



Vaping and E-Cigarette Use

Ballarat Community Health
Prevention toolkit for schools Version 2.0



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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 Smoking, Vaping, Alcohol and Other Drugs benchmark and policy template
- Quit Victoria's evidence-based vaping and e-cigarette presentation package, the Seeing Through the Haze school resources and the Vaping Messaging Guide
- Common Cause Australia's Insights and Recommendations from the ACT Youth Vaping Research
- Bellarine Community Health and their regional partners' Vaping in Schools resources
- Gippsland Lakes Complete Health - Health Promotion Team's primary (grade 5/6) lesson plan and video
- 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 6/6/25

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 few years. Ballarat schools have reported spending many hours per week responding to vaping issues and have requested support from BCH.

Vaping prevention is best managed as part of a whole-school approach to health and wellbeing. Whilst this resource is intended to support schools to create healthy 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.

[The Victorian Smoking and Health Survey](#) also shows that Ballarat is one of the top 5 LGAs, in rural and regional Victoria, for vaping prevalence.

New [research](#) from [Generation Vape](#) indicates that the Federal Government's world-leading vaping reforms are having a positive impact on adolescents' attitudes, beliefs, knowledge and behaviours regarding vape use. However, more 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.

There are many different styles of vapes. They can look like everyday items such as pens, highlighters, and USB memory sticks – making them difficult to spot. The design of these products is changing all the time.

Image-[NSW Health](#)



When using a vape, the user inhales and exhales an aerosol from the heated e-liquid. It is this visible aerosol, alongside an often-unexplained scent in the air, that can alert you to someone vaping at school.

All vapes/e-cigarettes have three basic components: a battery, a heating coil and a e-fluid cartridge. The e-fluid used in vapes usually contains propylene glycol, glycerol, nicotine and added flavourings.

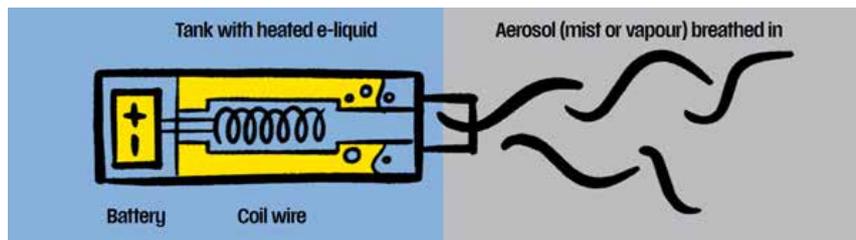


Image – Australian Government Give Up for Good Campaign

Why should we be concerned?

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 one in three 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
- Impaired brain development
- Lung injuries
- Burns
- Addiction

- Environmental waste and fires
- Dual use with cigarette smoking
- Increased smoking uptake in non-smokers

New research has found that Australian adolescents (aged 12-17) who vape are now five times more likely to start smoking in the future compared to those who don't vape.

Nicotine is highly addictive, especially for young people, who can become dependent more quickly than adults. As the human brain is developing until age 25, nicotine use can change the way it matures, which may impact learning, memory, and attention.

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.

An Australian study on the reasons why young people start vaping revealed that stress, low mood and feeling socially isolated were significant factors. As vaping develops into a dependency (or addiction), it can worsen or trigger these negative feelings.

headspace add that vaping can impact mental health in other ways, like feeling pressured by friends to vape and worrying about fitting in with what's seen as normal. Getting hooked on vaping, particularly if it involves nicotine, may lead to moodiness or trouble focusing when trying to quit.

Also, seeing posts on social media that portray vaping as cool or trendy might make someone feel inadequate if they don't fit that image. So, vaping doesn't just affect the body—it can also influence how we feel about ourselves and our connections with others.

As noted in the Department of Education's Smoking and Vaping Ban, nicotine addiction can look different from person to person. A student might be experiencing nicotine withdrawal if they:

- Find it more difficult to manage emotions – for example, becoming moody, angry or sad
- Find it hard to concentrate and engage
- Get anxious or nervous if they can't vape
- Find reasons to frequently leave class to vape

Some of these behaviours may also arise from other health or behavioural causes.

What are nicotine pouches?

Nicotine pouches are small, tea bag like pouches filled with white powder. This powder contains nicotine, flavourings, and other ingredients. Unlike other types of 'smokeless' products such as snus and chewing tobacco, nicotine pouches don't contain tobacco leaf. The pouch is placed between a person's lip and gum, allowing the nicotine to be absorbed through the lining of their mouth ([Quit Victoria](#)).



Image-Quit Victoria

In 2024, an online survey on nicotine pouch use was conducted with 1,598 Australians aged 16 to 39, revealing several concerning trends:

- • 26% of respondents had used nicotine pouches at least once
- • 19% of respondents used nicotine pouches in the past 30 days
- • Most respondents obtained their nicotine pouches from tobacco retailers (33%), followed by friends (21%) and the internet (14%)

Want to know more? [Check out the full article](#).

Thanks to Quit Victoria for the info.

Should we be concerned?

The powder inside nicotine pouches contains a mix of chemicals including nicotine, flavourings, and sweeteners. [These chemicals are absorbed through the lining of the mouth and enter the bloodstream and then circulate throughout the body, potentially reaching many organs and systems.](#)

Users of nicotine pouches have reported short-term health effects including:

- Mouth lesions
- Upset stomach
- Sore mouth
- Sore throat
- Nausea

While the long-term health effects are not yet known, some toxic chemicals, including ones that may cause cancer, have been found in nicotine pouches. Nicotine pouches are currently illegal in Australia.

Information sourced from [Quit Victoria – Nicotine Pouches Exposed](#).

Australia's 2024 Vaping Reforms: What you need to know

Under the new laws, the way Australians can access vapes has changed ([Quit Victoria](#)):

- Vapes can only be sold in pharmacies, regardless of whether they have nicotine in them or not
FYI – not all pharmacies are stocking vapes, check with your local pharmacist
- Non-pharmacy retailers, such as tobacconists, vape shops and convenience stores, cannot sell any type of vape
You can report illegal vape supply/sales via the [Therapeutic Goods Administration](#)
- Flavours in vapes are restricted to mint, menthol and tobacco
- There is a ban on the advertising or promotion of vapes
- People 18 years and over can buy vapes with a nicotine concentration of 20 mg/ml or less from participating pharmacies without a prescription, where state and territory laws allow, but only after talking with the pharmacist
- People under the age of 18 will still need a medical prescription to access vapes through a pharmacist

These changes to the vaping law in Australia are focused on protecting people from the harms of vaping and nicotine dependence.

The law imposes heavy penalties for illegal supply and commercial possession of vapes. Individuals, **including people under 18 years**, who have a vaping product on them for personal use will not be targeted under changes to the law.

For the latest information on the reforms, check out the [Therapeutic Goods Administration](#) or [Quit Victoria](#).

Interested in learning more about the reforms? Check out [VicHealth's timeline](#) outlining the Australian Government's action.

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.

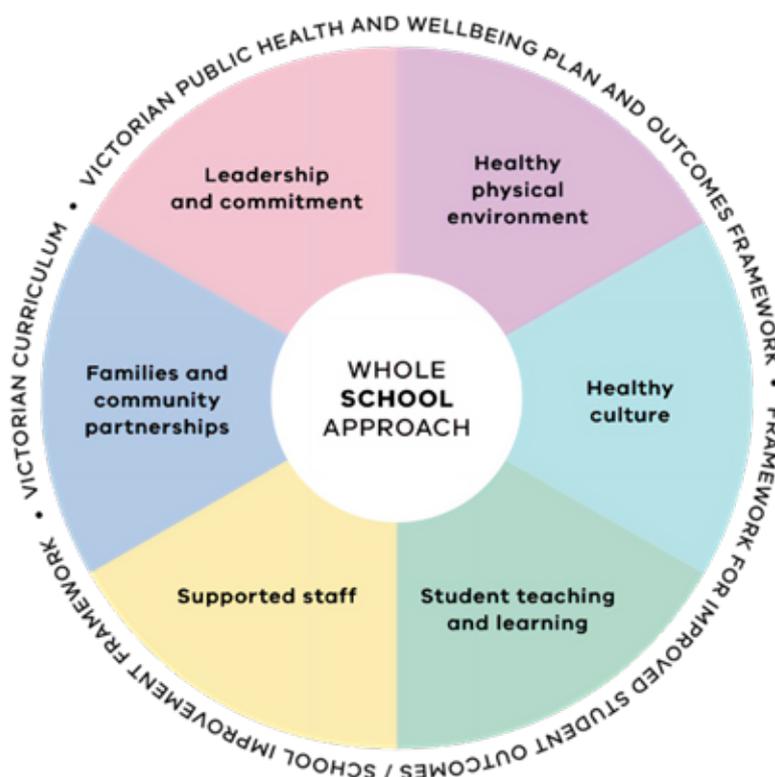
The Framework is based on the World Health Organisation's Health Promoting Schools Model and reflects the Victorian Government's ongoing commitment to improving the health and wellbeing of children and young people.

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:



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](#) for more information or to access the policy template.



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 13 of this Toolkit and contact the [BCH Health Promoting Schools Team](#) 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 Professional development for Wellbeing Staff and Local services and Other Resources sections 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 categorises 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 - Your Health Versus Vaping: [Factsheet](#) for Teens
- Quit Victoria – The Dangers of Teen Vaping (for Young People) – [Video](#)
- Blurred Minds – Online Games – [Vape Investigator](#)
- Australian Government – Give Up for Good – [Youth Vaping Education Resources](#)
- Cancer Council WA – [Clear the Air – Am I Addicted Quiz](#)
- 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 discuss further discipline options in line with your school policies.

The [Department of Education](#) also offers advice on managing vaping incidents through the [Smoking and Vaping Ban](#). Schools can refer to the listed procedures when students are found vaping on school sites or at school activities:

- Responding to an emergency
- Containing an incident
- Confiscating a vape
- Contacting parents or carers
- Referring students to school health and wellbeing supports
- Implementing any other health, wellbeing and behaviour supports if relevant
- Suspension
- Students selling vapes on school premises

These are consistent with the Department's [Alcohol and Other Drugs – Students policy](#).

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 in a smoke-free area. Additionally, the Victorian Department of Education [Smoking and Vaping Ban](#) states that a person must not smoke or vape on school premises (buildings and grounds), within 4 metres of school entrances or at school sanctioned events held off-premises. This applies to anyone on school premises during and outside of school hours including students, staff and school visitors.

'No Smoking or Vaping' signage is now available from BCH and the Victorian 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 Team](#) 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 an [education resource](#) to equip students with the critical thinking skills to create change for a smoke and vape-free future. Seeing Through the Haze is evidence based, curriculum aligned and free to access for teachers, school nurses, wellbeing staff and health educators.

Seeing Through the Haze takes a whole-of-school approach, developing active learners with the capabilities to:

- Understand how vapes work and the health harms of vaping
- ‘See through the haze’ of misinformation, understand social and commercial determinants of health, and investigate cessation techniques
- Create their own campaign for smoke and vape-free places

Student education resources and teaching guides are available for upper primary (Year 5-6) and secondary (Year 7-10).



To access the resources, please [complete the online form](#) - this helps with quality assurance, allowing Quit to provide updated versions of the to anyone who has accessed them.

Student Guides

The resources have 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

Key learning outcomes include:

- Foundational knowledge to understand vaping and the impacts on health
- Explore the history of vaping, the science of vaping and the impact on the environment
- Gain awareness of how social factors, including peers, influence decisions about vaping
- Investigate vaping cessation support options
- Examine the marketing and advertising tactics used by industries when targeting young people
- Identify local community organisations and professionals who work to provide healthier environments for young people to live, work and play
- Create a campaign that advocates for smoke and vape-free areas

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

- To support the delivery of Seeing Through the Haze, Quit has developed teaching guides for Year 5-6 and Year 7-10.
- The Teaching Guides are designed to be used alongside the student education resources. They explain the structure of the resources, contains lesson planning and delivery suggestions, curriculum links and answers to the activities – very helpful!

Teaching Guides

Educators can select and choose which activities are delivered depending on their students' needs, interests, learning abilities and timetables. Possible extension activities are also included should you wish to deepen student learning further.

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



Our Futures

Our Futures is a leading provider of online, evidence-based education focusing on vaping, alcohol and other drugs for secondary school students.

The [OurFutures Vaping Program](#) is an innovative, curriculum-aligned resource designed to educate year 7 and 8 students about the health risks, social pressures, and misconceptions surrounding vaping.

The program uses engaging, interactive cartoon modules and real-world scenarios to ensure students not only understand the dangers of vaping but also develop resilience against peer pressure.

The program is delivered online and uses a social influence and harm-minimisation prevention approach across four 40-minute lessons, each featuring:

- A realistic and engaging illustrated cartoon story
- Activities, including class discussion prompts, role plays, quizzes, and worksheets
- Summary sheets to reinforce key content
- Teacher resources to support delivery

The [Our Futures Vaping Program](#) is now available for **free** to all year 7 and 8 students across Australia under Federal Government funding. This means schools have free, opt-in access!

Interested? Fill in the [online](#) form to register your school for 2025.

Feedback from schools already using the program has been overwhelmingly positive. Educators report that the modules are easy to deliver and resonate with students, sparking meaningful conversations about health and decision-making.

"It's working really well. The cartoons are fantastic and we break the students up into small groups and have had fantastic discussions and queries about poison and drugs. We have also had some great role playing sessions for the lesson on assertiveness and communication."



Blurred Minds Academy

Blurred Minds' mission is to change the way young people (years 6-12) make decisions around alcohol, vaping, and drugs. There are four offerings for secondary schools:

1. Blurred Minds Academy
2. School Workshops
3. Games
4. Parent Resources (please see page 41)

The Blurred Minds Academy is an online learning platform that is evidence-based and effective in creating more negative beliefs around vaping, alcohol and cannabis, while increasing refusal capabilities and reducing positive expectations.

Access to the Blurred Minds Academy provides 13 Australian curriculum-mapped modules (3 specifically on vaping), assessments, marking rubrics and slides to help teachers plan lessons. The modules also use games to make the content engaging for students and teachers.

Access to the Blurred Minds Academy is by subscription with costs varying between \$6 - \$9 per student depending on the number of students enrolled. To see if the Academy is right for your school, Blurred Minds offer a free 7 day trial – enquire today!

Blurred Minds also offer 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!

Plus! Enhance your teaching with Blurred Minds' Toolkit, designed to make education on vaping, effective and stress-free. Whether your curriculum is set, or you need new resources, these pre-made vaping lessons fit seamlessly into your classroom!

As well as their Academy, Blurred Minds also offers engaging workshops for students, school leaders and teachers, parents and community members. Workshops are tailored to the needs of your school and can be delivered online or face to face.

As well as their Academy, Blurred Minds also offers engaging workshops for students, school leaders and teachers, parents and community members. Workshops are tailored to the needs of your school and can be delivered online or face to face.

- Student workshops include:
 - Vaping
 - Refusal Skills
 - Environment Impact
 - Australian Law
- Community Workshops

*Keen to see if these workshops would suit your school?
Access a recording via the Blurred Minds 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.



[#NotEvenOnce®](#) is an initiative of Teen Challenge Australia, a not for profit, specialist Drug and Alcohol Prevention and Rehabilitation organisation. The [#NotEvenOnce®](#) project focuses on prevention and early intervention through Alcohol and other Drug education. As part of this mission objective, the [#NotEvenOnce®](#) project is currently being delivered into primary and secondary schools, sporting clubs, workplaces and community forums.

Currently, the most popular topic within the suite of alcohol and drug seminars is vaping. The [#NotEvenOnce® Vaping Program, 'Clearing the Air'](#), discusses the:

- Latest medical and scientific evidence
- Impacts of vaping on the developing brain and body
- Physical, mental and relational harms to individuals, families and communities

With expertise in rehabilitation, presenters are non-judgemental in their conversations around addiction/dependency, making decisions to cut back or quit and accessing support.

Evaluation shows the seminar impacts young people positively, encourages conversations, builds resiliency and helps those within the space to move away from use. It is available for various groups from years 4-12, school staff, parents and the broader community.

Check out this [blog](#) on a parents feedback following their son's attendance of a [Clearing the Air](#) seminar.

Regarding costs, [#NotEvenOnce®](#) has a 2 seminar per day minimum requirement (a seminar is approximately 45-60 minutes in length). The fee is \$850 + GST per seminar with subsequent seminars (after the minimum 2) costing \$650 + GST (a \$200 discount). Complimentary staff or parent webinars are also available alongside the school incursion (normally \$595 + GST).

For more information, or to book a session at your school, contact [Tanya](#).



Gippsland Lakes Complete Health – Grade 5/6 Lesson Plan

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 it out!

GLCH has also developed a lesson plan for grade 5/6 students. Please contact the BCH Health Promoting Schools Team if you're interested in accessing this for your school.



[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:

1. [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.

Learning outcomes include:

- Impacts of smoking and vaping
 - Drawing comparisons and connections between e-cigarettes/vaping and the history of tobacco smoking
 - The effects of nicotine on the body and brain
 - Strategies and responses that model assertiveness and resilience in challenging situations
2. [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.
 - The key learning areas covered include:
 - What’s in a cigarette or vape
 - Effects of smoking and vaping
 - History and laws + myths and facts
 - Strategies to reduce harm

Interested? Make an [online booking enquiry](#) today!



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.

Please note 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*

Supporting Resources *page 1*

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

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.

Australian Government – Give Up for Good – [Youth Vaping Education Campaign](#)

These videos highlight how vaping addiction can creep up on you – this is a strong theme coming from conversations with young people in Ballarat. Also recommend the What's really in a vape video!

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.

Cancer Council WA – [Clear the Air Campaign](#) + [Videos](#)

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.

Danila Dilba Health Service - [Vaping is a Fool's Game!](#)

At the start of 2024, Danila Dilba put their heads together to work out a new way to present the dangers of vaping to our young mob. Going out and telling them what to do wasn't working, and so this music video was born. With lyrics written and performed by a group of young leaders from the Clontarf and Stars Foundations in the Greater Darwin region, this video spreads the word to other kids around Australia and encourages them to "Say no to vapes" as well – check it out!

DARTA – Vaping – [Teacher Resources](#)

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!*

Gippsland Lakes Complete Health – The Facts about Vaping – Primary [Video](#)

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!

Supporting Resources *page 2*

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!

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.

North Richmond Community Health – ‘Vape Escape – the Hidden Dangers of Vaping’ [Podcast Series](#)

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?’

[Smoking and Vaping Resources for Aboriginal Young People](#) – [Factsheets](#) and [Video](#)

These factsheets and videos were co-designed with Aboriginal young people and developed by The Matilda Centre for Research in Mental Health and Substance Use. This animated video shows a young person who experiences health effects from vaping. It covers how people can seek help and the benefits of quitting. The factsheet provides more in-depth information about health effects, reasons people vapes, and where to get help.

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 – E-Cigarettes and Teens – [Teacher Resources](#), The Dangers of Vaping - [Video](#) and ‘Seeing Through the Haze’ [Vaping Campaign](#) features two great videos – one for younger students and one for older students.

Queensland Government – [‘There’s Nothing Sweet About Vapes’ Campaign](#)

Supporting Resources *page 3*

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.

Sydney Children’s Hospital Network – Vaping and Nicotine Resources Toolkit

Recommend sharing the free social media videos on your school platforms to help increase awareness of the dangers of vapes and nicotine products to children and young people.

The two Old tricks - New Generation - Take control videos are a great addition for students working through Module 2 of Quit’s Seeing Through the Haze resource.

The Koori Way – Flip the Vape Campaign

Launched in February 2025, Flip the Vape uses positive, community-driven messaging and highlights the benefits of quitting vaping, empowering Indigenous youth with the knowledge to make informed decisions for their health and future.

The campaign showcases influential young Indigenous leaders and advocates from Victoria’s Koori community and invites Indigenous youth to share their own stories of quitting vaping and embracing healthier choices.

Truth Initiative (USA) – Curriculum Resources

VicHealth – The Impact on Our Health - Video

Local Resources *page 1*

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](#)

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.

Local Resources *page 2*

In 2024, Ballarat High School implemented Quit Victoria's Seeing Through the Haze classroom resources into the Year 10 Health curriculum. For their anti-vaping campaign, students designed a poster and a series of badges featuring anti-vape messages. Each badge was attached to a card with a student designed joke and referral pathway on the back - love it!



Ballarat High School poster design (left) and badge designs right

Year 10 Health students from Mount Clear College also worked through the Seeing Through the Haze classroom resources in 2024. Students created, posters, stickers and even a short film! The film is currently being finalised before being made publicly available. If you're interested in this project, please contact the [Health Promoting Schools Team](#).



Mount Clear College sticker designs (left) and poster design right



Local Resources *page 3*

In conjunction with [World No Tobacco Day in May 2024](#), BCH launched a 30 second advertisement highlighting the harms of vaping and encouraging young people to quit or never start.

The ad was screened over a 3-month period at all screenings at Showbiz Cinema at Delacombe Town Centre. Featuring BCH's Creative Learning Team.



Want a poster? There are three versions.

Contact the [Health Promoting Schools Team](#) today!

Melton City Council has created a [series of posters and social media tiles](#) with local young people that you can download and share at your school, your local sporting group, online, etc. to spread awareness about the dangers of vaping (you don't need permission from Council to share these resources).

Additional Resources for Classroom Learning

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 - Your Health Versus Vaping [Factsheet](#) for Teens
- Quit Victoria – The Dangers of Teen Vaping (for Young People) – [Video](#)
- Australian Government – Give Up for Good – Resources for Young People (including Youth Vaping Education Campaign Supporter Kit)
Check out the first article - 'Why your mates won't care if you say no to their vape' – important stuff given how influential peer pressure can be.
- 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



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. [Watch the video.](#)

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.](#)



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](#)

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



Department
of Education

Professional Development for Wellbeing Staff

KidsQuit: E-cigarette and Young people

The KidsQuit e-learning module is an interactive and educational tool to provide professionals with simple strategies on vaping cessation advice for adolescents, parents and carers.



KidsQuit has been developed by clinicians and experts at the Sydney Children's Hospitals Network. The self-paced module (approx. 30-45 minutes) covers:

- the different types of e-cigarettes and their components
- why young people like to use e-cigarettes
- how young people are targeted and the impact of advertising
- the health concerns and adverse effects of e-cigarettes and nicotine
- the e-cigarette laws in Australia
- what you can do to help manage dependence

Ask Advise Help (AAH) and the 5 A's (Ask, Advise, Assess, Assist, and Arrange).

This e-learning module is **free** and available to **all professionals** working with parents or young people who use vapes.

FYI – you will need to create an account in the Network's Education Hub to access the module.

Once you logged in, navigate to the '**Catalogue**' and look for the course titled, '**SCHN - Kids Quit- E-cigarette and Young people**'.

This course is great for school nurses and wellbeing staff looking to support young people and their families.

There is also a guide to provide further support after you complete the module.

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 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 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:

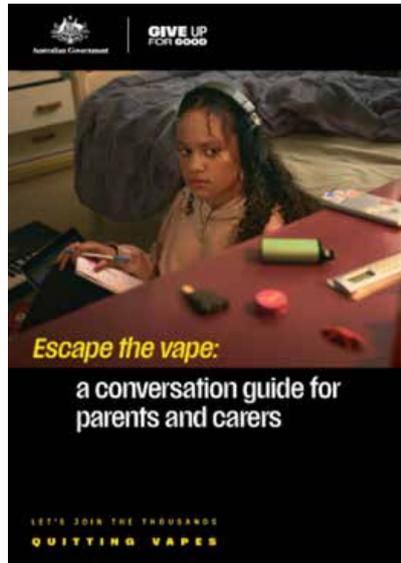
1. Conversation starters based on their teen's vaping behaviour.
2. Insights from the latest research about what their teen might be thinking and feeling, and what parents/carers can say to help.

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](#)

The Australian Government has also developed a Youth Vaping Conversation Guide for Parents and Carers as part of the Give Up for Good campaign.



[DOWNLOAD](#)
[Escape the Vape Video](#)

This [resource](#) recognises that young people are influenced directly and indirectly by the adults in their lives. Parent/Carer attitudes towards vaping will inform what the young people around you think about vaping. Vaping and smoking rates for young people are higher when parents or older siblings also vape or smoke.

Remember, lots of young people have found it takes a few tries before they are completely vape-free. It's important to encourage them to keep trying even if it takes them a few goes before they quit completely.

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

- Australian Government – Give Up for Good – [Parents and Carers](#)
- Talking to young people - [Alcohol and Drug Foundation](#)
- [Blurred Minds – Talking to Your Teen](#) Including a downloadable Family Agreement Template
- [Royal Children's Hospital](#)
- Department of Education – [Smoking and Vaping Advice for Parents](#)
- [LifeEd](#)

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! The [Minderoo Foundation's UNCLOUD](#) and the [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.

Wondering if someone you know is addicted to vaping? We have been hearing that young people are having trouble recognising the signs of addiction (or dependence). Cancer Council WA's digital campaign, [Clear the Air](#) features the [Am I Addicted Quiz](#) – encourage them to click through each question to see how vapes are affecting them.

The Australian Government's Give Up for Good initiative also has some great articles that support cutting back or quitting vaping. Check out [50 things that are better than vaping](#), [20 things you can do instead of vaping](#) or [a step-by-step guide to getting vape free](#).

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

Parents' Guide

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 you are over 18 years of age, or 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.

Template 4

Do you need help to quit vaping?

Thousands of people have quit vaping or are planning on quitting soon. It might take a few goes to stop but there is support out there to help you.

Download the free [My QuitBuddy](#) app for help to quit. Age ratings apply (Android users 13+ years/Apple users 17+).

You can also talk to your doctor or healthcare professional for support.

There are a range of services to support you while you try to quit vaping. Find a [local support service](#) near you.

If you're finding quitting tough, mental health support is available too:

- [Kids Helpline](#)
- [Beyond Blue](#)
- [headspace](#)
- [ReachOut](#)

(Quit Victoria)

Template 5

Having the 'vape' talk

Having a conversation about vaping might feel tricky, but it's important to do. It might not feel like it at times, but young people are directly and indirectly influenced by the adults in their lives. Your attitude to vaping will help shape what your young person thinks.

What can you do?

- Encourage them and support their journey to quit.
- They might think quitting is too hard – don't challenge these feelings. Offer to help support them in seeking help.
- Learn about [addiction to nicotine](#) and understand that quitting can be very difficult – especially in the early days.
- Attend appointments with them to help them talk to healthcare professionals, like a school nurse, doctor or trusted health professional, about quitting vaping.
- Remind them that health experts say there is no safe way to vape.
- Celebrate their attempts and successes with encouragement or acknowledgement that they're trying to give up.
- Be informed and ready to provide accurate advice and support.
- Let them know that there are resources and support services to help them quit.

Check out this [video](#) to guide your conversation or visit [Give up for Good](#) for more information.

(Give Up for Good)

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!

- Australian Government – Give Up for Good Campaign – Social Media Tiles, Videos and Supporter Communication Kit

4 social media tiles and 10+ videos for from the Federal Government's 2024 campaign! Download and share these on your socials to help raise awareness of the support services available to help young people quit vapes

- 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

***Using the My QuitBuddy Tile (Pink)*

If you're thinking about cutting down on vaping, it's good to know support is available.

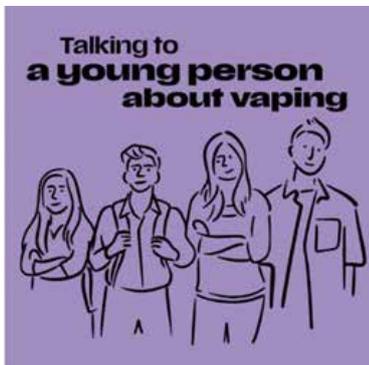
Whether its online, over the phone or using an app, Quitline is here to support you in your quitting journey.

Reach out at [Ways to get in touch | Quit](#)

Example 2

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 3

Having a conversation about vaping might feel tricky, but it's important to do.

Young people are influenced directly and indirectly by the adults in their lives. Your attitude towards vaping will inform what the young people around you think about vaping.

Check out this [video animation](#) to guide you through it.

Example 4

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 5

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 55
- [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

For more information on how your school can support students to stop vaping, check out the [Department of Education's Smoking and Vaping Ban](#) – there is some great advice on:

- Student self-referral and help seeking behaviour
- Information students of help available
- Supporting student autonomy, safety and privacy
- Managing cravings in the classroom
- Case studies

You can also check out the:

- [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 Smoking, Vaping, 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