

Vaping Prevention Project

Melton City Council

Health Promotion Forum 2024

A vibrant, safe and liveable City accessible to all



Acknowledgement of Country

We would like to acknowledge the traditional custodians of the land on which we meet, the people of the Kulin Nations and pay our respects to Elders past and present and any Aboriginal and/or Torres Strait Islander people with us today.

Project Context



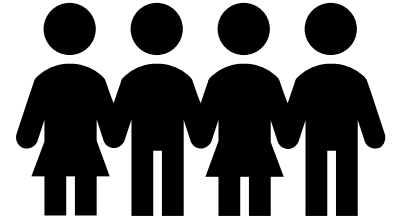
Project
funded by the
VLGP

**Council Health
Promotion + Young
Communities team**



**Western Health
Health Promotion +
Community
Nursing**

37.1% of our
population are
under the age of
25 years



Project Goals and Objectives

Goal

1. To increase education on the harms of vaping for young people

Objectives



Student knowledge of vaping harms



Student motivation to reduce vaping behaviours

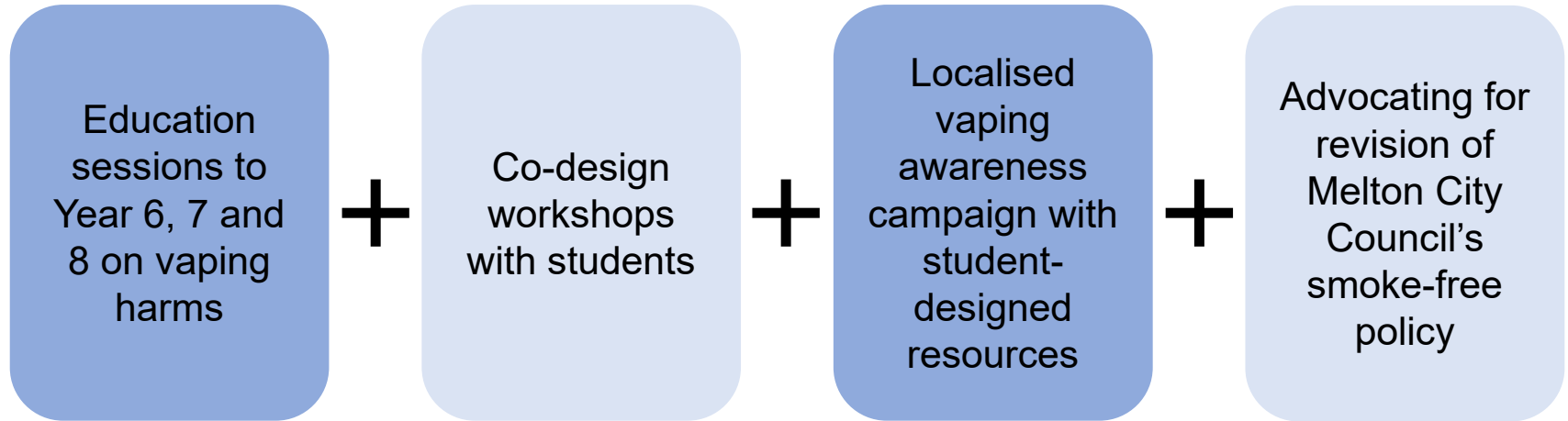


Student awareness of vaping cessation resources



Student positive attitudes towards vaping

Project Activities



Vaping Education Sessions

Session content

- what vapes are and how they work
- the ingredients in vapes
- e-cigarette/nicotine addiction and dependency
- mental health harms of vaping
- physical health harms of vaping
- vaping legislation
- vaping cessation resources available to young people

School	Student Cohort	Number of Students
School 1	Year 7, 8, 9 & 10	46
School 2	Year 8	156
School 3	Year 8	254
School 4	Grade 6	86
School 5	Grade 6	125
School 6	Grade 6	89
Total		756

Vaping Education Sessions Evaluation



Student knowledge of vaping harms



Student motivation to reduce vaping behaviours

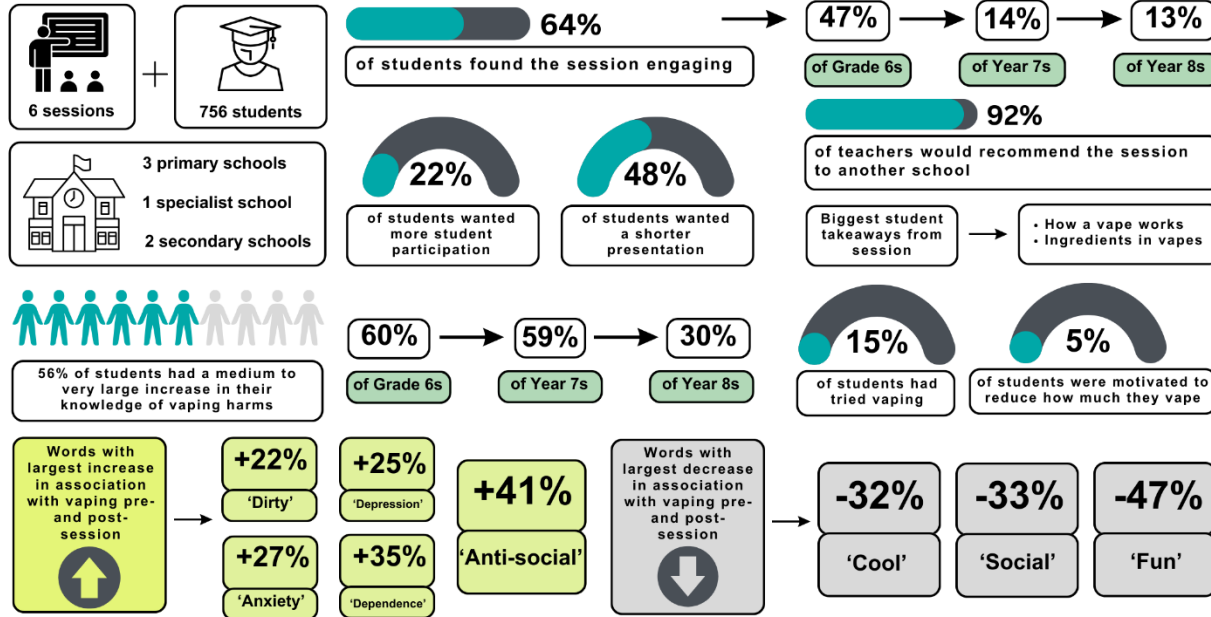


Student awareness of vaping cessation resources



Student positive attitudes towards vaping

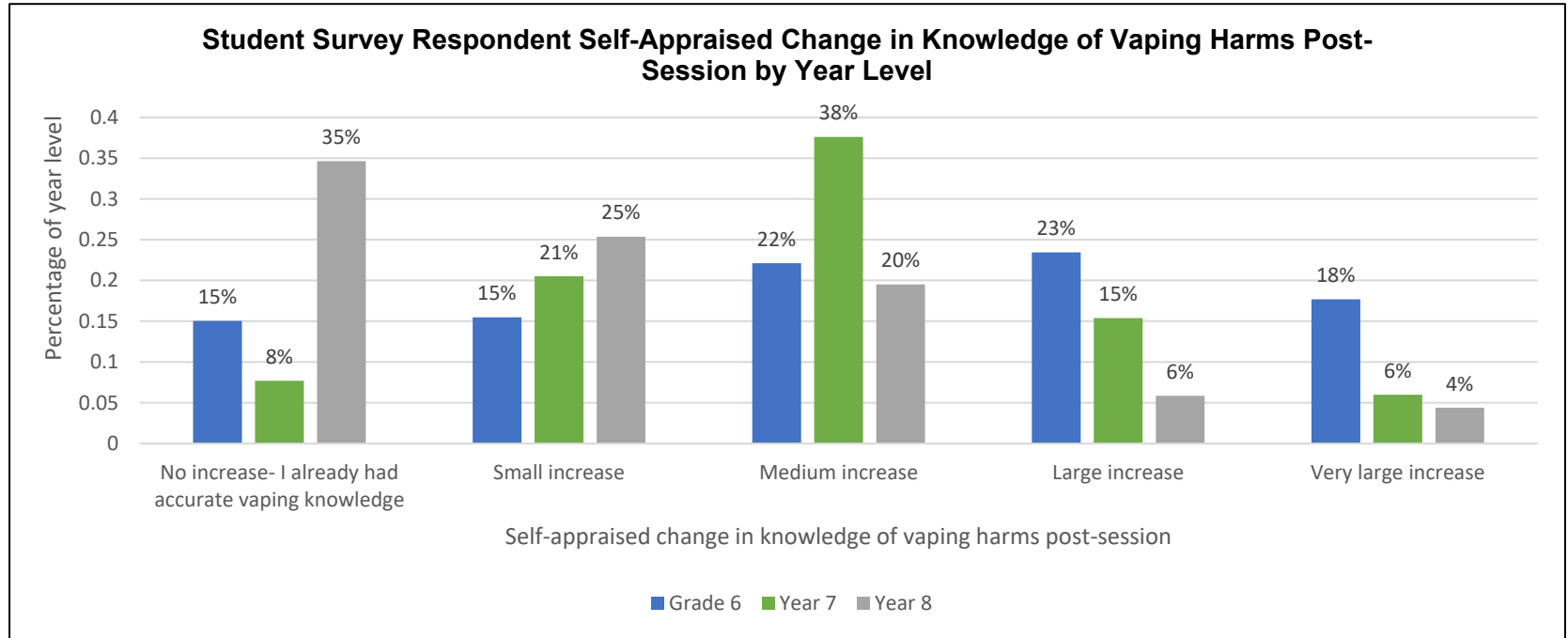
VLGP VAPING EDUCATION SESSIONS 2023 EVALUATION SUMMARY



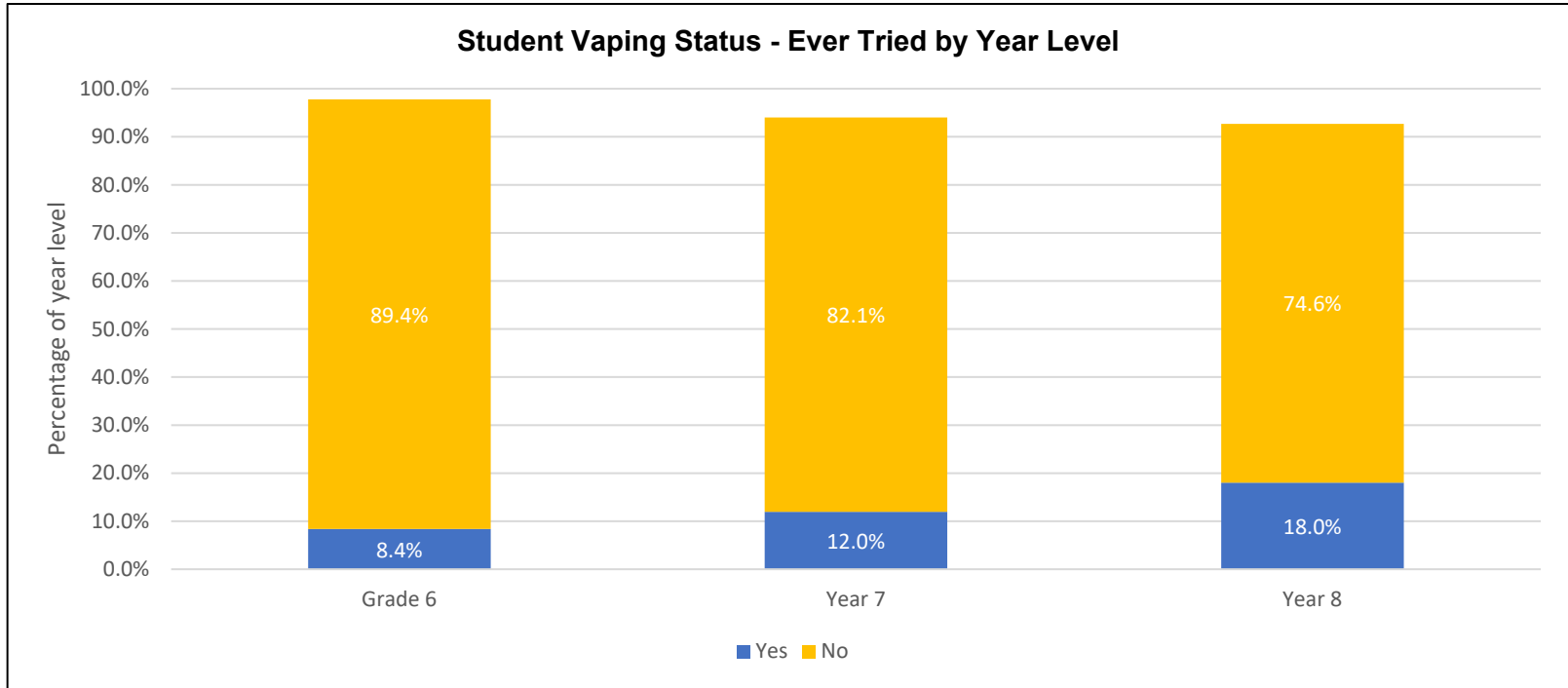
Evaluation data was collected through post-session student surveys, post-session teacher surveys and program delivery staff feedback



Vaping Education Sessions Evaluation



Vaping Education Sessions Evaluation



Vaping Education Sessions Recommendations and Learnings

Engagement with schools

Provide schools with info to send home to parents

Provide schools with info pack on responding to vaping

Work with schools to create more supportive environment

Session content

Increase engagement with students in session (Council Youth Worker co-deliver)

Increase info on accessing local vaping cessation resources

Include element of local youth voice/content

Session delivery

Sessions with younger cohort (Grade 6 + Year 7)

Sessions with smaller cohort (no more than 2 classes)

Use classrooms not halls

Data collection

Team to complete student counts

Introduce pre-and post-session student surveys

Encourage schools to let students use electronics to complete surveys during session

3-month follow-up survey

Future Vaping Education Based on New Research

Recent evidence suggests that one-off vaping prevention sessions delivered by external facilitators are not as effective as ongoing sessions delivered by trusted adults who have a relationship with students

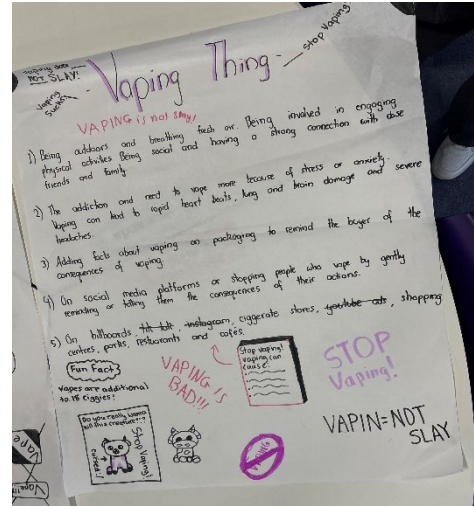
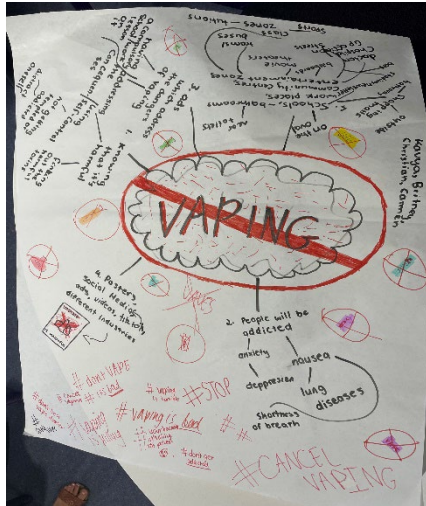


Encourage schools to deliver *Quit's See Through the Haze* resource to students

Build confidence, capacity and knowledge of teachers/parents with vaping information sessions

Vaping Co-Design Workshops

Council's Young Communities team delivered 5 workshops for students to develop values-based messaging on vaping harms



Harms that resonated with students

Toxic chemicals in vapes

Negative impact on mental health

Nicotine in vapes leads to addiction

Messaging/design

Outline damage to body

Show chemicals in vapes

Show healthy and unhealthy lung "before and after"

Use QR codes

A thriving community where everyone belongs

Vaping Awareness Campaign Design Workshop



Vaping Harm Poster Design Workshop

Are you aged 12-25, with a keen eye for design? **Do you want to earn a \$50 Coles/Myer gift voucher?** Come to a workshop with a graphic designer to create posters that highlight the harms of vaping!

Date: Tuesday 31st October

Time: 4.30pm-6.30pm

Location: Melton Library and Learning Hub, Cameron Training Room (light refreshments provided)



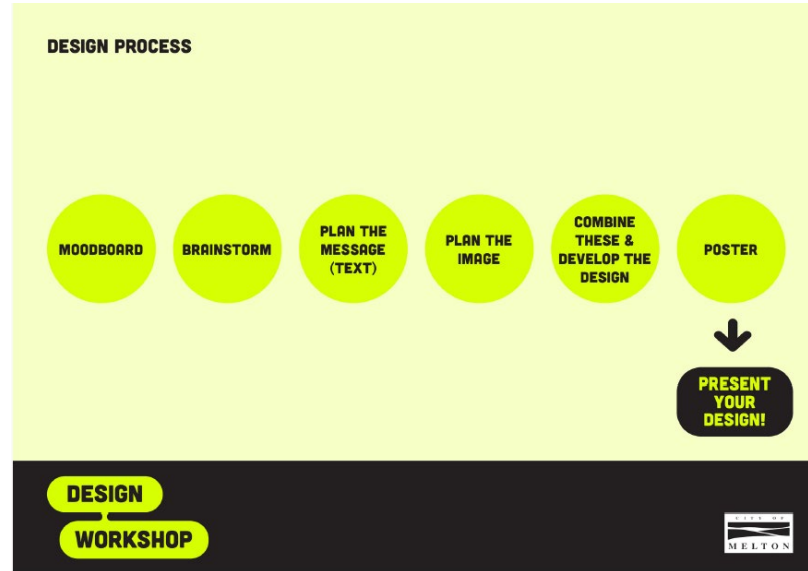
SCAN THE QR CODE TO REGISTER

Registrations essential- spots limited

For more information, contact Millie Scanlan, Health and Wellbeing Project Officer

Email: millies@melton.vic.gov.au

Phone: 9747 5742



A thriving community where everyone belongs



Design Workshop- Student Designs

THINK ABOUT YOUR FUTURE...
IS IT REALLY WORTH IT?
~~VAPING IS A NO GO!~~

BRAIN
- nicotine addiction
- Alzheimer's disease
- Parkinson's disease
- memory loss
- depression
- schizophrenia
- attention deficit hyperactivity disorder (ADHD)

EYES
- irritation
- blurry vision

MOUTH
- irritation
- can cause gum disease

THROAT
- sore throat

HEART
- increased risk of heart attack and stroke
- chest pain

SCHIZOPHRENIA
- symptoms worsen
- medication pain

ARTERIES
- increases blood pressure and risk of heart attack and stroke

LUNGS
- rapid carbon monoxide poisoning
- respiratory
- respiratory lung damage from nicotine
- a poisonous chemical which coats the air sacs making breathing more and worse

IMMUNE SYSTEM
- can harm your immune system increasing your risk of illness

VAPING PREVENTION PROGRAM

Message to go here, out out alibusd aepre hent as sapelit essus magnimium volupis suntem quam fugit lacerfe. Rspidelicae eum eos lum veruntias invenihilt dolupti quatum rerem isa velupta. Mus del noquid quo blaocpe east eosa culpa non rat volorem. Message to go out alibusd aeprehent as sapelit essus.

Scan the QR code for more information

MELTON

VAPING PUTS WEEDKILLER
IN YOUR LUNGS

VAPING PREVENTION PROGRAM

Bronchiales/branches of the lungs are plant life

Scan the QR code for more information

MELTON

~~VAPING~~

DITCH THE VAPE

IT IT LEAVES YOU SICK!

VAPING PREVENTION PROGRAM

Add more things that harm the body (plants)
- weed killer
- nail polish
- rat poison

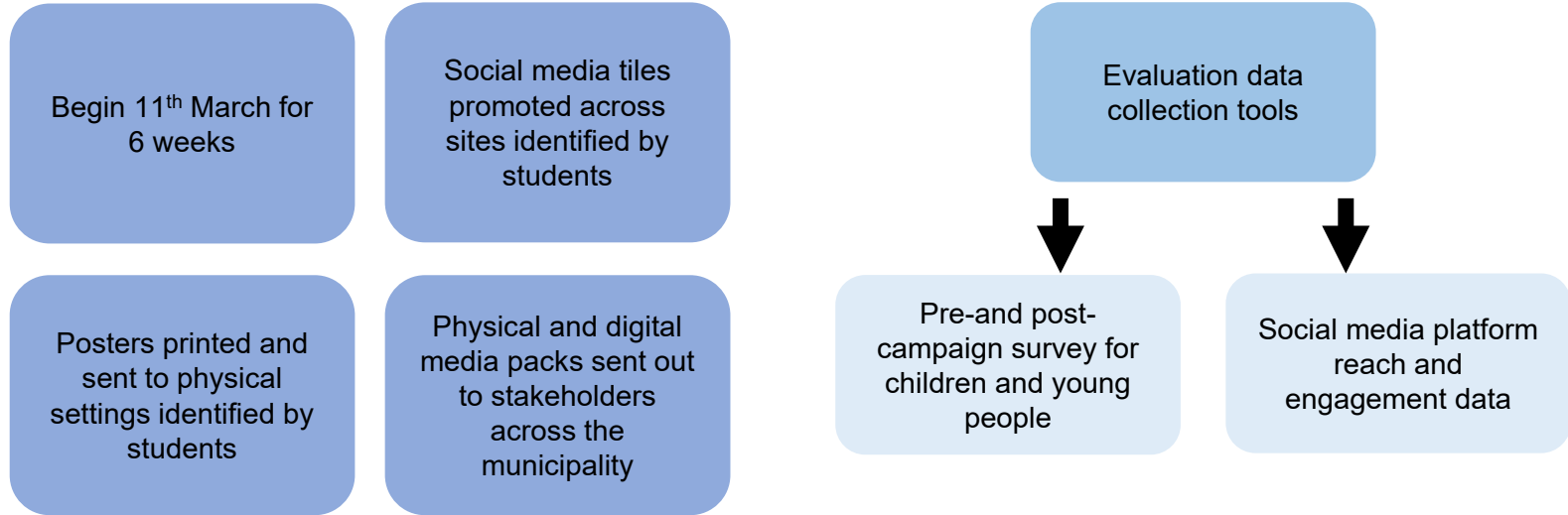
(could add red crosses over them as well to ditch all those that pop at!)

Scan the QR code for more information

MELTON

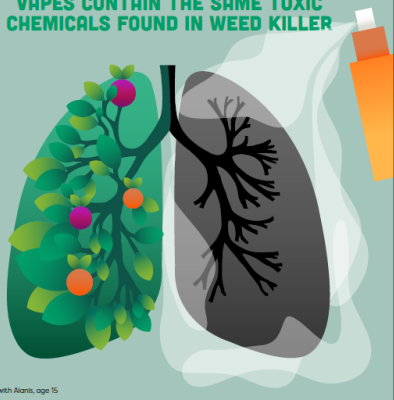
A thriving community where everyone belongs

Vaping Awareness Campaign



Vaping Campaign Posters

VAPES CONTAIN THE SAME TOXIC CHEMICALS FOUND IN WEED KILLER




Designed with Atravis, age 15


**VAPING:
PATH TO
ADDICTION**

What do you think these chemicals do to your lungs?

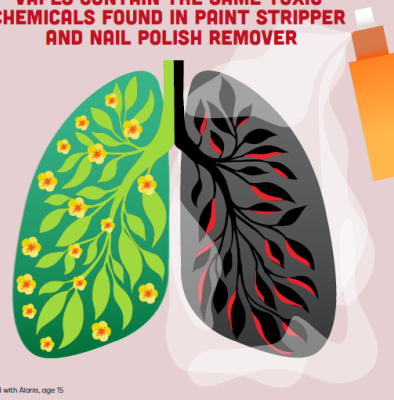
Vapes contain acrolein, a key ingredient in weed killer. Vaping lodges toxic chemicals and heavy metals deep into your lungs and airways, causing damage.



Scan the QR code to learn more and take our survey.



VAPES CONTAIN THE SAME TOXIC CHEMICALS FOUND IN PAINT STRIPPER AND NAIL POLISH REMOVER




Designed with Atravis, age 15


**VAPING:
PATH TO
ADDICTION**

What do you think these chemicals do to your lungs?

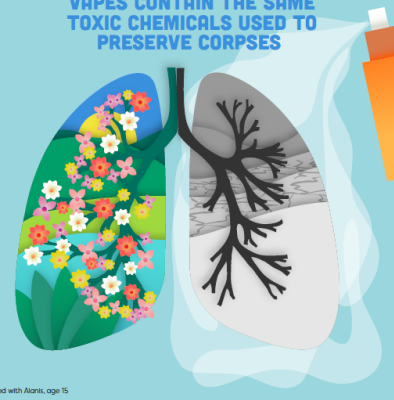
Vapes contain xylene and acetone, key ingredients in paint stripper and nail polish remover. Vaping lodges toxic chemicals and heavy metals deep into your lungs and airways, causing damage.



Scan the QR code to learn more and take our survey.



VAPES CONTAIN THE SAME TOXIC CHEMICALS USED TO PRESERVE CORPSES




Designed with Atravis, age 15


**VAPING:
PATH TO
ADDICTION**

What do you think these chemicals do to your lungs?

Vapes contain formaldehyde, a key ingredient in industrial glues and preserving corpses. Vaping lodges toxic chemicals and heavy metals deep into your lungs and airways, causing damage.



Scan the QR code to learn more and take our survey.



Vaping Campaign Posters

VAPING LEADS TO ADDICTION AND DEPENDENCE.

DON'T LOSE YOUR INDEPENDENCE.

VAPING: PATH TO ADDICTION

Is it really worth it?
Most vapes contain nicotine, even if the label says they don't. When you vape regularly, you develop a craving that can only be relieved by vaping. Soon you find it hard to function without a vape and become dependent.

Scan the QR code to learn more and take our survey.

VAPING SLOWS BRAIN DEVELOPMENT AND YOUR ABILITY TO LEARN.

HOW WILL YOUR BRAIN FUNCTION WHEN YOU'RE OLDER?

VAPING: PATH TO ADDICTION

Is it really worth it?
Most vapes contain nicotine, even if the label says they don't. Children and young people become addicted to nicotine at lower levels compared to adults. Being exposed to nicotine while your brain is still developing impacts memory, attention and learning.

Scan the QR code to learn more and take our survey.

DO YOU CARE ABOUT YOUR MENTAL HEALTH?

VAPING IS LINKED TO STRESS AND ANXIETY.

VAPING: PATH TO ADDICTION

Is it really worth it?
Vaping is connected to poorer mental health. When you vape regularly, you develop a craving that can only be relieved by vaping. This creates a vicious cycle, leading to more stress and anxiety.

Scan the QR code to learn more and take our survey.

Vaping Campaign Social Media Tiles

