

Aim

The Breathe Easy All Together (BEAT) peer-leadership program aims to empower students by providing them with the knowledge, skills and confidence to make informed decisions about e-cigarette use and advocate for respiratory health.

The objectives of the program are to:

1. Increase students' knowledge about asthma and its management.
2. Improve students' awareness that vaping is not the norm for adolescents.
3. Increase students' knowledge of e-cigarettes, harms and alternatives to use.
4. Encourage students to say no to e-cigarettes.
5. Enable students to discern marketing strategies employed to target young people.
6. Enhance students' leadership and advocacy skills.

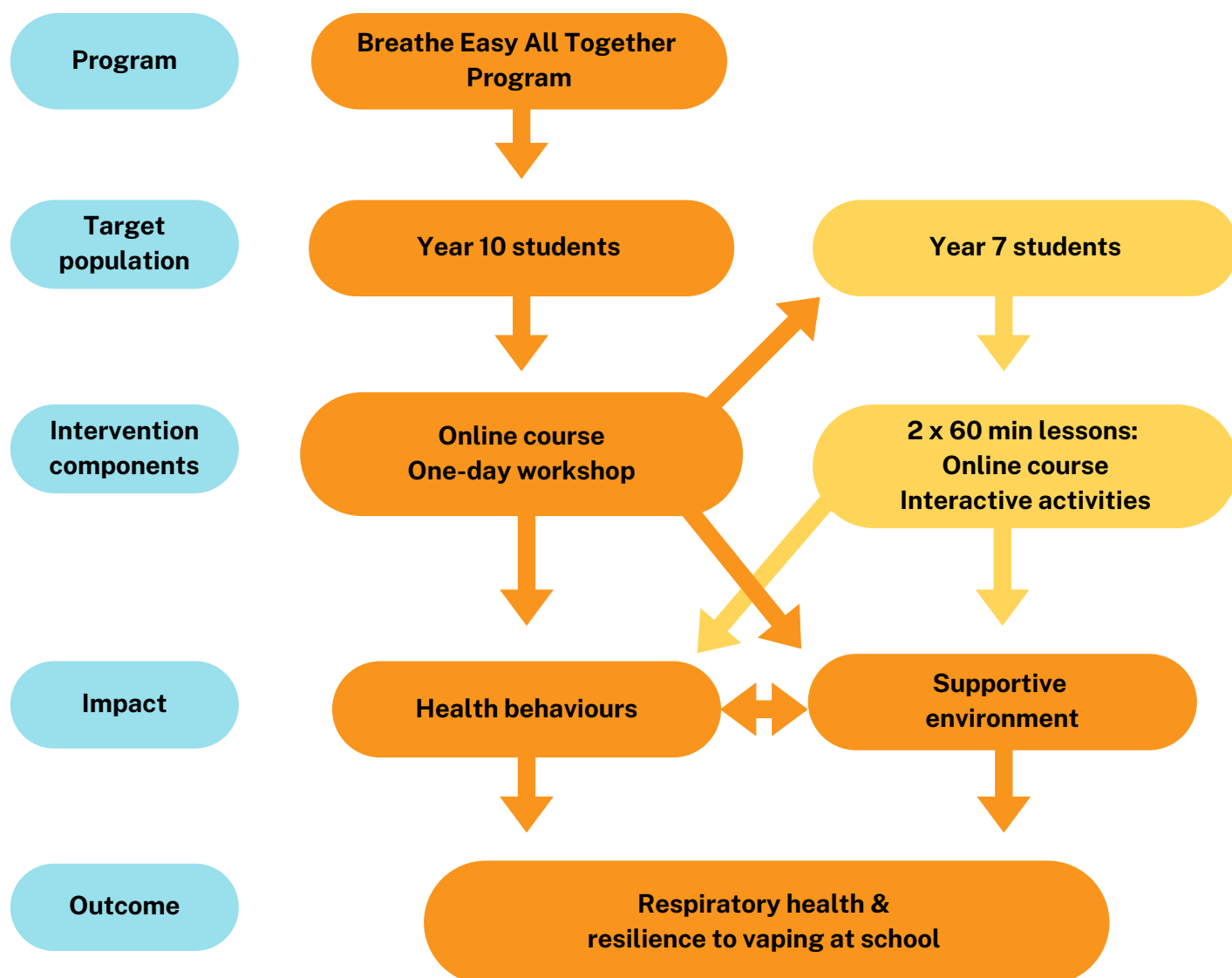
Structure of the BEAT program



What's involved?



Program Model for Breathe Easy All Together (BEAT)



- Features a flexible implementation approach.
- Utilises a peer-education model proven effective through the SALSA and Triple A program.
- Target audience: Year 10 & Year 7 high school students.
- Year 10 students participate in a one-day workshop where they are trained as BEAT Peer Leaders and develop their own e-cigarette prevention messaging which is shared with their school community.
- Year 10 students deliver peer education to Year 7 students during two school periods. This includes the facilitation of an online course and interactive activities to build Year 7 students' e-cigarette knowledge and resilience to tobacco use.

