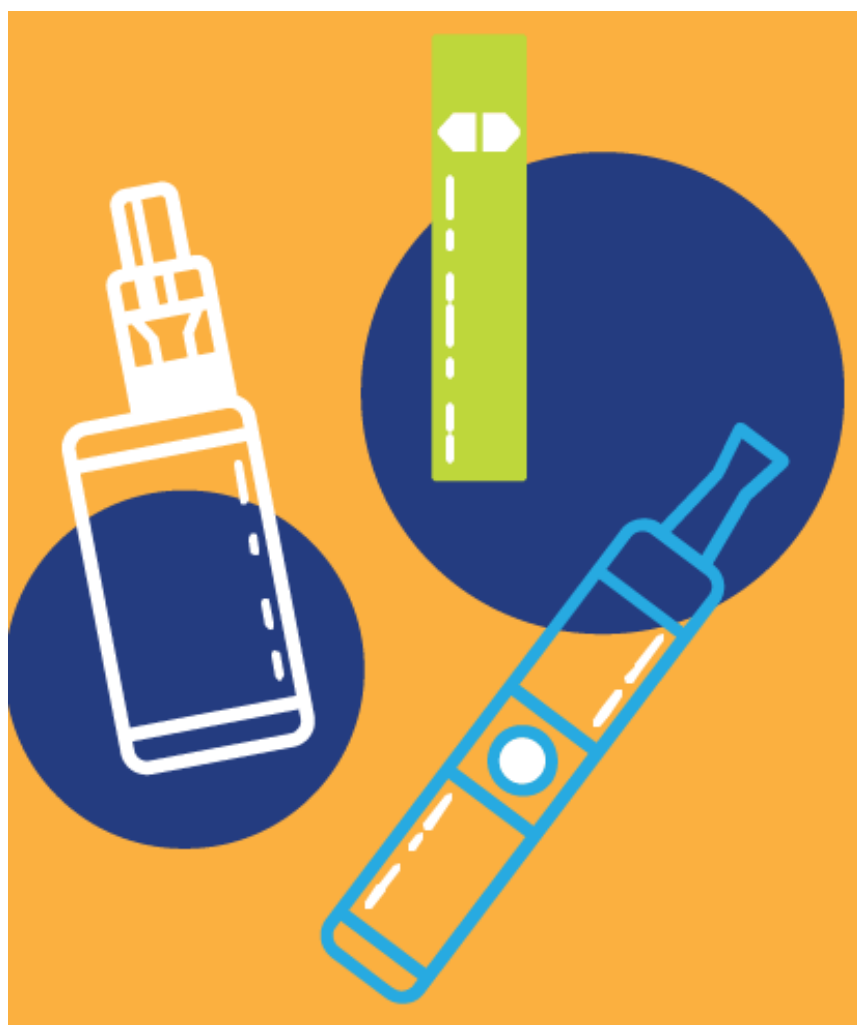


Vaping and E-Cigarette Use

PREVENTION TOOLKIT FOR SCHOOLS



Peninsula
Health

HEALTH PROMOTION

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- Peninsula Health - Frankston and Mornington Drug and Alcohol Service for information about local drug and alcohol support services
- The Achievement Program for providing a whole of school approach through the Tobacco, Alcohol and Other Drugs benchmark and policy template
- QUIT Victoria for providing the evidence based vaping and e-cigarette presentation package
- Frankston City Council Youth Services for toolkit review

Peninsula Health acknowledges the Traditional Custodians of the lands where its Health services are located. We acknowledge the Bunurong and Boon Wurrung people of the Kulin Nation. We pay our respects to Elders past, present and emerging.



Why this toolkit?

This toolkit has been developed in response to a need identified by schools in the Frankston and Mornington Peninsula area in relation to an increase in e-cigarette use amongst school students.

Schools report spending many hours per week responding to students found vaping and students reaching out for support to quit vaping. 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 a e-cigarette and vaping checklist for schools, local support services and policy template.

The Health Promotion Team - Peninsula Health

*"We have definitely seen an increase in vaping use this year."
- Assistant principal*

*"It would be great to find out about what other schools are doing in response to vaping."
- School wellbeing staff member*

*"How do we cover e-cigarette use in the curriculum?"
- Secondary school nurse*

For Schools

E-Cigarette and Vaping Checklist for Schools

- Review and update the school's Tobacco, Alcohol and other Drugs Policy
- Display no smoking and no vaping signage
- Promote school events free from vaping and smoking
- Provide evidence-based e-cigarette education
- Provide professional development opportunities for teachers
- Support students
- Provide information to parents and carers
- Connect with your local Health Promotion Practitioners

YOU ARE INVITED

Join our network of local schools tackling vaping

Peninsula Health's - Health Promotion team facilitates an online community of practice for schools in the Frankston and Mornington Peninsula area to reduce and prevent student vaping rates.

School leaders are invited to share their successes, challenges, ideas, and resources.

Meetings occur online, once per term.



Or to find out more or get involved, contact:

Kristen - kyoung@phcn.vic.gov.au

Eva - enikolitsis@phcn.vic.gov.au

Student Leadership Opportunities

Student Health Ambassadors



Student voice and leadership is an important aspect of developing a whole school approach to prevent vaping and e-cigarette use.

Schools in the Frankston and Mornington Peninsula area have access to a **FREE** program called Student Health Ambassadors which helps schools implement a framework to establish student led action groups. Schools can access resources and ongoing support to enhance student led action groups, making it an enjoyable experience for teachers and students.

Teachers receive individual support to implement a practical framework for student voice, agency and leadership with a focus on health and wellbeing.

To find out more about Student Health Ambassadors, contact Kristen Young:

kyoung@phcn.vic.gov.au

For School Principals

School Vaping and E-Cigarette Policy

Is your Tobacco, Alcohol and other Drug policy up to date?
Does it include reference to e-cigarette use and vaping?

No...the Health Promotion Team can help!

We can help schools to update their Tobacco Alcohol and other Drugs policy. A sample Tobacco Alcohol and other Drugs policy is available through the Achievement Program.

We can support your school to create a Vaping and E-Cigarette Policy. Contact one of our Health Promotion Practitioners to work with us:

kyoung@phcn.vic.gov.au
enikolitsis@phcn.vic.gov.au

HEALTHY SCHOOLS Achievement Program

Policy example

Purpose

Leadership and staff acknowledge the importance in reducing harm from tobacco, e-cigarettes, 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 tobacco, e-cigarette, 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

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

Please click on the link below to download your free vaping and smoking signage.

[DOWNLOAD](#)

Please note schools can order A3 metal 'No Smoking or Vaping' signage via the Public resources and no smoking signs – online order form.

[ONLINE ORDER FORM](#)

Children at play – no smoking poster.

[DOWNLOAD](#)



Top 3 Tips for Hosting Vaping and Smoke Free Events

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

Use your Social Media

Use your schools website and social media platforms, such as Facebook and Instagram to promote smoking and vaping free messages.

Consider using the following hashtags and tags:

#vapefreeschools
#vapefreeMornPen
#vapefreefrankston

@a_healthy_peninsula
@ourpeninsula
@frankstoncity
@cancercouncil



The flavours of e-cigarettes are made from multiple chemicals that are not safe to inhale into the lungs.



Brains are still developing until the age of 25, so teens are especially vulnerable to nicotine addiction.

For more social media tiles head to [QUIT](#)

For Teachers

Evidence Based Vaping and E-Cigarette Education

Here is a list of high quality vaping and e-cigarette curriculum resources and interactive classroom activities (each is linked):

- [Video](#) - The Dangers of Vaping - QUIT
- The Real Cost of Vaping (USA) – [Secondary](#).
- NSW Health Teachers [Resources](#)
- Lung Foundation [Teacher Resources](#)
- Truth Initiative [Curriculum Resources](#)
- QUIT E-cigarettes and teens: [what you need to know](#)
- Positive Choices – [Tobacco Resources](#)

Incursions

- [On the Case Incursion](#) supports students to make informed, safe, and healthy options if confronted with e-cigarette devices or vaping.
- [Blurred Minds](#) offers an engaging workshop for students and a virtual reality experience to explore peer pressure scenarios.

Resources

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

For **FREE** downloadable factsheets go to:

- E-cigarette [fact sheet](#) for parents, carers and teachers – QUIT
- Vaping and Young People: [For Educators](#)
- [Information](#) for teachers and schools - Tobacco and smoking

Professional Development for Teachers



Drug and Alcohol Research Training Australia provides a range of professional development tools for teachers on the topic of vaping and e-cigarettes.

[Click here](#) to find out more.



The Positive Choices website offers a recorded webinar for school staff, parents, health professionals, and youth who are seeking information on e-cigarettes and vaping.

[Click here](#) to view this.



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



We invite you to access our shared google folder for more curriculum ideas and inspiration.

[Click here](#) to access 'vaping and e-cigarette google drive for schools'.



Remember our Community of Practice! Teachers are invited to attend to connect with other educators and to share.

Supporting Parents and Carers

How to Handle It

Children may be exposed to vaping and e-cigarette use at school or in the community. With support and information, parents have an opportunity to talk openly with their children about vaping harms, school expectations and information about local support services.

- Both the [Alcohol and Drug Foundation](#) and [Royal Children's Hospital](#) have a wonderful websites that support parents to talk to their children about vaping. Click on the links above to find engaging conversation starters for parents.
- The Child Mind Institute also provides some great ideas about how to talk to teenagers about vaping. [Click here](#) to find out more.
- [The Truth Initiative](#) website has tips for parents who would like to support their child 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:

- [The Dangers of Teen Vaping](#) – for parents, carers and teachers - QUIT
- E-cigarette [fact sheet](#) for parents and teachers - QUIT
- The [risks of e-cigarettes](#) for kids, teens, and young adults.
- [New South Wales Health](#) – The facts about vaping for parents
- The Lung Foundation Australia – [Factsheet](#) for parents and carers
- [Alcohol and Drug Foundation](#) – Vaping and young people

Newsletters

Connect with parents by including an article about vaping and e-cigarette use in your next school newsletter. See our template below.

[Example School], like many other schools, has seen a recent spike in young people vaping.

E-cigarettes, 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.

The laws around selling e-cigarettes

It is illegal to sell e-cigarettes to anyone under the age of 18 years. Young people often purchase e-cigarettes online, from retail stores, or from friends and contacts on social media. View the policies online through Education Victoria or call the Tobacco Information Line on 1300 136 775.

Talk to your child about using e-cigarettes or vaping

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: <https://www.health.vic.gov.au/tobacco-reform/smoke-free-areas>

[DOWNLOAD
EDITABLE VERSION](#)

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.

Supporting Students

Mornington Peninsula Shire and Frankston City Council provide youth support services.

Mornington Peninsula Youth Services

Website: www.mpys.com.au

- [Youth Centres](#)
- [Youth Services Drop In Program](#)
- [Youth Programs](#)



Frankston Youth Services

Phone: 9768 1366

Email: youthcentral@frankston.vic.gov.au

- [Home Page](#) - Intro to Youth Services
- [Our Youth Spaces](#)
- [School Based Programs](#)
- Visit our Socials for updates



Resources

Student-friendly resources about vaping are listed below:

- [The Dangers of Teen Vaping](#) – for young people - QUIT
- Vaping and your health: [fact sheet](#) for teens - QUIT
- [Mythbusting](#): e-cigarettes - QUIT
- [Free online learning](#) by Truth Initiative Breath of Stress Air
- Access Smoke Free Teen [resource](#) to build a quit plan
- Quit provides a quit plan which can be accessed [here](#)
- [Flyers](#) by Re-Think Vape are simple easy to read and informative

Local Services and Other Resources

Referral pathways for young people

- [Frankston and Mornington Peninsula Drug and Alcohol Services](#)
 - Contact [Peninsula Health ACCESS](#) Phone: 1300 665 781
 - [Anglicare LYFT](#) Phone: 9721 3688
 - [Frankston Youth Action Plan 2022 - 2026](#)
 - [Communities that Care Action Plan 2021 - 2023](#)
-

Help lines

- [Aboriginal Quitline](#): Phone: 13 78 48
 - [Quitline](#): Phone 137848
 - [Tobacco Information](#): Phone: 1300 136 775
 - [Truth Initiative](#) – This is quitting
-

Extra information

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

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

If you have any feedback on this toolkit or you would like to contact the Peninsula Health Health Promotion team, email:

healthpromotion@phcn.vic.gov.au



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