teaching Guide). It is **free** to access for teachers and schools to incorporate in their routine lesson planning – it is not a add on program.

The educational thinking that underpins the resource, includes:

- Structuring the learning sequence around the determinants of health
- Positioning it within the context of a whole-of-school approach
- Adopting a strengths-based approach to health education and encouraging critical inquiry to develop young people's health literacies in relation to vaping and build their capacity to create change for a vape and smoke free future.

The resources for Years 7-8 and 9-10 are currently available. A resource for Years 5-6 is being developed.



[DOWNLOAD](#)

Year 7-8 Student Resource Workbook



[DOWNLOAD](#)

Year 9-10 Student Resource Workbook

The resource has been developed by Quit and Cancer Council Victoria in partnership with:

- VicHealth
- Monash University
- Victorian Department of Education
- Victorian Curriculum and Assessment Authority
- ACHPER Victoria
- Independent Schools Victoria

The 'Seeing Through the Haze' resource invites students to take on the role of community health researchers. The learning activities provide students with the knowledge and skills to plan and implement a school or local community campaign.

The resources comprise of three modules:

1. Getting the Facts
2. Seeing Through the Haze
3. Making Change

This is a great opportunity to let young people make their own content and tell their own stories – much more meaningful!

Also, a great opportunity to connect with your local community health service – hint, that's us! The BCH Health Promoting Schools Team would love to connect with you! Reach out via healthpromotion@bchc.org.au



[DOWNLOAD](#)

Companion Teaching Guide

This Guide includes background information that will help you understand the structure of the resource. The guide includes lesson planning suggestions, curriculum links, and answers to the activities.

More information on the modules is available on the [Quit – Get the facts on vaping – website](#), including the [School Frequently Asked Questions](#).

Gippsland Lakes Complete Health – Grade 5/6 Lesson Plans

Our wonderful partners at Gippsland Lakes Complete Health (GLCH) have been educating primary school children about the risks of vaping as part of a new program delivered by the Health Promotion team.

As part of this program, the GLCH Health Promotion team worked with primary school children to develop a video about the harms of vaping.

Check out the [video](#).

GLCH has also developed a series of lesson plans for grade 5/6 students.

Please contact the [BCH Health Promoting Schools Team](#) to access these resources.



Our Futures

Formally known as Climate Schools, Our Futures is an online, evidence-based education provider focusing on Alcohol and Other Drugs education for secondary school students.

Our Futures is currently trialling the first online Vaping Education Prevention Program for secondary school students in Australia.

The Program is delivered across 4 lessons; each lesson comprises of:

- A 20-minute illustrated cartoon story
- Interactive quizzes
- Class discussions

Check out the program and lesson overview [here](#)!

The program will be limited to 250 schools in 2024. If your school is interested in participating, please register your interest as soon as possible via the [website](#).



Lung Foundation – Vaping eLearning

A short, interactive education module for young people that aims to bring awareness to the harms of vaping and encourages participants to be vape-free advocates amongst their friends and community.

Content areas include:

- What vapes are and how they work
- Harmful chemicals commonly found in vapes
- Short and long-term health impacts of vaping
- Ways to combat peer pressure



The eLearning is freely accessible via the [Lung Foundation website](#). Please note you will need to complete a short online form before accessing the eLearning.

Blurred Minds Academy

Blurred Minds' mission is to change the way young people (years 7-10) make decisions around alcohol, vaping, and drugs.

The Blurred Minds Academy is an online learning platform that helps teachers to deliver an engaging, relevant, and effective curriculum on alcohol and drug education.

All 13 modules (3 focus on vaping) and assessments are based on the Australian curriculum and consist of an online component and a teacher-led discussion to increase effectiveness. The program uses games to make the content engaging for students and teachers.

There is a cost to access the modules however the Blurred Minds Academy has been included as a Tier 1 and Tier 2 intervention in the Department of Education's Mental Health Fund.

The Blurred Minds team also provide a range of **free** resources that you can use to deliver alcohol and drug education– one game that might be of interest is the [Vape Investigator!](#)

Incursions

Primary (Grade 5-6) –

- Life Education Australia is on a mission to empower children to make safer and healthier choices and yes, Harold the Giraffe is still going strong!

Life Ed is currently offering two programs for grade 5/6 students:

- [Take a Breath](#) investigates the issues around vaping and smoking. Students are encouraged to stop and “take a breath”, ask questions, seek answers, and exercise critical thinking skills before making a decision.
- [On the Case: Investigating the effects of smoking and vaping](#) supports students to make informed, safe, and healthy options if confronted with e-cigarette devices or vaping.

Secondary (Years 7-12) –

- As well as their Academy, [Blurred Minds](#) also offer engaging workshops for students and community members, including a virtual reality experience to explore peer pressure scenarios.

[Student workshops](#) include:

- Vaping and Health Workshop (Years 7-12)
- Vaping Deception Workshop (Years 7-12)
- Vaping and the Environment Workshop (Years 7-12)

Community Workshops include:

- Empowering Parents in the Vaping Conversation
- How to End Vaping in Your School

Keen to see if these workshops would suit your school? Access a recording via the [Blurred Minds website!](#)

- Ballarat Community Health - [SSMART ASSK Program](#)

A party-safe, harm minimisation program designed to reduce year 9 students' risk-taking behaviour. The program specifically aims to reduce the risks, and potential harms, of unsafe sex and using alcohol, other drugs and e-cigarettes.

FYI – the SSMART ASSK Program is only available to schools participating in the Health Promoting Schools Framework. Want to find out more? Contact [healthpromotion@bchc.org.au!](mailto:healthpromotion@bchc.org.au)

Supporting Resources

The following is a list of high-quality vaping and e-cigarette curriculum resources and interactive classroom activities (each is linked) from both Australian and international sources.

- Quit Victoria – The Dangers of Vaping - [Video](#)
- VicHealth – The Impact on Our Health - [Video](#)
- Cancer Institute NSW– [‘Every vape is a hit to your health’](#)

Developed in consultation with young people and medical experts, this latest campaign amplifies the voices of people aged 14 - 24 who have experienced the harms of vaping. Recommend checking out the [video testimonials by young people](#), especially if you have students looking at creating a video campaign as part of the Making Change module of the Quit ‘Seeing Through the Haze’ resources.

- NSW Health – ‘Do you know what you’re vaping?’ – [Teacher Resources](#)

This campaign highlights the toxic chemicals that are found in vapes (especially the video) – research shows that this message resonates strongly with young people!

‘Many of the chemicals in vapes are used for [industrial cleaning](#) and are highly [corrosive](#). What do you think they do to your lungs?’

- Cancer Council NSW - Generation Vape - [Resources](#)

Generation Vape is the first research project of its kind to take place at a national level in Australia – resources include research updates and videos – recommend the videos, great inspiration for students working through the Making Change module of the Quit ‘Seeing Through the Haze’ resources.

- Minderoo Foundation - [UNCLOUD](#)
A fab new, interactive resource calling on young people to tackle the vaping problem – recommend checking out the video – This is our warning and encouraging students to write their own warning labels for vapes – again, great inspiration for students working through the Making Change module of the Quit ‘Seeing Through the Haze’ resources.
- Queensland Government – [‘There’s Nothing Sweet About Vapes’ Campaign](#)
- Lung Foundation – Vaping and Young People – [Teacher Resources](#) and [First Nations Resources](#)
The Lung Foundation worked with Na Jemelah to develop 3 short animations to help young people better understand how vaping can affect you, those around you and the environment - check out them out!
- Quit Victoria – E-Cigarettes and Teens – [Teacher Resources](#)
- NSW Western Sydney Health – Young People on the Dangers of Vaping – [Video](#)
Young people sharing key messages with their friends about the harms of vaping. Again, great inspiration for students working through the Quit ‘Seeing Through the Haze’ resources. Might suit year 9/10 students developing a campaign for younger students.
- Positive Choices – [Tobacco Resources and Podcast](#)
Full of great resources including E-Cigarettes/Vaping: Recognising tobacco industry manipulation as well as [videos](#), factsheets and games (including [smokeSCREEN](#))!
- Quit Victoria – ‘Seeing Through the Haze’ [Vaping Campaign](#)
Features two great videos – one for younger students and one for older students.
- North Richmond Community Health – ‘Vape Escape – the Hidden Dangers of Vaping’ [Podcast Series](#)
This podcast series was developed by young people, for young people, to provide accurate information and share their stories of vaping – worth a look!
- Gippsland Lakes Complete Health – The Facts about Vaping – Primary [Video](#)
- DARTA – Vaping – [Teacher Resources](#)

- ABC – Behind the News – The Science of Vaping [Video](#)

Vapes come in plenty of shapes, sizes and flavours, but what makes them work and which chemicals are in them? Find out with the help of a Chemist at the University of Wollongong who's collecting vapes and taking them apart to study what's inside and if it could be bad for people's health.

- Government of Canada - [Consider the consequences of vaping](#)

Great stuff from the Canadians about the risks of vaping, interactive activities, and tips on dealing with peer pressure!

- FDA - The Real Cost of Vaping (USA) – [Prevention Campaign \(Secondary\)](#)

This campaign includes the 'Vaping Addiction Isn't Pretty' video series – recommend the [bathroom](#) video – research showed this resonated particularly well with young people who did vape – it's all about showing what vaping dependence looks like and asking young people to reflect on their own behaviour and hopefully, ask for help to quit!

- Truth Initiative (USA) – [Curriculum Resources](#)

- [Re-Think Vape \(USA\)](#)

Provides a great overview of the health risks associated with vaping plus a look into the links between big tobacco companies and vaping – great for students working through Module 2 of Quit's 'Seeing Through the Haze' resource.

Local Resources:

In 2022, Ballarat Community Health worked with a group of Year 10 Media students from Mount Clear College to produce 3 videos about vaping for young people, by young people:

1. [Video 1 – Loyalty Card](#)

A young girl is dropped off at school and instead of going into school, she leaves the school grounds to go buy a vape from a person in the bushes. Instead of paying with money she has a loyalty card. She's already used most of the offers available on the card and the only choice she has remaining is health or family. She did not want to choose family so chose health. She is willing to sacrifice her health to buy a vape. Afterwards she is seen calling her mum on the phone, saying she needs to talk to her.

2. [Video 2 – Keeping Up](#)

Three boys are going for a ride in the bush on their bikes. One of the boys is finding it difficult to keep up with his friends. He is wondering if vaping is what is stopping him from keeping up. He knows that his friends don't vape, and he is thinking about why he does. Is not being able to keep up because of vaping?

3. [Video 3 – Game Over](#)

A group of young people are talking about games they like to play. One of them starts talking about a new game they have started playing. Something to do with vaping. The group look at him and say they aren't into that sort of thing. They then continue their conversation and ask the guy to come and join in with them.

These videos are great examples of the type of campaign students could develop as part of the Making Change module of the Quit 'Seeing Through the Haze' resources.

If you or your students are interested in learning more about this project, please reach out to the BCH Health Promoting Schools Team at healthpromotion@bchc.org.au.

Students from Lyndhurst Secondary College, located in the City of Casey, also won a competition for their [anti-vaping campaign video](#), *Just Breathe Air*. Check it out! Hear more from the students themselves in this [video case study](#) from Quit Victoria.

Additional Resources

Vaping and e-cigarette factsheets can be used to support classroom learning and reinforce smoke and vape-free messages.

For **FREE** downloadable factsheets go to:

- Quit Victoria – Get the Facts on Vaping – [Hub](#)
- Quit Victoria - E-cigarette [Fact Sheet](#) for Parents, Carers and Teachers
- NSW Health – Get the Facts on Vaping – [Information for Teachers and Schools](#)
- Lung Foundation – Vaping and Young People – [For Educators](#)
- DARTA - E-cigarettes and Vaping – [Information for Teachers](#)
- DARTA - E-cigarettes, Vaping and Australian Young People – [Information for Teachers](#)
- Truth Initiative (USA) - Vaping Prevention and Quit Resources: Top Tips for Parents and Educators – [News Article](#)
- Re-Think Vape – [Educator Resources](#)
- Vaping and Substance Use Support Service Flyer (available Local Services and Other Resources section of this Toolkit)

Supporting Students

Student-friendly resources about vaping are listed below:

- Quit Victoria - Vaping and Your Health [Factsheet](#) for Teens
- Quit Victoria – The Dangers of Teen Vaping (for Young People) – [Video](#)
- Blurred Minds – Games – [Vape Investigator](#)

The Blurred Minds team provide a range of free resources that you can use to support students and the best bit? Students play for free!

- Cancer Council NSW - Generation Vape - [Resources](#)
- Cancer Institute NSW – ‘Every Vape is a Hit to Your Health’ - [Videos](#)
- NSW Health – Do You Know What You’re Vaping? - [Posters](#) and [Quit Support](#)
- DARTA – Vaping and E-Cigarettes – [Information for Young People](#)
- Lung Foundation – Vaping and Young People (12-17) - [Factsheet](#)
- Lung Foundation – Vaping and Young People (18-24) - [Factsheet](#)
- Lung Foundation – Vaping and First Nations Young People – [Factsheet](#)
- Truth Initiative (USA) – The Truth – [Videos](#), [Resources](#) and More!
- Truth Initiative (USA) - Vaping, Mental health and Young people – [News Article](#)
- Smoke Free - Teen - [Resource](#) to build a Quit Plan
- Quit Victoria – [Build Your Quit Plan](#)
- Re-Think Vape (USA) – [Teen Resources](#)
- Encounter Youth – Inhale the Truth Resources - [Posters](#)

Professional Development for School Staff



Positive Choices vaping webinar for school staff, parents, health professionals and young people who are seeking information on e-cigarettes and vaping. Please note that the webinar was conducted on 30 June 2021, so some data may be out of date. [Webinar: E-Cigarettes and Vaping- What you need to know](#)

Drug and Alcohol Research Training Australia (DARTA) provides a range of professional development tools for teachers on the topic of vaping and e-cigarettes. [Find out more.](#)



Resource guides for teachers by Victorian Department of Education and Training can be found here: [Smoking and vaping: school and teacher resource guide.](#)

Check out the 'How to end vaping in your school' [webinar](#) from Blurred Minds. This webinar is aimed to help teachers understand how they can help reduce vaping among students.



Please note that this webinar was conducted on 4 May 2023, so some of the data may have changed. [How to end vaping in your school webinar.](#)



If your school is looking for Professional Development for your staff on vaping and e-cigarettes, reach out the BCH Health Promoting Schools Team at healthpromotion@bchc.org.au, we can help!

Families and Community Partnerships

Supporting Parents and Carers

People under 30 are the biggest users of vapes and e-cigarettes. Children and young people may be exposed to vaping and e-cigarette use at school, at home or in the wider community.

Starting the conversation

In partnership with VicHealth, Cancer Council Victoria and the Victorian Government, Quit Victoria has launched the '[Get the facts on vaping](#)' hub for parents and carers of young people. Topics include:

- [How do I know if my child is vaping?](#)
- [Practical tips](#)

It's also important to understand why young people vape. Common themes include:

- Coping with stress/anxiety
- Head spins (the nicotine hit)
- Avoid eating (reduce appetite)
- Peer pressure (vaping is very much a social thing!)
 - Vapes are often shared in a social setting
 - Social media has also been used very effectively to promote vaping to young people

VicHealth and Quit Victoria have done some research on this – read all about it [here!](#)

Keen to know more? Check out this [video from Western Sydney Health](#) featuring youth perspectives on why young people vape.

Research has also found vaping has become normalised among young people, with vaping/e-cigarette use seen as relatively clean, easy and safe – especially compared to cigarettes, alcohol and other drugs use.

Vaping has gone from a niche activity associated with limited social groups, to one that's now broadly socially acceptable. Vaping is everywhere young people socialise – from bars and night clubs to school classrooms and even toilets.

How to have the 'vape' talk

With support and relevant information, parents and carers have an opportunity to talk openly with their child or young person about vaping harms, school expectations and information about local support services.

The '[Get the facts on vaping' hub](#) provides practical advice on:

- [How do I talk to my child/young person about vaping?](#)
- [What can I do as a parent or carer?](#)

VicHealth in partnership with [The Behaviour Change Collaborative](#) **has** also developed a guide that can help parents and carers have a meaningful, non-threatening conversation with their teen about vaping.

You won't find a set of scripted questions – we don't want to put words in your mouth. Instead, the guide encourages:

1. Conversation starters based on their teen's vaping behaviour.
2. Insights from the latest research about what their teen might be thinking and feeling, and what parents/carers can say to help.

These insights are based on recent survey interviews and in-depth conversations with teens across Australia. Through the research, guidance has been developed to help parents better understand what their teens think and how they feel about vaping.



[Download](#)

Other great resources to support parents to talk to their children and young people about vaping are:

- [Alcohol and Drug Foundation](#)
- [Blurred Minds – Talking to Your Teen](#)

Including a downloadable Family Agreement Template

- [VicHealth](#)
- [Royal Children’s Hospital](#)
- [Child Mind Institute](#)
- [Vaping prevention and quit resources: top tips for parents and educators \(truth-initiative.org\)](#)

Peers Supporting Peers

Young people also have an important role to play in supporting their friends, especially when it comes to quitting vaping – think avoiding triggers, helping with cravings and staying motivated!

- i. [UNCLOUD](#)
- ii [Cancer Institute NSW](#) Cancer Institute NSW offer some great steps for supporting a friend:
 1. **Don’t judge.** Vaping is highly addictive. People are often more open to discuss it if they feel they aren’t being told what to do.
 2. **Listen and be supportive.** Those who want to quit will need support, as quitting isn’t easy.
 3. **Learn about the vaping harms.** Know the risks and discuss your concerns with them as a friend. Be sure to respect their views and don’t talk down to them.
 4. **Help them avoid vaping triggers.** Even if they want to quit, there will be moments when they will crave a vape. Offer support and help them avoid those craving moments.
 5. **Quit vaping together.** A problem shared, is a problem halved. If you vape as well, you can help each other to quit vaping.

Resources

Families play an important role in influencing the values and beliefs of their children. Schools can support families by providing information about the harms of vaping.

See below a list of fantastic resources for parents and carers, including videos, factsheets, podcasts and more!

- Quit Victoria - [The Dangers of Teen Vaping Video](#) – for Parents, Carers and Teachers

- Cancer Institute NSW – ‘Every Vape is a Hit to Your Health’ – [Tips to Quit Vaping](#)
- Cancer Council NSW – E-Cigarettes – [Parent Factsheet](#)
- Blurred Minds – [Vaping FAQs](#)
- NSW Health - ‘Do you know what you’re vaping?’ – [The Facts about Vaping for Parents](#)
- [Prof. Renee Bittoun](#) – Vaping (What Parents and Teachers Need to Know)
This video goes for approximately 1 hour and 15 minutes.
- Quit Victoria – E-Cigarette [Factsheet](#) for Parents and Teachers
- Alcohol and Drug Foundation – [Vaping and Young People](#)
- Lung Foundation - Vaping and Young people – Parents and Carers [Factsheet](#)
- Maggie Dent - Parental As Anything ABC Podcast – S6 Episode 1 – [What to do if your kid is vaping](#)
- DARTA - Doing Drugs with Paul Dillon Podcast – [Vaping Episode](#)
- DARTA - [Parent Resources](#)
- Alcohol and Drug Foundation - [Helping Young People Quit Vaping](#)
- Raising Children Network - [How to Help Teenagers](#)
- Reach Out - [Peer Pressure and Teenagers](#)
- Victorian Government - [Smoking and Vaping – Advice for Parents](#)
- Truth Initiative (USA) - Vaping Prevention and Quit Resources: Top Tips for Parents and Educators – [News Article](#)

Local Resources

In 2023, Ballarat Grammar School worked with Ballarat Community Health and a Registered Nurse to develop Vaping Information Booklets for both Families and Students.

Information included in the [Parent Information Booklet](#) includes:

- What are vapes/e-cigarettes?
- What do vapes/e-cigarettes look like?
- Teen Use and the associated Harms
- Recommendations for Parents
- The Law
- Supporting your child

Top tips for starting conversations about e-cigarette use and vaping with your child

It's hard to protect our children from exposure to vaping and e-cigarette use but we do have an opportunity to talk openly with them. Here are some tips to support parents as they talk with their children about vaping.

Take the time



Take the time to talk to your child about their vaping. Listen to their perspective. Focus on dependence and mental health impacts of vaping. You can also chat about the toxic chemicals in vapes and how many of them are used for industrial cleaning.

Relax



Start a conversation with your child in a relaxed way, perhaps taking a cue or prompt from something around you. This could include a post on the [schools](#) social media platform, something that has happened at school that day or even coming across discarded e-cigarette litter outside.

On their side



If your child is vaping, let them know that help is [available](#) and you are there to support them through quitting.

Learn alongside



Learn about the different types of e-cigarettes, the harms of vaping, how e-cigarettes are commonly purchased by young people and where to go for support.

Role model



Role model the behaviour you are wanting to see from your child including not using e-cigarettes.

Newsletters

Connect with families and the wider school community by including articles about vaping and e-cigarette use in your next school newsletter. See templates below.

Template 1

Our school, like many others, has seen a recent spike in young people vaping.

Parents, carers, schools, and community all play an important role in protecting children and young people from, and educating them about, the harmful effects smoking and vaping.

Research from the Royal Children's Hospital shows many parents and carers are not aware of the harmful effects or how their views about smoking and vaping can impact the likelihood of a young person taking up smoking or vaping.

The Department of Education has developed resources to help you learn more about the health risks of smoking and vaping, and some suggestions about how to talk to children and young people about vaping, and where to get support. To access the resources, go to

<https://www.vic.gov.au/smoking-and-vaping-advice-parents>

You can also view this video on smoking and vaping from experts at the Royal Children's Hospital Melbourne for health advice and tips for starting a conversation with young people.

Template 2

E-cigarettes, or vapes, are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens or USB memory sticks.

Key vaping facts

Many e-cigarettes contain nicotine. Nicotine can cause long-lasting negative effects on young people's brain development, including impaired learning ability and altered mood, and can increase the risk of depression and anxiety.

E-cigarettes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray, which can lead to serious lung diseases.

Young people who use e-cigarettes are three times more likely to take up smoking cigarettes.

Let's Talk:

It's important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to have a conversation, not deliver a lecture. Importantly, get the facts at [Quit Victoria's Vaping Hub](#).

Template 3

Vaping and the Law – what do you need to know?

It is illegal:

- For anyone to use, sell or buy nicotine for use in e-cigarettes, unless a doctor has prescribed it to assist in quitting.
- To sell, barter or exchange any type of e-cigarette/vape to a person under 18 years of age.
- To smoke or vape in a car if a person under 18 years is also present.

Wherever smoking is regulated, vaping is included and applies whether or not the vape contains nicotine.

Inspiration for newsletters (including downloadable newsletter templates) can be found in many of the parent and carer resources listed on page 26 of this Toolkit.

Need help? The BCH Health Promoting Schools Team is happy to lend a hand – contact us at healthpromotion@bchc.org.au

Social Media

Use your school website and social media platforms, such as Facebook and Instagram, to promote anti-vaping messages to families and the wider school community.

The following are links to digital tiles that you can tailor to your school's needs – just select, copy, paste and post!

- NSW Health – 'Do you know what you're vaping?' – [Social Media Assets](#)

These social media tiles, with accompanying content (including a short video) are aimed at young people aged 14-17 years.

- Quit Victoria – 'Seeing Through the Haze' – [Campaign Toolkit](#)

Quit's 2023 anti-vaping campaign materials include tiles, sample social media posts and videos – available in different languages.

- Alcohol and Drug Foundation – Vaping Education – [Social Media Kit for Sharing](#)

A range of evidence-based social media images and videos that you can post on your socials to help set the story straight on vaping.

- Lung Foundation – Social Tiles for Parents and Young People – [Resource Pack](#)

This Resource Pack includes two tiles for parents/carers and two tiles for young people plus some content.

- Encounter Youth – Inhale the Truth Resources – [Social Tiles](#)

This South Australian drug education provider has 10 tiles available – recommend tiles 1, 2, 5, 6, 7, 9 and 10.

Example 1

You don't vape water. You vape e-liquids that can have the same harmful chemicals and additives like in nail polish remover.

Get the facts at www.health.nsw.gov.au/vaping



Example 2

More than 200 chemicals have been detected in e-liquids, such as those found in biofuel, paint thinner and bug killer. It's time to see through the haze.

#GetTheFactsOnVaping: [See through the haze: campaign toolkit](#)

Example 3

Yes. Many contain nicotine - even if it's not displayed on the packaging.

Visit adf.org.au/vaping to get the facts today.
@AlcoholDrugFdn



Consider using the following hashtags and tags:

- #vapefreeschools
- #vapefreeBallarat
- @ballaratcommunityhealth
- @cancercouncil
- @achievementprogram

Local Services and Other Resources

Referral pathways for young people

- [Ballarat Community Health](#) - Youth AOD Outreach Service
 - 5338 4500 or aodintake@bchc.org.au
 - Flyer included in this Toolkit – page 36
- [Central Highlands Local Health Service Directory](#)
- Doctors in Secondary Schools
- [headspace Ballarat](#)
 - 5304 4777 or www.eheadspace.org.au
- [Youth, Drugs and Alcohol Advice](#)
 - Monday to Friday, 9am – 8pm
 - 1800 458 685

Helplines

- [Aboriginal Quitline](#) -13 78 48
- [Quitline](#) - 13 78 48
 - Monday to Friday, 8am to 8pm
 - Text 'call back' to 0482 090 634
 - Webchat at www.quit.org.au
 - Message on -
 - Facebook Messenger @quitvic
 - WhatsApp: +61 385 832 920

Apps

[My QuitBuddy App | Quit](#)

(Free up-front, no in-app purchases)



[Quit smoking. Stop Vaping app](#)

(Free up-front, no in-app purchases)



[Quit Vaping for Good](#)

(Free up-front, no in-app purchases)



[Quit Sure Quit Smoking Smartly](#)

(Free up-front, in-app purchase)



Extra information

- [Department of Health](#) - E-liquids for use in e-cigarettes safety information
- Victoria Education - Smoking and vaping ban [information](#)
- Quit Victoria - [Resources](#) to support multicultural communities
- [Tackling Indigenous Smoking](#) – Facts about Vaping
- [Summary Brief](#): Review of Global Evidence on the Health Effects of Electronic Cigarettes

Looking for support or advice on substance use?

If yes, Ballarat Community Health can help!
Our Youth AOD Team provides a free and confidential outreach service (we'll come to you) for young people aged 12-25 years.

Vaping

Alcohol

Other drugs

Harm minimisation

Scan the QR code for more information or call 5338 4500 or email aodintake@bchc.org.au to talk to someone today.



[Download](#)

The Checklist

Vaping and E-Cigarette Checklist for Schools

- Connect with your local Health Promoters!
- Develop/review/update your Tobacco, Alcohol and Other Drugs Policy
- Display 'No Smoking or Vaping' signage
- Promote smoke-free and vape-free school events
- Provide evidence-based vaping and e-cigarette education
- Provide professional development for teachers and school staff
- Provide information to parents and carers
- Promote local referral pathways and support services to students, staff and parents/carers

Thank you for using the Vaping and E-Cigarette Use – Prevention Toolkit for Schools

If you have any feedback on this toolkit, or would like to have a resource added, please contact the Health Promoting Schools Team at Ballarat Community Health at healthpromotion@bchc.org.au