



# Acknowledgement of Country

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# Vape-free Futures: a Vaping Cessation Workshop for Wellbeing Staff

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**PERU** **Vape-free Futures: A Wellbeing Workshop for High Schools** **NSW**

Thursday 29th Feb  
9am-3pm  
Westmead Education & Conference Centre,  
Westmead Hospital

A free workshop for wellbeing staff, including SSOs, to upskill through activities that will:

- Enhance knowledge on vaping-related harms, laws, policies & alternatives
- Build confidence to support students to quit vaping
- Administer screening tools & establish local referral pathways

**Register**



**Lunch is provided  
Limited to 30 places**

Details:  
kym.rizzoliu@health.nsw.gov.au

This is a collaboration between Prevention Education and Research Unit, Western Sydney Local Health District and Tobacco Control Unit, Illawarra Shoalhaven Local Health District

# Moving Waves in Prevention: A Whole Community Approach 2021-2025

## Phase 1: Problem

- Literature search
- Unpacking Vaping in Schools (UVS) pilot study
- Prevention & Cessation Special Interest Groups established

## Phase 3: Actions in Prevention

- Youth Voices poster competition
- Co-designed animation
- Unpacking E-cigarettes Online Course
- Breathe Easy All Together (BEAT) program

## Outcome

*Student agency in reducing the initiation and use of e-cigarettes in adolescents*



## Phase 2: Listening

- Q&A session for parents
- UVS study in 7 schools
- Testing of e-cigarettes at UoW
- Listening to Student Support Officers
- Survey of healthcare providers

## Phase 4: Cessation Support

- Partnerships/collaborations
- University student-led research
- Train Student Support Officers



For more  
information



# Aim and objectives

## Aim

To build capacity of Wellbeing staff to assist students to quit vaping within a supportive school environment.

## Objectives

- Increase awareness of the actual prevalence of vaping among young people
- Enhance knowledge on vaping-related harms, laws, policies, and alternatives
- Build confidence to assess, advise and help students who vape
- Administer screening tools and establish local referral pathways
- Improve awareness of e-cigarette cessation resources for students

# What was involved?

- Face-to-face workshop
- Information about vaping, screening tools and resources
- Interactive activities
- Case study role play
- Open group discussions
- Live Q&A session with experts



# Evaluation

## **Process and impact evaluation:**

To determine the acceptability, value and impact of the VCW for Wellbeing Staff

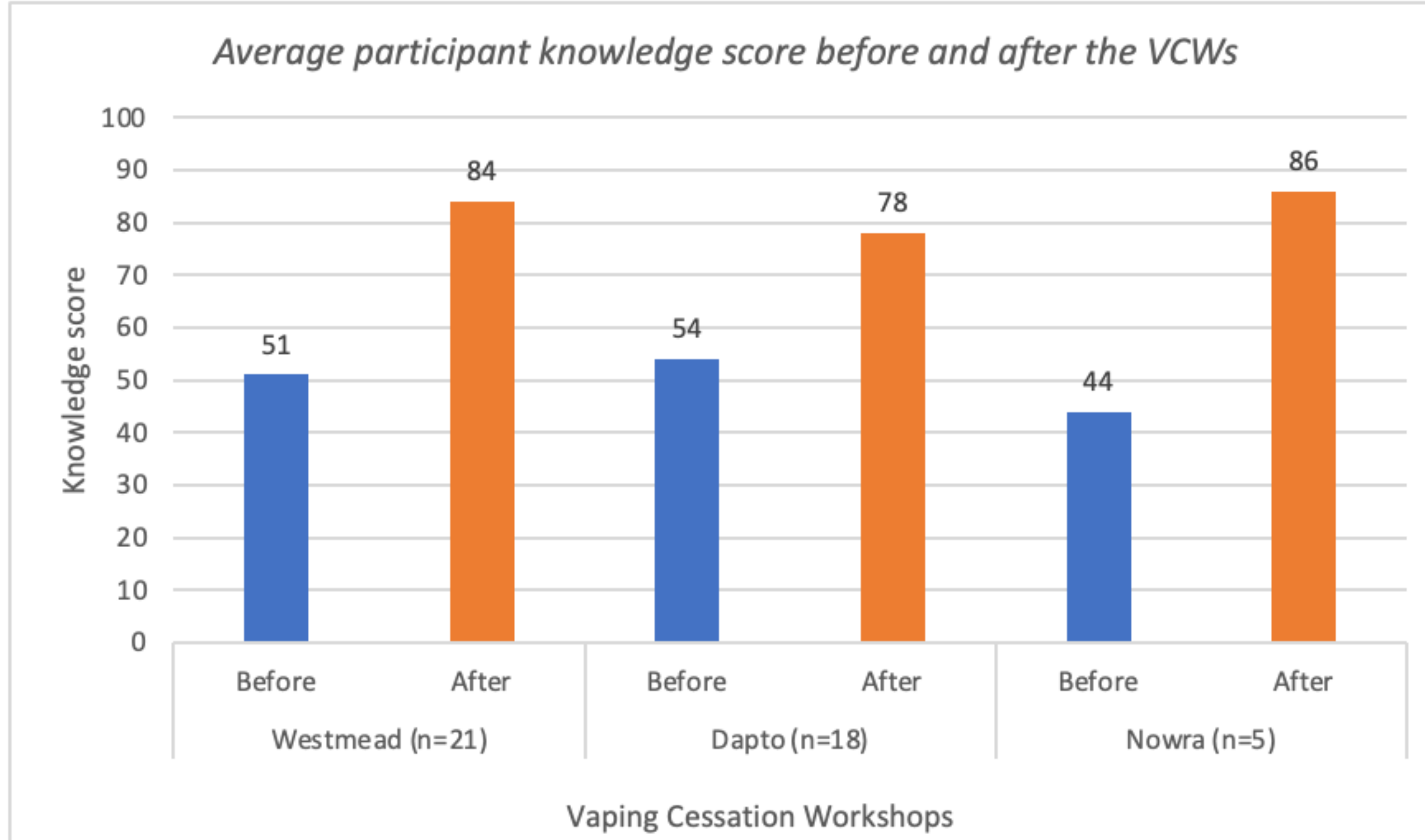
## **Data collection:**

- Post- survey: knowledge, confidence, key learnings, relevance and suggestions
- Mentimeter polls: application of learnings
- Verbal feedback: what worked well and what they enjoyed
- Observation notes

# Results - Reach

| Workshops | Participants | Schools |
|-----------|--------------|---------|
| Westmead  | 24           | 21      |
| Dapto     | 20           | 13      |
| Nowra     | 5            | 4       |
| Total     | 49           | 38      |

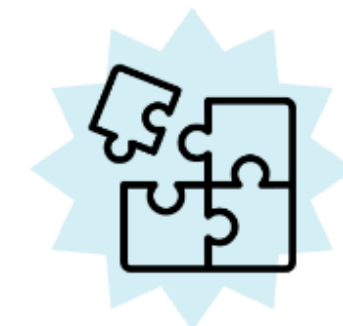
# Results - Gains



*Improved knowledge of vapes, harms, & addictiveness*



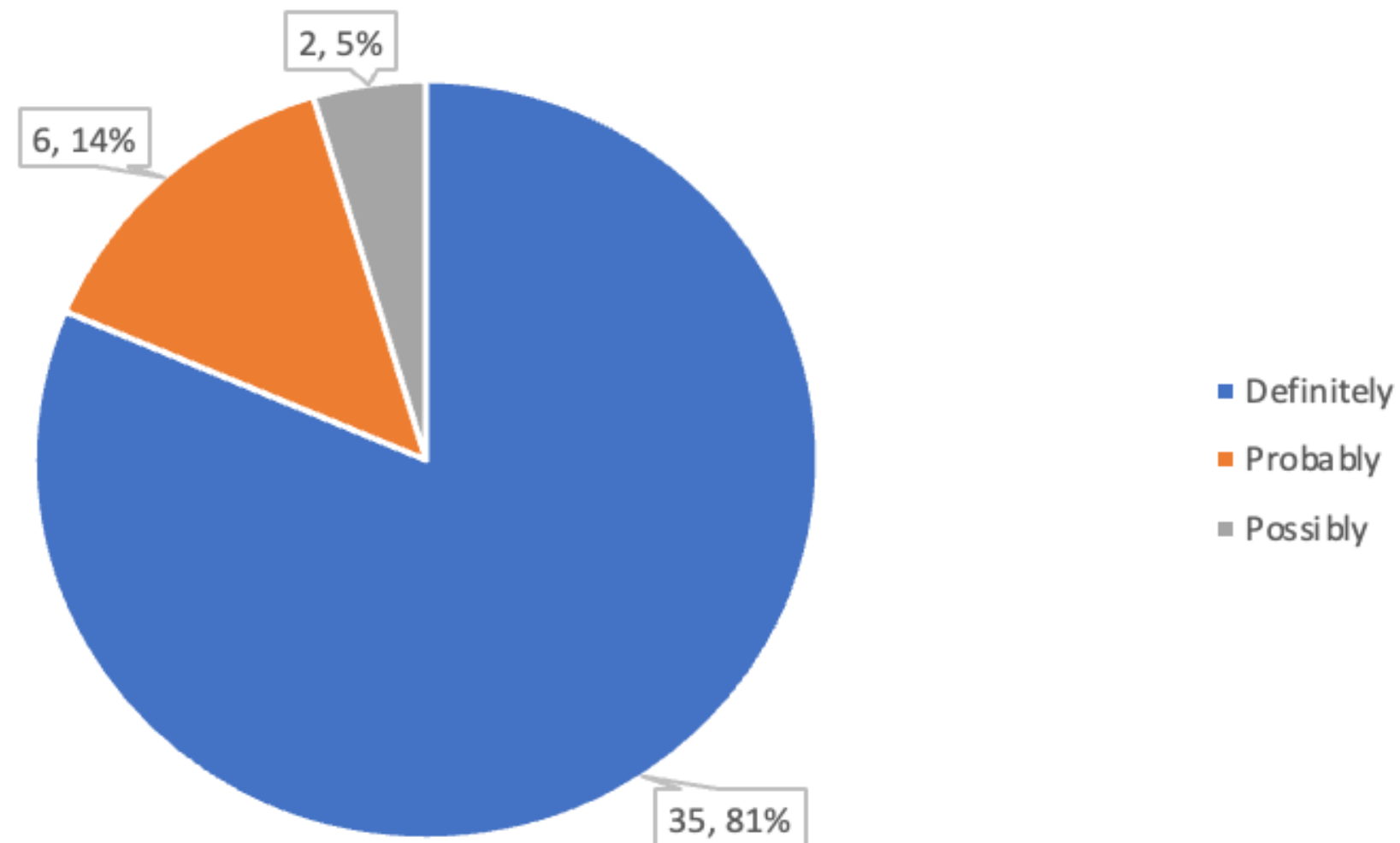
*Empowered to talk about vaping with students*



*Improved awareness of strategies & resources for vaping cessation*

# Results - Relevance

*Participant self-reported likelihood to use knowledge or skills during the next 6 months*



80%

Rated the workshop as excellent

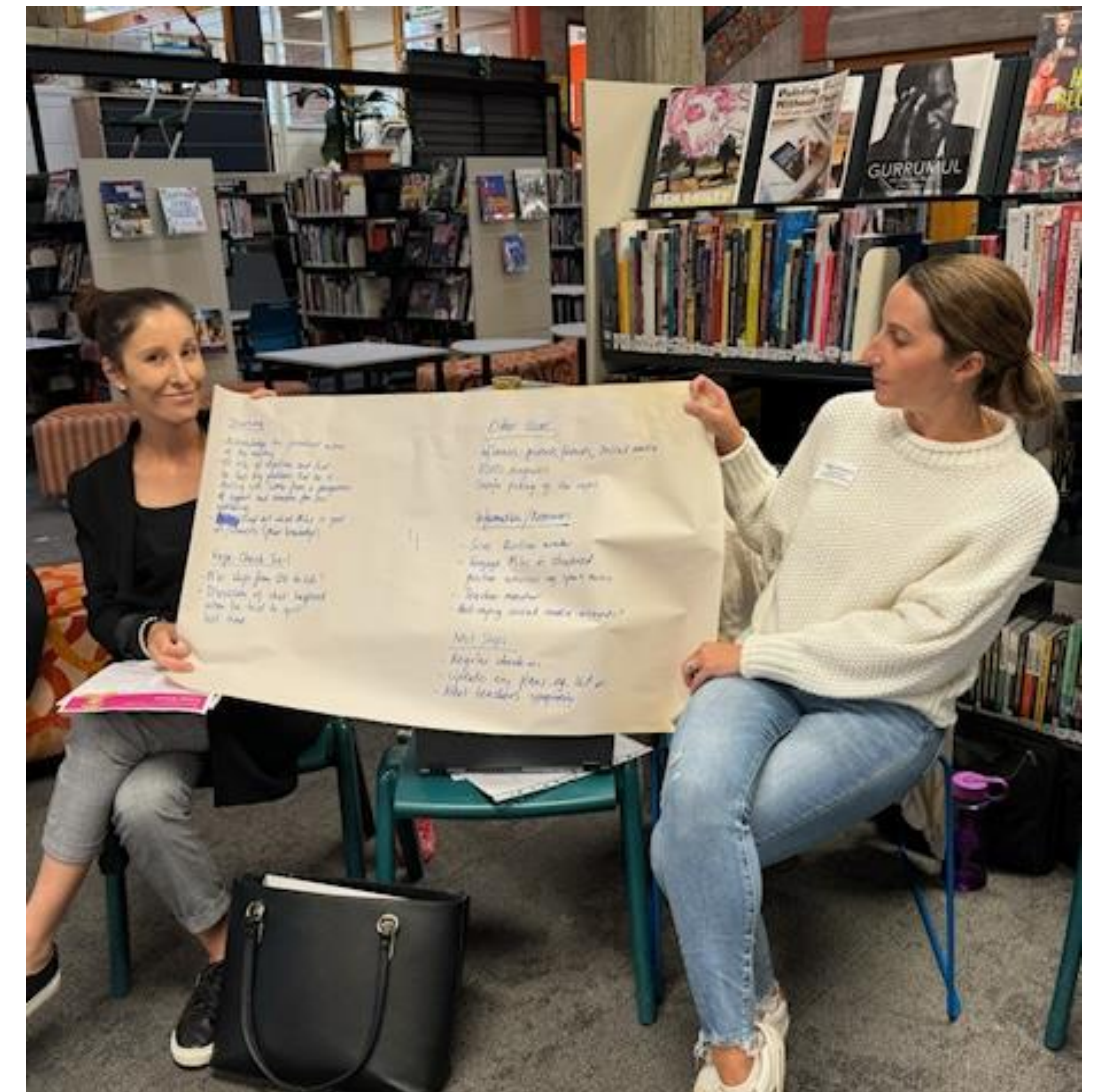


80%

Would definitely use the knowledge and skills gained within the next 6-months

# Results

- *“Check in with the student and come from a place of support and concern for their wellbeing.”*
- *“Non-judgmental, being transparent with students, supportive and strengths based.”*
- *“Starting the conversation comes from getting to know the students, understanding the trends of it in our school and being active about helping. Showing short videos in classes and having discussion.”*
- *“By engaging in professional discourse with senior executive when back at school, especially regarding return from suspension and vaping.”*



# Health Promotion website



Resources for teachers



Information for parents



Information for young people



Resources for youth workers



Signage for businesses



Report illegal sales of vapes



Vaping information in languages other than English



For further resources for teachers, parents, young people and youth workers:

- Webinars
- Podcasts
- Tools to guide the conversation
- Support and counselling lines
- Online referral to the Quitline
- Online reporting of illegal sales

# Post- workshop outcomes

- Increased connections and partnerships with local services
- Increased traffic on health promotion website
- Increased engagement of health and education professionals
- Support for school staff



# Recommendations

- Establish a community network for continued information sharing
- Adaptation to local settings, services and vulnerable populations
- Value of F2F workshops
- Partnership with health and education sectors to support students
- Develop formalised referral pathways

## Next steps

- **6-Month Follow-Up:** We will conduct a follow-up survey to assess how participants have implemented their learnings and the impact on student behavior and health.
- **Publications:** Our findings will be shared through academic publications, contributing to the growing evidence on effective interventions for youth vaping.
- **Call for Funding:** To expand the successful Vape Free Futures workshop to additional Local Health Districts (LHDs), we urgently need funding. Scaling up this program is essential to support more students in schools who are committed to quitting vaping.

# Acknowledgements

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- Lives Lived Well

