The Unpacking E-cigarettes Online Course

The Unpacking E-cigarettes Online Course is designed to increase students' awareness and knowledge of e-cigarette use and compliments schools' health education curricula. It is self-paced and can easily be delivered within a standard school period.

The objectives of the course are to provide students with:

1 Information about the contents of e-cigarettes, health effects of e-cigarette use, and alternatives to use

2 An opportunity to practise e-cigarette refusal skills

3 User friendly, interactive, and engaging content

The course is linked to *NSW Stage 4 PDHPE Outcomes

PD4-6 recognises how contextual factors influence attitudes and behaviours and proposes strategies to enhance health, safety, wellbeing, and participation in physical activity

PD4-7 investigates health practices, behaviours, and resources to promote health, safety, wellbeing and physically active communities

PD4-9 demonstrates self-management skills to effectively manage complex situations

Trialled & tested with:

6 schools   >250 students   Stage 4 & 5 students

Student feedback

Recommended for junior students

Highly enjoyed interactive activities

Learnt about e-cigarette contents, harms & alternatives to use

Median rating of 4 out of 5 stars

"The younger they learn the better it is" - Model Farms, Year 10 student.

REGISTER NOW

Online course

For more information

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NSW GOVERNMENT — Western Sydney Local Health District

PERU — Prevention Education & Research Unit

The Unpacking E-cigarettes Online Course is designed to be integrated into existing teaching and learning programs, or be used as part of a wellbeing initiative.

Features of the course include:

- Linkages to Stage 4 NSW Personal Development Health and Physical Education
- A strengths based approach to help students develop health literacy. This approach is mindful of not causing any inadvertent harm to young people and is underpinned by current research
- Draws on the general capabilities of literacy**,** numeracy**,** personal and social capability and ethical understanding
- Differentiated content to account for the range of learners in your classroom

Links to *Stage 4 NSW Curriculum
Content

Practise and apply skills and strategies to seek help for themselves and others

- Identify scenarios and associated thoughts and feelings that might alert us to a potentially unsafe situation
  - *Section – The Party Scenario*

Examine factors that influence health and wellbeing

- Investigate reasons young people choose to engage in positive and negative risk-taking behaviour
  - *Sections – Unpack the effects, Reasons and alternatives, Unpacking E-cigarettes Quiz Show*

Recognise potentially unsafe environments and describe strategies to promote their own and others' health, safety and wellbeing in a variety of real-life situations

- Propose strategies that individuals and others can use to make safe and informed decisions
  - *Sections – Weigh it up, Reasons and alternatives*
- Discuss safe and unsafe use of technology and develop strategies to develop their own and others' health, safety and wellbeing
  - *Sections – Do you know what you're vaping? Don't get sucked in*
- Classify drugs and describe the short-term and long-term effects of drug use on health, safety and wellbeing
  - *Sections – What do you think is in an e-cigarette?*, C*hemicals found in e-cigarettes*, *Health effects explained, Respect your brain, Health effects revision, Unpacking E-cigarettes Quiz Show*

Develop health literacy skills and promote health information that is aimed at assisting young people to address health issues

- Assess health products, information and advertising to expose myths and fallacies
  - *Section – Unpacking E-cigarettes: True or False*
- Promote and apply credible health messages and information to positively influence the decisions of their peers and the wider community
  - *Section – Do you know what they are vaping?*
- Identify and promote various health information, products and services to address the health needs of young people using ICT tools as appropriate

Examine influences on peoples' behaviour, decisions and actions

- Discuss the influence of contextual factors on individual decisions and actions, eg drug use
  - *Sections – Party scenario, Reasons and alternatives*

Explore the relationship between various health, safety and physical activity issues affecting young people and assess the impact it has on the health, safety and wellbeing of the community

- Assess the impact of drug use on young people's decisions and behaviours in various contexts and predict how this might affect the future health, safety and wellbeing of individuals and the community
  - *Section – Unpack the effects, Respect your brain, Consequences of e-cigarettes*