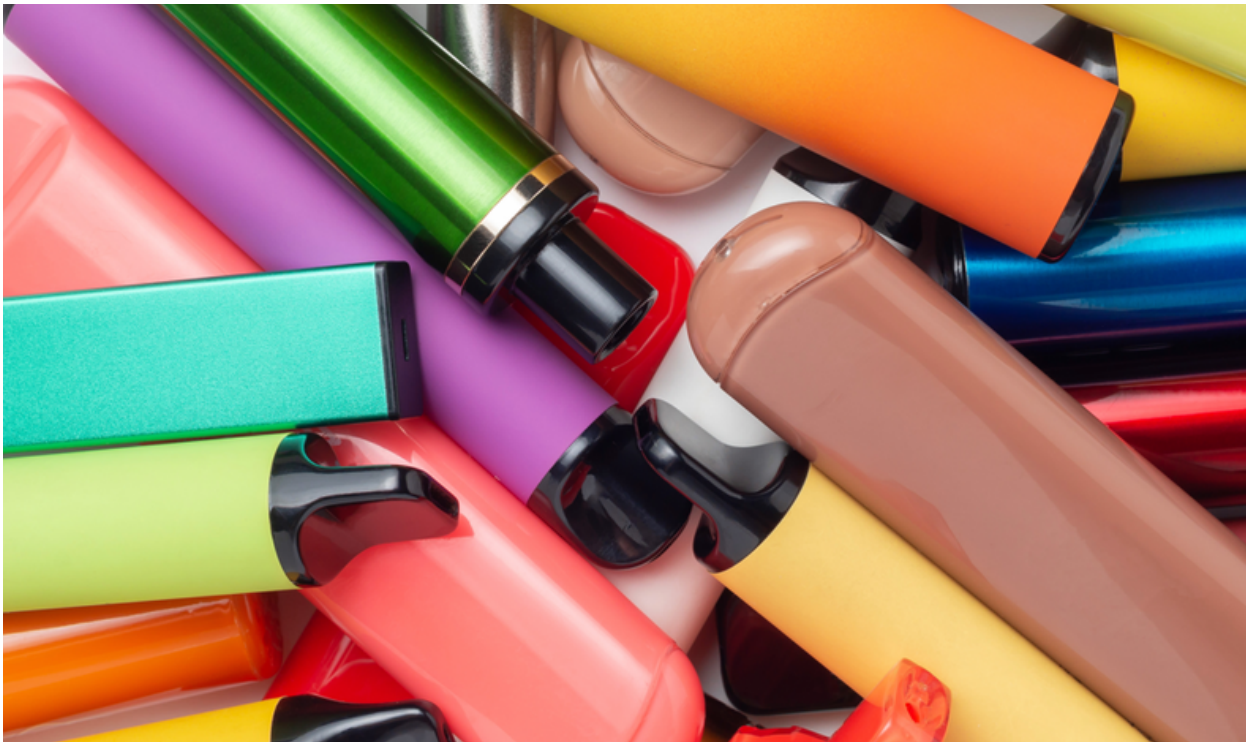


Vaping and E-Cigarette Prevention Toolkit For Secondary Schools



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Acknowledgements

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Special thanks to:

- The Achievement Program for providing a whole-school approach through the Smoking, Vaping, Alcohol and Other Drugs benchmark and policy template
- Quit Victoria for providing the evidence-based vaping and e-cigarette presentation package and school curriculum resources
- Common Cause Australia for providing recommendations on how to talk about e-cigarettes and vaping using values-based messaging
- Monash University for providing guidance on best practice evaluation processes
- The Peninsula Health Health Promotion Team for sharing their 'Vaping and E-cigarette Use Prevention Toolkit for Schools'. This toolkit has been kindly adapted from this resource.



The South Coast Prevention Team acknowledges Aboriginal and Torres Strait Islander people as the Traditional Custodians of the land and acknowledges and pays respect to their Elders, past, present and emerging.

Introduction

The South Coast Prevention Team has compiled a range of resources to assist secondary schools in Bass Coast and South Gippsland Shire to prevent the use of e-cigarettes among secondary students. This is in response to a need identified by local schools.

The Vaping and E-Cigarette Prevention Toolkit for Secondary Schools aims to provide evidence-based information for use by secondary school principals, school nurses, teachers, parents, and carers to prevent the use of e-cigarettes among young people.

The resources provided in this toolkit aim to:

- Increase awareness and knowledge of the health risks associated with vaping and e-cigarette use
- Increase awareness and knowledge of the marketing tactics employed by e-cigarette companies to make nicotine-containing products appealing to young people
- Increase awareness and knowledge of how to seek out and utilise support services to quit vaping
- Empower young people to make informed decisions about their own health, wellbeing and safety.



Checklist for Schools

★ Use this checklist to assess your school environment. You can also use the checklist to track your progress through the actions.

- Review and update the school Smoking, Vaping, Alcohol and Other Drugs Policy
- Display 'No smoking or vaping' signs
- Promote school events free from smoking and vaping
- Provide evidence-based e-cigarette education using the Quit curriculum resources for schools
- Provide professional development opportunities for teachers
- Provide information about support services to help quit vaping
- Provide evidence-based information to parents and carers
- Connect with your local Health Promotion Officer from the South Coast Prevention Team

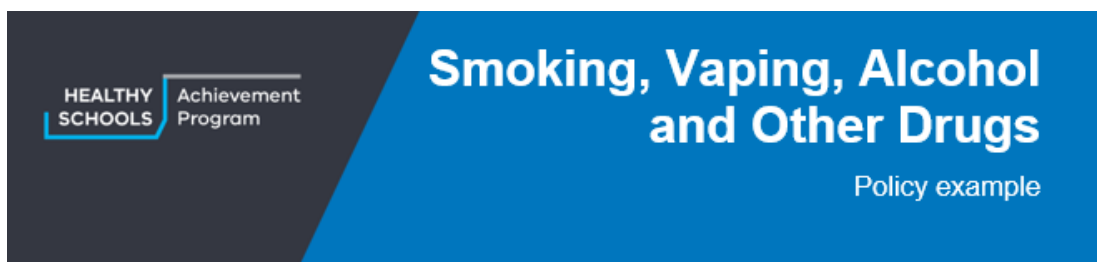
Information for School Principals

Review, update or develop a Smoking, Vaping, Alcohol and other Drugs School Policy

Does your Smoking, Vaping, Alcohol and other Drugs School Policy include reference to e-cigarette and vaping use? No? The South Coast Prevention Team can help.

The South Coast Prevention Team can support your school to develop or update your policy. Contact us prevention@basscoasthealth.org.au

★ A sample Smoking, Vaping, Alcohol and other Drugs Policy is available through the Achievement Program. [Click here](#) to access your Achievement Program portal or register for free.



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.

Free signage for your school environment

Display 'No Smoking or Vaping' signs around your school, including reception, bathrooms, and at the school gate. This helps to reinforce that smoking and vaping are prohibited on school grounds.

Please click on the link below to download your free A4 paper 'No Smoking or Vaping' signage

[DOWNLOAD](#)

Please click below to order A3 metal 'No Smoking or Vaping' signage via the Public Resources and no smoking signs - online order form.

[ONLINE ORDER FORM](#)



Information for Teachers and School Nurses


Quit Victoria curriculum resources for schools

Quit Victoria has developed evidence-based vaping curriculum resources for use in Victorian schools across Years 7-10. The resources aim 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:


- Module One: Getting the Facts
- Module Two: Seeing Through the Haze
- Module Three: Making Change

[DOWNLOAD THE YEAR
YEAR 7-8 RESOURCE
WORKBOOK](#)

[DOWNLOAD THE YEAR
YEAR 9-10 RESOURCE
WORKBOOK](#)

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

[ACCESS THE COMPANION TEACHING GUIDE](#)

 Consider how your school could embed intentional teaching opportunities across the school curriculum using these Quit Victoria resources.

The South Coast Prevention Team can support you to implement these resources. Contact us prevention@basscoasthealth.org.au

✓ Presentation

The South Coast Prevention Team has developed an interactive presentation that forms part of a comprehensive strategy that schools can adopt to help young people understand what is in an e-cigarette and the associated health risks, and the marketing tactics used by e-cigarette companies to target young people.

★ Presentation slides and a script have been developed for you. This could be used in a Health and Physical Education lesson, addressing the Alcohol and Drug Strand of the Australian Curriculum.



[DOWNLOAD THE PRESENTATION](#)

✓ Useful resources

★ For further information please use the links below.

- Department of Education: [Smoking and vaping ban](#)
- Better Health Channel: [E-Cigarettes](#)
- Better Health Channel: [E-liquids for use in e-cigarettes](#)
- Quit Victoria: [E-cigarettes and teens: what you need to know](#)
- Lung Foundation: [Educational vaping resources for young people](#)
- Tackling Indigenous Smoking: [Facts about vaping \(e-cigarettes\)](#)
- Positive Choices: [Webinar: e-cigarettes and vaping](#)
- Royal Children's Hospital: [E-cigarettes, vaping and teens: Do parents know the dangers?](#)

Support for Parents and Carers

☑ Provide information to parents and carers

Parents and carers play an important role in influencing the values and beliefs of their children. Support parents and carers by providing information about the harms of vaping and e-cigarette use.

★ Share these resources with parents and carers:

- VicHealth: [Vaping conversation guide for parents](#)
 - This guide can help parents and carers to have meaningful, non-threatening conversations with their teen about vaping. They are encouraged to plan the conversation in two parts:
 1. Use Part One to determine where their teen is at with vaping.
 2. Use Part Two to identify the group that best describes their teen right now and the most relevant tips to use.
- Quit Victoria: [The dangers of teen vaping – for parents, carers and teachers](#)
- Quit Victoria: [The risks of e-cigarettes for kids, teens, and young adults](#)
- New South Wales Health – [The facts about vaping - for parents and carers](#)
- The Lung Foundation Australia – [Factsheet for parents and carers](#)
- Alcohol and Drug Foundation – [Talking about vaping with young people](#)



★ If your school is participating in a presentation from the South Coast Prevention Team, please inform parents and carers using the letter below. Click below to download an editable letter template.

[DOWNLOAD EDITABLE
PARENT LETTER](#)

[Add School logo & details]

Dear Parents and Guardians,

As part of the implementation of the Australian Curriculum in Health and Physical Education, Year 7-10 students will be participating in a workshop run by the South Coast Prevention Team on 'Vaping – What's the real cost on your health?'. The South Coast Prevention Team makes up the health promotion workforce of Bass Coast Health, Gippsland Southern Health Service and South Gippsland Hospital.

The workshop is based on messages and research from Quit Victoria and the Royal Children's Hospital. The South Coast Prevention Team will be delivering this workshop in collaboration with our teachers and school nurses. The session will run for approximately 1 hour.


Below is some information to help you stay informed on the topic of vaping (e-cigarettes). 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. The take-up of vaping by young people is increasing. Research has found that in Victoria around 14% of secondary students have tried an e-cigarette (ASSAD 2017). The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

★ Share the Vaping Support Flyer below. Click to download the PDF.

[DOWNLOAD VAPING
SUPPORT FLYER](#)

Support for Students

Empower students to make informed decision about their health

 Share these student-friendly resources:

- Quit Victoria - [The dangers of teen vaping](#)
- Quit Victoria - ['Vaping: Know your triggers' wallet card](#)
- The Lung Foundation - [For young people: unveil what you inhale](#)
- New South Wales Health – [Do you know what you're vaping?](#)
- Alcohol and Drug Foundation – [Vaping](#)

Encourage students to utilise support services

Quitline 13 7848 - free and confidential phone counselling service. You can refer someone (with their consent) using the [online form](#).

Your Quit Plan - take a step-by-step approach to quitting using this [quit plan](#) from Quit Victoria.

QuitTxt - receive [text messages](#) each day to help you prepare to quit, maintain your motivation and help you stay on track after you quit.

Kids Helpline 1800 551 800 - free and confidential phone and [online counselling service](#) for young people aged 5 - 25.

Headspace Wonthaggi - [one-stop-shop](#) for young people who need help with mental health, physical health, alcohol and other drugs or work and study support.

[ORDER 'VAPING: KNOW YOUR TRIGGERS' WALLET CARDS](#)

[DOWNLOAD VAPING SUPPORT FLYER](#)

Vaping Support

➔ Scan the QR codes below to find out more information on vaping and support services available to help you quit.

Quit Victoria



Support is available via a range of tools, including Quitline 13 7848 (a free and confidential counselling service).

Headspace



1-1 in person support is available at Headspace Wonthaggi. Support is also available via an online chat.

Lung Foundation Australia



Get the facts on e-cigarettes and vaping.

Kids Helpline: Teens



Support is available via phone 1800 55 1800 and an online counselling service.

Vaping and E-Cigarette Prevention Toolkit For Secondary Schools

Thank you for using the Vaping and E-cigarette Prevention Toolkit for Secondary Schools. We hope you found this resource useful.

If you have any feedback on this toolkit or would like to contact the South Coast Prevention Team please email prevention@basscoasthealth.org.au.