

Vaping: Supporting Young People in the school setting

11 April 2024

Hosted by NSW Health

NSW Health



Acknowledgement of Country

Artwork by Mumbulla Creative



Journey Together recognises the capacity within Aboriginal communities to improve their health and the health of their mob by embarking on a journey to quitting smoking and vaping.

The weaving pathway symbolises a person's journey towards good health. The circles represent community and health services that provide education and support. The shapes and elements around the central motif are the person's motivators to quit, including family, health, fitness and longevity.

We acknowledge Aboriginal people as the Traditional Custodians of the lands and waters in which we all work, live and learn.

We recognise the incredible richness, strength and resilience of the world's oldest living cultures, including cultural practices, languages and connection to Country.

Our Speakers



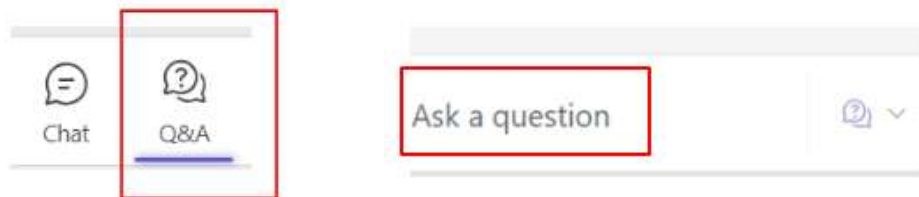
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- **Dr Jan Fizzell**
Senior Medical Advisor, NSW Ministry of Health

 - **Mary Wahhab**
CNC, Adolescent Medicine Unit, CICADA Adolescent Drug & Alcohol, The Sydney Children's Hospitals Network

 - **Renee West**
Leader, Curriculum Stakeholder Engagement 7-12; Curriculum Secondary Learners, Curriculum and Reform Directorate, NSW Department of Education

Housekeeping

- This webinar is being recorded and will be made available after the webinar.
- Use the Q&A feature:
 - to ask questions to the speakers
 - to contact the moderator for any problems



Vaping and young people

What is a vape?

- Vapes (e-cigarettes) are battery operated devices that heat a liquid (e-liquid) to produce an aerosol to inhale.
- Vapes were originally marketed as a smoking cessation aid, however, increasingly vapes have been marketed toward young people and non-smokers.
- Vapes come in a range of shapes and sizes. Attractive packaging, including colours and cartoon imagery, toy-like device designs, and appealing product descriptors all serve to market vapes to young users.



What is in a vape?

- Vapes can contain toxins, heavy metals, and very fine particles that can cause adverse health effects. Chemicals include: formaldehyde, acrolein, mercury, arsenic, benzene and chlorine.
- Most vapes contain nicotine, even if it's not written on the label. If nicotine content is recorded on the packaging, the concentration figures provided are not a reliable indicator of the nicotine content.
- The amount of nicotine inhaled when people vape will depend on the type of vape, the concentration of nicotine in the vape and how deeply and frequently they inhale.



Many vapes
contain nicotine
making them
very addictive

Summary of laws for selling vaping products

- In NSW:
 - It is illegal for anyone under the age of 18 years to be sold any e-cigarette product (regardless of whether it contains nicotine).
 - It is illegal for any retailer other than a pharmacy to sell nicotine e-cigarettes.
- NSW Health inspectors visit retailers to check compliance with tobacco and e-cigarette retailing laws.
 - You can report breaches via the NSW Health website:

www.health.nsw.gov.au/tobacco/Pages/let-us-know-reports-complaints.aspx



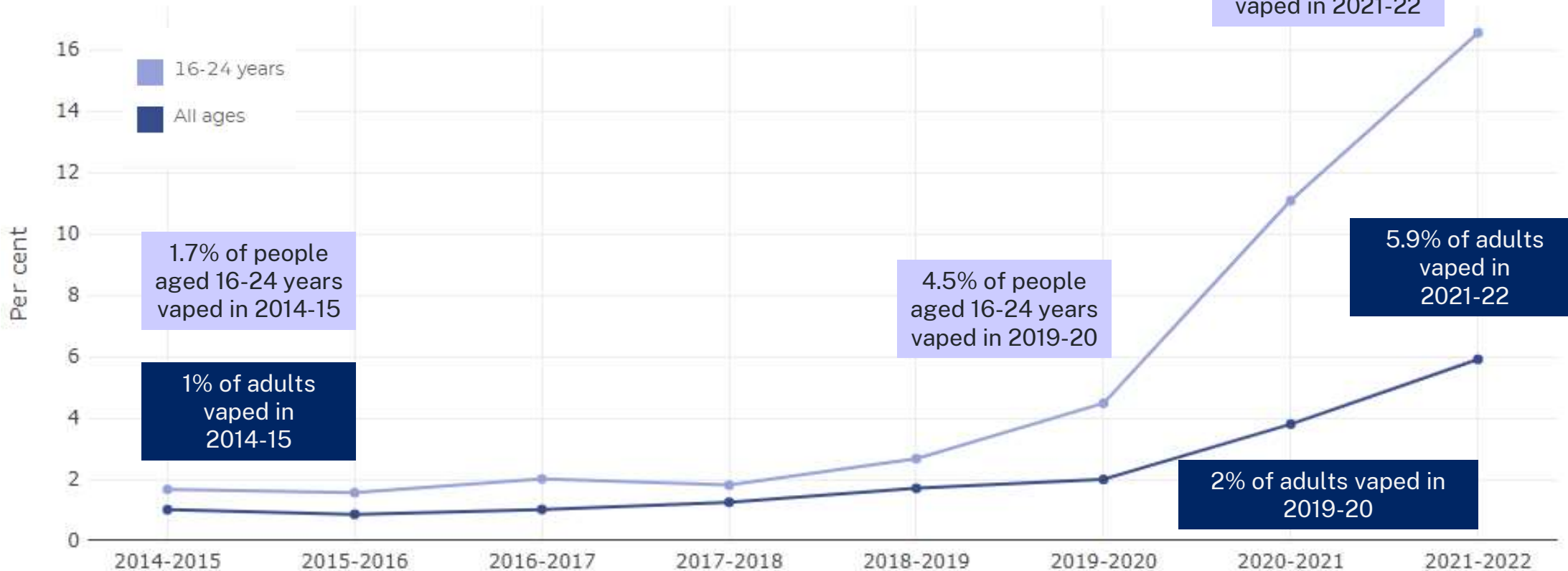
Current vaping in NSW by age



Current (daily or occasional) e-cigarette use by young people aged 16-24 years has tripled to 16.5% in 2021/22 from 4.5% in 2019/20.

This compares to 5.9% of all adults aged 16+ currently using e-cigarettes in 2022.

Around 50% of current users reported daily use of e-cigarettes.



Vaping in Australian secondary students

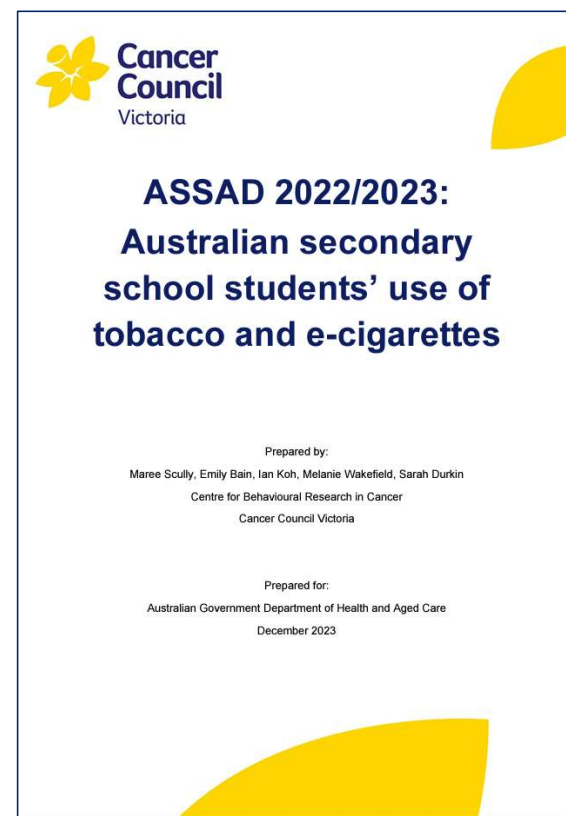
- The 2022–23 Australian Secondary Students' Alcohol and Drug (ASSAD) study surveyed over 10,000 students aged 12 to 17 years between March 2022 and July 2023.
- The ASSAD 2022/23 found:

Smoking

- 13% of secondary school students in Australia reported having ever smoked even part of a tobacco cigarette in their lifetime
- Less than one in 10 students had smoked in the past year, around 3% had smoked in the past month, and 2% had smoked in the past week.

Vaping

- Almost one third (29.9%) of Australian secondary school students had ever used an e-cigarette
- This is a 16.4% increase from 2017, when 13.5% of Australian secondary school students had ever used an e-cigarette.
- Of Australian secondary school students who had ever used an e-cigarette, more than two thirds (69%) reported having never smoked a tobacco cigarette before their first vape, and one in five (20%) of these students who had never smoked before trying an e-cigarette reported subsequent smoking of tobacco cigarettes.



Why do young people vape?

- The Generation Vape research aims to examine awareness, perceptions, attitudes, knowledge and behaviours related to vaping among young people, parents and carers, and school staff.
- Key findings from young people aged 14-17 years in NSW:

Access is easy
(including through
friends, online and in
physical retail
stores)

Vaping seen as a
socially acceptable
behaviour that is
separate and unique
from smoking

Flavours and taste
are the primary
reasons young
people give for
vaping

Over half (58%) of
young people who
vaped knew they
contained nicotine



**GENERATION
VAPE**

NSW E-Cigarette Analysis Project

Aim

- To increase understanding of the nature of e-cigarette products currently on the market in NSW.

Method

- 750 e-cigarette devices were tested for nicotine and other potentially harmful substances.
- Samples were sourced from high schools in the greater Sydney region (322 products) and from retailers throughout NSW (428 products).



97.5% of e-cigarettes confiscated from students contained nicotine, which has the potential to lead to nicotine poisoning or dependence.



Most nicotine e-cigarettes were not labelled as containing nicotine.

Products with identical packaging were found to both contain nicotine and be nicotine-free, making it impossible for users to know what they are vaping.



Samples confiscated from schools had a significantly higher proportion of fruit flavours, indicating that fruit flavours are particularly popular among children.



Substances known to harm health, and banned from legal nicotine products by the Therapeutic Goods Administration, **were detected in 30 (4%) of the samples tested, including acetoin, benzaldehyde, cinnamaldehyde and ethylene glycol.**



Ethylene glycol, a substance used in anti-freeze and engine coolant, **was detected in potentially harmful concentrations in e-cigarettes** confiscated from schools.



23% of samples confiscated from schools had been tampered with, possibly for the purposes of replenishing or altering the contents or recharging the battery. Tampering with vapes can **increase the risk of nicotine poisoning and risk of burns** as a result of devices exploding.

www.health.nsw.gov.au/tobacco/Publications/e-cigarette-analysis-project-summary-report.pdf

Vaping related harms

- People who vape are exposed to chemicals and toxins that have the potential to cause harm.
- The aerosol inhaled can contain over 200 chemicals. Some of these chemicals have been shown to be harmful to health and can cause cancer and heart disease.
- Other known health harms include throat irritation, breathlessness, cough, dizziness, headaches, nausea and lung damage.
- Rechargeable vapes can explode causing serious burns and trauma.



Nicotine related harms

- Most vapes contain high concentrations of nicotine.
- Regular nicotine consumption by young people can:

Result in
changes to brain
development

Impair attention,
learning &
memory

Lead to mood
changes

Increase stress,
depression and
anxiety

- Nicotine is highly addictive and regular use in adolescence can increase the risk of nicotine dependence and other substance use.

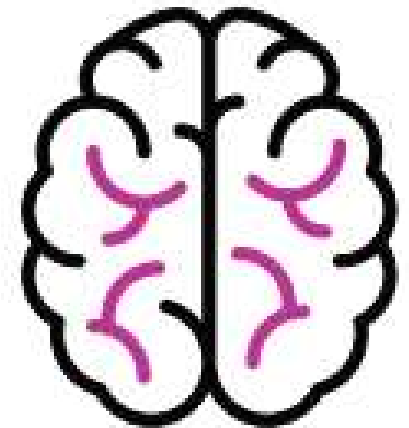
A disposable vape
containing 10,000 'puffs'
is the equivalent of up to 666
cigarettes



Nicotine is addictive and re-wires the brain

- Nicotine activates receptors in the brain that release a brain chemical called dopamine, which makes you feel good.
- This pleasure response to dopamine is a big part of the nicotine addiction process.
- Young people's brains are very 'neuroplastic' meaning that the structure can change to adapt to environmental factors.
- Exposure to nicotine can rewire your brain to be more addicted to nicotine and other substances into adulthood.
- Vapes can deliver nicotine at higher doses and in some cases, more rapidly than regular cigarettes.

**Nicotine is
harmful for
your brain**



Signs of nicotine addiction

- Vaping soon after waking up in the morning (within 30 minutes).
- Vaping alone.
- Finding it hard to concentrate if haven't vaped recently.
- Needing to vape to stay calm or be in a good mood, or you feel stressed, anxious or irritable if can't vape.
- Don't like leaving the house without a vape.
- Haven't been able to quit vaping.

**You don't need to
vape daily to
become addicted**



Quitting vaping

Here are some practical tips young people have used to help them quit:

Pick a quit date

Make it a low-stress time to help manage withdrawal symptoms and cravings.



Make a quit plan

Plan how to manage withdrawal symptoms, cravings and slip-ups.



Get rid of your vapes

Remove anything else that may trigger the urge to vape (e.g. muting socials that feature vaping).



Tell your friends, family or a health professional

about your quit plan so that they can support you.

Quit with a supportive friend

If you vape with friends, it might be helpful to try to quit together.



Know what help is available

Decide if you want more support (like a health professional) and make contact if necessary.

Work out your 'vaping triggers'

Triggers might be places, feelings, times or other people who vape. Try to identify these and plan how you will manage them (see tips over page).



Nicotine withdrawal symptoms

Nicotine withdrawal symptoms include:



Being **down** or **irritable**.



Being **unable** to **concentrate** or think clearly.



Feeling **anxious**, **restless** or **jittery**.



Not being able to **sleep** well.



Feeling **more** **hungry** than usual.



Not being able to **focus** on things apart from **vaping**.

NSW Health Vaping Toolkit



- The NSW Health Vaping Toolkit provides resources for young people, parents, carers, teachers, schools and health professionals.

- The Vaping Toolkit has been refreshed and new content added:

- Nicotine Addiction factsheet for young people
- Quit Support factsheet for young people
- Factsheet & animation on impact of vaping on the brain
- Factsheet and animation for Aboriginal young people
- Resource hub added with links to evidence-based practical resources from other organisations
- Links to mental health and AOD services and resources

www.health.nsw.gov.au/vaping

VAPING - NICOTINE ADDICTION
FOR YOUNG PEOPLE

VAPING HARMS YOUR HEALTH
Vapes in cigarettes contain harmful chemicals. NSW Health has tested vapes used by young people and found that they contain high levels of nicotine and other harmful substances, such as an addictive chemical known as tarthene. Vaping is linked to a range of health harms including:

- Nicotine addiction
- Brainfog
- Headaches
- Respiratory issues
- Loss of taste
- Loss of smell
- Loss of sight
- Loss of hearing
- Loss of touch
- Loss of taste
- Loss of smell
- Loss of sight
- Loss of hearing
- Loss of touch
- Loss of taste
- Loss of smell
- Loss of sight
- Loss of hearing
- Loss of touch

MOST VAPES CONTAIN NICOTINE
Nicotine is the addictive ingredient in both tobacco and in liquid in vapes. It's what makes you want to keep smoking or vaping. Nicotine is one of the most addictive substances in the world.

IF YOU'RE NOT LISTED ON THE PINK
The amount of nicotine in vapes varies. Some reach nicotine you receive depends on:

- the type of vape
- the concentration of nicotine in the vape, and
- how deeply and frequently someone inhales.

By the effect of nicotine vapes off you quickly when you're younger and your brain is still developing. It's difficult to quit without support.

GET THE FACTS ABOUT VAPING AT health.nsw.gov.au/vaping
If you're a parent or a friend might be curious to vaping, there is help available. Go to your GP, health services, or other health services for help with quitting vaping.
For more details, call us on 13 7463.

الحقائق المتعلقة بتدخين السجائر الإلكترونية
FOR YOUNG PEOPLE

السجائر الإلكترونية الشائعة

السجائر الإلكترونية ليست الخيارات الأفضل من السجائر التقليدية
السجائر الإلكترونية تحتوي على نسبة عالية من النيكوتين مقارنة بالسجائر التقليدية. النيكوتين مادة شديدة الإدمان. كما أنها تحتوي على مواد كيميائية ضارة يمكن أن تضر رئتيك. كما أنها قد تؤدي إلى الإصابة بأمراض القلب والرئة. إذا كنت تتدخن، فحاول التوقف عن التدخين. إذا كنت تتدخن الإلكتروني، فحاول التوقف عن التدخين الإلكتروني. يمكنك التحدث مع طبيبك أو مع شخص تثق به للحصول على المساعدة.

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WHAT CAN SCHOOL STAFF DO ABOUT VAPING?
FOR TEACHERS AND SCHOOLS

Ensure your students understand that vaping is banned on school grounds and within 4 metres of an entrance.

Include information about vaping harms when developing education programs.

Point out it is easy to get hooked on vaping because vapes often contain high levels of nicotine and there isn't the harsh taste to deter people using them like with cigarettes.

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THE FACTS ABOUT VAPING
FOR PARENTS AND CARERS

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver aerosolised liquids into the lungs. There are many different styles of vapes available and they can be difficult to spot.

The most harmful in vapes is propylene glycol, vegetable glycerine or glycerol, and they often also contain nicotine, flavour and other chemicals. Vapes may contain harmful chemicals that aren't found in the ash.

The biggest misconception about vapes is that they are harmless compared to cigarettes. This is not true. Vapes are not safe.

DO YOU KNOW WHAT THEY'RE VAPING?

- Nicotine: Many vapes contain nicotine making them very addictive.
- Flavour: The nicotine in 1 vape can be 50 cigarettes.
- Young people who vape are 3 times as likely to take up smoking.

WARNING: CARERS IS AN IMPORTANT PART OF QUITTING VAPING.
If you are addicted to nicotine (also called nicotine dependence) and go without vaping for a week, you will feel withdrawal symptoms such as irritability, headache, loss of appetite, and difficulty concentrating. Nicotine is the addictive ingredient in both tobacco and in liquid in vapes. It's what makes people keep using or vaping.

Nicotine withdrawal symptoms include:

- Headaches
- Loss of appetite
- Difficulty concentrating
- Irritability
- Headaches
- Loss of appetite
- Difficulty concentrating
- Irritability

GET THE FACTS ABOUT VAPING AT health.nsw.gov.au/vaping
If you're a parent or a friend might be curious to vaping, there is help available. Go to your GP, health services, or other health services for help with quitting vaping.
For more details, call us on 13 7463.

VAPING - QUIT SUPPORT
FOR YOUNG PEOPLE

BECOMING ADDICTED TO NICOTINE CAN HAPPEN QUICKLY
Nicotine is one of the most addictive substances in the world. You don't have to vape daily to become addicted. Some of the vapes you've tried may be delivering too much nicotine, making it hard to quit when you're in the morning, after 20 minutes, and it's hard to concentrate if you haven't vaped recently, or craving to vape when you're stressed.

IT IS POSSIBLE TO QUIT VAPING OR SMOKING. PEOPLE ARE MORE LIKELY TO QUIT SUCCESSFULLY IF THEY HAVE HELP FROM A HEALTH PROFESSIONAL.

Here are some practical things young people have used to help them quit:

- Quit with a support person
- Use nicotine replacement therapy
- Use nicotine patches
- Use nicotine gum
- Use nicotine inhalers
- Use nicotine lozenges
- Use nicotine sprays
- Use nicotine transdermal patches
- Use nicotine nasal sprays
- Use nicotine sublingual tablets
- Use nicotine transdermal patches
- Use nicotine nasal sprays
- Use nicotine sublingual tablets

Be your own quit coach
Be your own quit coach. Health services and other health services for help with quitting. You can call 13 7463.

WHY DOES VAPING STOP? IT'S AN IMPORTANT PART OF QUITTING VAPING.
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Vaping

What are vapes?
Vapes are electronic devices that heat a liquid to create an aerosol that you inhale. They often contain nicotine and flavouring. They are often used to deliver nicotine and flavouring into the lungs. They are often used to deliver nicotine and flavouring into the lungs.

Key health messages

- Vapes have many effects on the brain that can have your health negatively affected. They can lead to addiction, heart disease and lung disease.
- Vapes can make you more likely to take up cigarette smoking.
- There are risks about what goes into these vapes and labels can be misleading.
- Using vapes can cause nicotine addiction, breathing problems, anxiety, lung harm. They can cause other chronic health problems.

Can vaping cause harm?
Vapes can cause harm. Vaping can cause nicotine addiction, breathing problems, anxiety, lung harm. They can cause other chronic health problems.

Do many young people vape?
While many young people don't vape, the number of young people who vape is increasing. In Australia, among all age groups, especially young people, the number of young people who vape is increasing. In Australia, among all age groups, especially young people, the number of young people who vape is increasing.

Why do people vape?
People vape for many reasons. They may want to quit smoking or they may want to deliver nicotine and flavouring into the lungs. They may want to quit smoking or they may want to deliver nicotine and flavouring into the lungs.

Health effects of vaping may include:

- Coughing
- Headaches
- Loss of appetite
- Difficulty concentrating
- Irritability
- Headaches
- Loss of appetite
- Difficulty concentrating
- Irritability

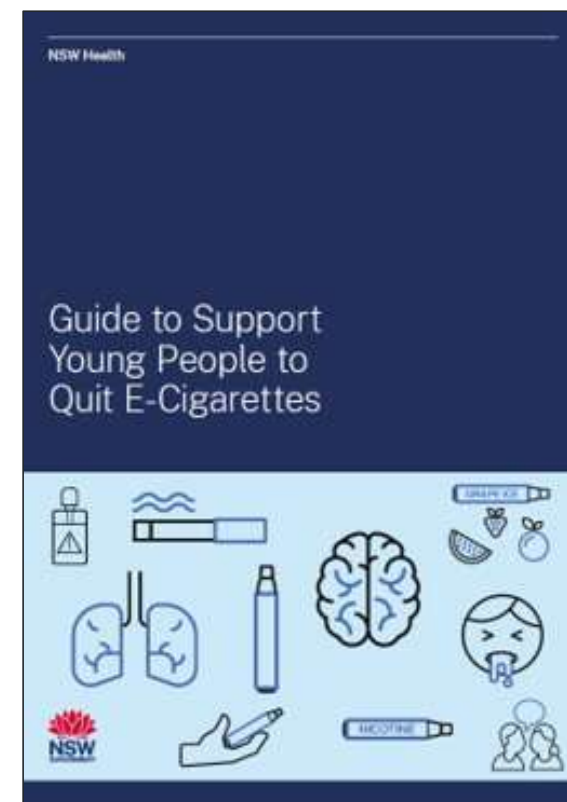
Is vaping legal?
It is legal to vape in public places and other tobacco products in public places under 18 years old. It is also legal to sell nicotine vapes in public places under 18 years old. It is also legal to sell nicotine vapes in public places under 18 years old.

Guide to support Young People to Quit E-Cigarettes

Developed to support health professionals and others who work with young people to support young people to quit e-cigarettes:

- 'Ask, Advise, Help' Brief Interventional model
- Screening tools
- Behavioural strategies
- Pharmacotherapy

www.health.nsw.gov.au/tobacco/Pages/e-cigarette-young-people-guide.aspx



Step 1 – Ask

1. Ask screening questions to determine e-cigarette use

“Do you vape?”

“Do you use any other products containing tobacco, like cigarettes, shisha, or cannabis?”

2. Ask screening questions to determine dependence and understand **nicotine dependence and withdrawal** symptoms e.g. *Time to First Vape, M-HONC checklist, Penn State index*

“How long after waking do you vape?”

3. Ask about the immediate needs of the person e.g., do they want support managing immediate nicotine withdrawal symptoms or interested in long-term cessation?

Step 2 - Advise

1. Ask permission to advise the young person on the harms and risks of vaping. In a **non-judgmental way**, advise the young person to quit vaping, and inform them of the most effective ways to do so.

“One of the best things you can do for your health is to quit vaping, I can help you with this”

2. Advise on the **harms and risks of e-cigarette use** and benefits of quitting

“Most vapes contain nicotine, which is highly addictive and can harm your brain development” (noting the brain continues to develop until the age of 25)

3. Provide **information and support** e.g. *Your Room, Uncloud, Do you know what you’re vaping?*

Step 3 - Help

1. Discuss **behavioural strategies** and **barriers / opportunities** for cessation that the young person may experience

“What are some challenges to quitting?”

“What are some good reasons to quit?”

2. Consider whether pharmacotherapies are appropriate
(note: pharmacotherapies should always be combined with behaviour change support (e.g., Quitline). It is recommended young people discuss pharmacotherapy options with their doctor or other suitably qualified health professional.)
3. **Refer** to other cessation services and / or other specialist services if appropriate
4. Arrange **follow up** calls or appointments

Behavioural strategies

Behavioural strategies

-
- Cognitive and behavioural strategies have been used as effective tools in supporting cessation and managing nicotine dependence for people who smoke, and these strategies have been adapted for e-cigarette use in young people.
 - They are not meant to be implemented as standalone interventions and should be used as one part of an e-cigarette cessation plan.
 - Noting, people are generally more successful at quitting if they access qualified support to help manage withdrawal symptoms and prevent and manage relapse.
 - While there is no single behavioural strategy that effectively supports cessation, a combination of behavioural strategies may be best practice to support the young person to manage their cravings and quit.
 - These strategies require frequent practice to be effective.

Behavioural strategies to support the young person to achieve their goal

1. Alternative dopamine reward

Suggest: *Instead of using an e-cigarette, the young person should carry a snack with them (nuts, flavoured sugar free gum) for a dopamine release.*

2. Think of yourself as someone who does not use e-cigarettes

“I am not a vaper”

“I don’t vape/smoke”

3. Use the “stray cat” metaphor

Practise: *ask the young person to mindfully rehearse the metaphor when they have no cravings. Use the image of the cat when the craving begins.*

Behavioural strategies to support the young person to achieve their goal

4. Distraction

Suggest the young person distract themselves by doing something else e.g., Play a video game, go for a walk.

Practise: Mindfully rehearse a simple distracting visualisation when there is no craving.

5. Rewards or incentives (contingency management)

Suggest the young person set measurable goals to reduce or cease their e-cigarette use including positive reinforcement (rewards or incentives) for periods of abstinence.

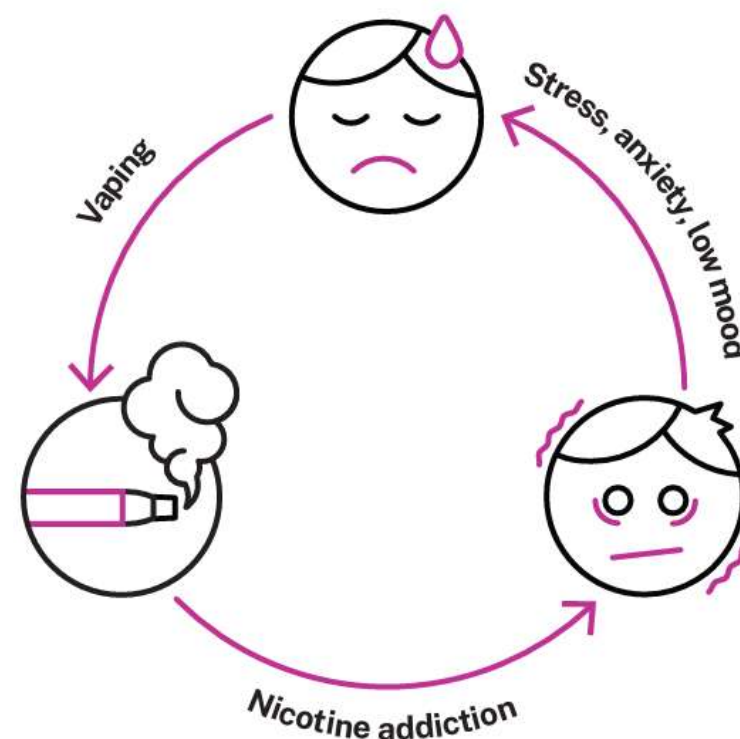
6. Make a promise (either committing to one or more of the above behavioural strategies, or to not using e-cigarettes)

Examples:

Ask the young person to make a promise to commit to doing one or more of the behavioural strategies.
Do you promise me that you won't use e-cigarettes (vape) during school hours?

Coping with stress and anxiety if you vape

- Nicotine addiction is linked to increased stress can worsen depression and anxiety.
- Stress and anxiety can trigger vape cravings and make it harder to quit for good. This can create a cycle of stress and further nicotine addiction.
- Encourage the child to look after their mental health:
 - Help them to keep track of their mood and how they're feeling and seek support if they're worried.
 - Keeping a diary of when, where, and who they vape with will help them understand their patterns of vaping.



Strategies to cope with the urge to vape



Get active



Carry a snack



Avoid triggers



Distract yourself



Try relaxation strategies



Ask for help

Nicotine Replacement Therapy (NRT) in the school setting

- Remind young people not to bring vapes to school
- NRT such as patches or lozenges can be used (under medical supervision as best practice)
- Regular reviews with GP or AOD specialist
- Replace hand-mouth movement – lollipops, hard lollies, pen
- Enlist support of others in school setting
- Behavioural strategies



Case-study – 15 year old girl with asthma

Referred by respiratory physician to clinic for vaping cessation

- Daily vaping for past 12 months
- IGet bar – 3500 puffs, 5% nicotine – 12mL
- Vapes as soon as she wakes up, wakes up during the night to vape
- Discreetly vapes in class, recess and lunch
- Reports withdrawal symptoms when she does not have a vape
- Longest abstinent time – 4 weeks
- School suspensions due to vaping use
- Triggers – cravings, friends vaping, dependency



Referral Pathways

Quitline on 13 7848 or visit www.iCanQuit.com.au/Quitline

Refer to their GP

- The young person can talk to their doctor or local health service for advice, support and guidance.

Mental health support services available:

- Headspace – www.headspace.org.au/
- Mental Health Line: 1800 011 511 (24/7)
- Kids Helpline: 1800 551 800 (24/7) for young people aged 5–25.
- Kids Helpline Online Chat: www.kidshelpline.com.au/



Vaping cessation training



NSW State-Wide Smoking and
Vaping Cessation Training Program:
Online and face to face training for clinicians

Contact: James McLennan
james.mclennan@svha.org.au



KidsQuit: e-learning module

<https://www.schn.health.nsw.gov.au/clinical-hub/kidsquit-e-cigarettes-program>

NSW Department of Education

How the Department of Education is supporting schools to address vaping

Renee West

Leader, Curriculum Stakeholder Engagement, Curriculum and Reform

11 April 2024





Acknowledgement of Country

We recognise the Ongoing Custodians of the lands and waterways where we work and live. We pay respect to Elders past and present as ongoing teachers of knowledge, songlines and stories.

We strive to ensure every Aboriginal and Torres Strait Islander learner in NSW achieves their potential through education.

Curriculum delivery and professional learning

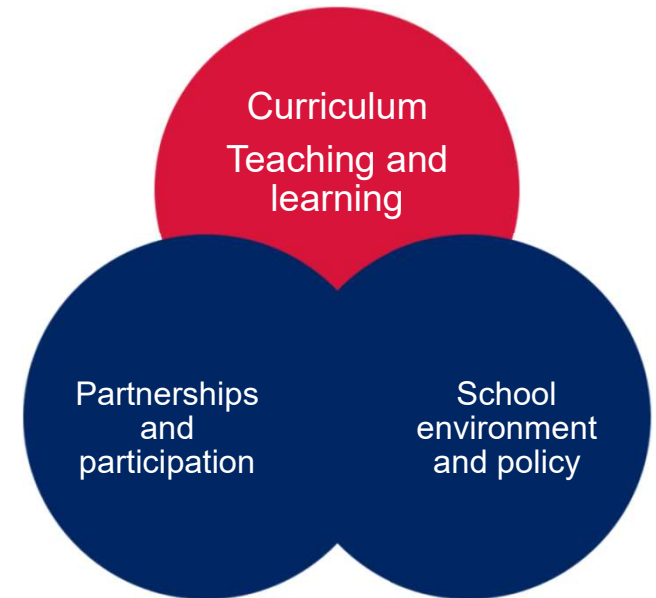
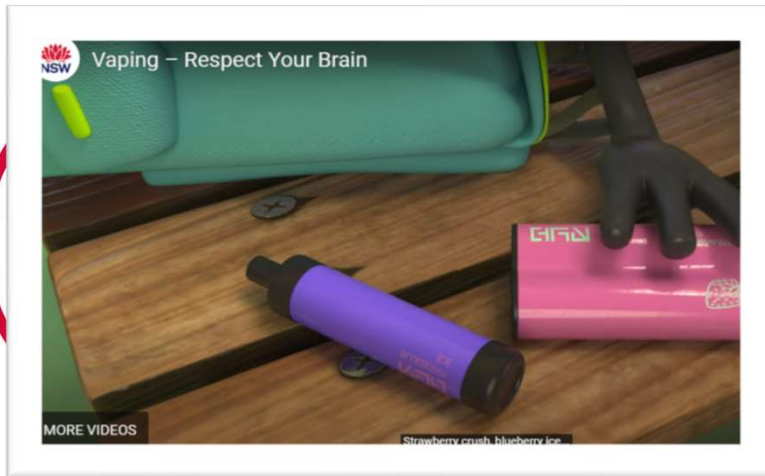
The facts about vaping - PDHPE
Stage 4 learning sequence

Personal Development, Health and Physical
Education (PDHPE) K-10



PDHPE Stage 5 – Reframing vaping

Curriculum delivery and professional learning



Professional learning and upskilling parents

The image shows a screenshot of the NSW Department of Education website. At the top, there are two video thumbnails. The first is titled "Vaping and young people - curriculum resources to address vaping" and the second is "The facts about vaping - unpacking the stage 4 PDHPE ...". Below these is a navigation bar with "About", "Resources", and "Help" buttons. The main content area has a light blue background with the heading "Advice to support students - e-cigarettes and vape use". Below the heading, there is a note: "This module contains audio. For the best experience please ensure your volume is turned up. Select 'Test my audio' to hear an audio sample then select 'Next' to continue."

- An overview of vaping and young people
- How to deliver curriculum based vaping education to students
- Supporting students to quit vaping

Responding to vaping – student health

Drugs in Schools

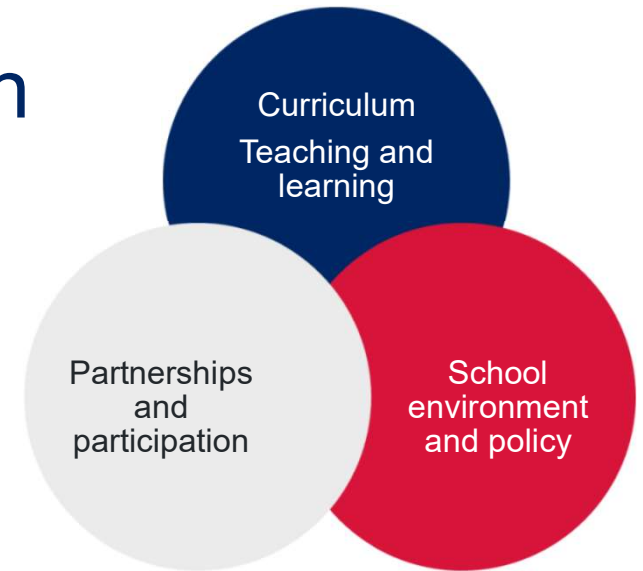
This policy sets out requirements for schools to plan and implement appropriate responses to drug-related incidents, with an emphasis on prevention through drug education and safe and supportive school environments, and intervention and support for students who may be involved.

Behaviour code for students

Information for students and parents or carers. NSW public schools are committed to providing safe, supportive, and responsive learning environments for everyone across a range of settings. We teach and model the inclusive and safe behaviours we value in our students.

Suspension and expulsion procedures

Direction and guidance on the requirements for the suspension and expulsion of students in NSW public schools.



Individual health support planning

All students are entitled to participate in education regardless of their health support needs. While a student's health support rests primarily with the parent, school staff have a duty to keep students safe while they are at school or are involved in school activities.

Panel discussion

For information and resources visit

www.health.nsw.gov.au/vaping