

Monday, November 3, 2025

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The Pulse

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Uncategorized

Elevate your Skills: Inside our Vaping Cessation Workshop

📅 27 Mar, 2025, 3:32 pm

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Local schools in Western Sydney are stepping up their fight against youth vaping with world-class guidance and hands-on strategies to help students quit for good.

Educators and school staff recently gathered for an exclusive workshop led and organised by Prevention Education and Research Unit (PERU) as part of an ongoing partnership with schools to improve health outcomes in the community.

The workshop underscored a strong commitment to improving community health through education and collaboration.

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2025, 1:12 pm



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Internationally renowned smoking cessation expert, Professor Renee Bittoun, with over 35 years of experience in tobacco and vaping prevention, participated on zoom to answer the questions posed by the participants.

Wellbeing staff travelled from across Sydney, eager to gain fresh insights into how they can best support students struggling with nicotine addiction.

The highly interactive workshop encouraged open discussion, allowing attendees to share challenges and successes from their own school communities.

Participants walked away feeling empowered, describing the workshop as 'beneficial' and 'relevant' to their roles.

"I learnt so much that will help me support students more effectively," shared one attendee.

Another participant praised the inclusive and engaging format, saying, "I loved how experts and leaders in the field joined in and had real conversations with us—it felt collaborative and inspiring."

The session also featured Professor Michael Fasher and HealthiCare's medical practice assistant, Camelia, who provided valuable insights into bulk-billed healthcare services and the latest support options available for young people in Western Sydney.

Adding to the impact, Jason Miezis, Director of Educational Leadership at Eastern Creek Principal's Network, addressed the workshop, reinforcing the importance of collective action.

"It's fantastic to see so many passionate people coming together to support students' wellbeing. We need to do more of this in society—today was a great start."

Designed to equip school staff with evidence-based cessation strategies, this workshop is just one of many initiatives in the ongoing partnership between WSLHD and local schools.

By connecting educators with evidence-based information and the latest research, these events are making a real difference in the fight against youth vaping.

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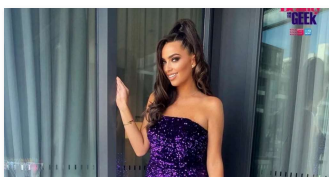
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Stories may be edited for length, quality, clarity and relevance.

Photos must be high resolution and include correctly spelled captions with names from left to right.

Publication is at the discretion of the WSLHD Chief Executive.

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