

Smoke and Vape-Free Toolkit For Secondary Schools



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Acknowledgements

The Smoke and Vape-Free Toolkit for Secondary Schools has been developed by the South Coast Prevention Team (Health Promotion workforce of Bass Coast Health, Gippsland Southern Health Service and South Gippsland Hospital).

Special thanks to:

- The Achievement Program for providing a whole-school approach through the Smoking, Vaping, Alcohol and Other Drugs benchmark and policy template
- Quit Victoria for providing the Seeing Through the Haze school education resources
- Common Cause Australia for providing recommendations on how to talk about vaping using values-based messaging
- The Peninsula Health Health Promotion Team for sharing their 'Vaping and E-cigarette Use Prevention Toolkit for Schools'. This toolkit has been kindly adapted from this resource.



The South Coast Prevention Team acknowledges Aboriginal and Torres Strait Islander people as the Traditional Custodians of the land and acknowledges and pays respect to their Elders, past, present and emerging.

Introduction

The South Coast Prevention Team has compiled a range of resources to assist secondary schools in Bass Coast and South Gippsland shires to prevent smoking and vaping among secondary students.

The Smoke and Vape-Free Toolkit for Secondary Schools provides evidence-based information for use by secondary school principals, school nurses, teachers and parents.

Strengthening supportive school environments is a critical element in supporting secondary school students to make informed decisions about smoking and vaping. The resources in this toolkit use a whole-school approach to health and wellbeing based on five domains: leadership and commitment, healthy physical environment, healthy culture, student teaching and learning, supported staff, and families and community partnerships.

"No one 'chat' about vaping will be enough for students not to be tempted by vaping, but constant instruction and awareness will help"

- Secondary school teacher

"Vaping shouldn't be allowed in schools or public places because it's not good for you and the people around you, and can make others sick"

- Male student, 14 years old

"The students are at a very impressionable age. It's a great time to discuss the effects of vaping"

- Secondary school teacher

"Please keep educating our children so they can make informed decisions about vaping"

- Parent

Checklist for Schools

★ Use this checklist to assess your school environment. You can also use the checklist to track your progress through the actions.

- Review and update the school Smoking, Vaping, Alcohol and Other Drugs Policy
- Display 'No Smoking or Vaping' signs
- Promote school events free from smoking and vaping
- Provide evidence-based education using the Seeing Through the Haze education resources
- Provide professional development opportunities for teachers
- Provide information about support services to help quit smoking and vaping
- Provide evidence-based information to parents and carers
- Connect with your local Health Promotion Officer from the South Coast Prevention Team

Information for School Principals

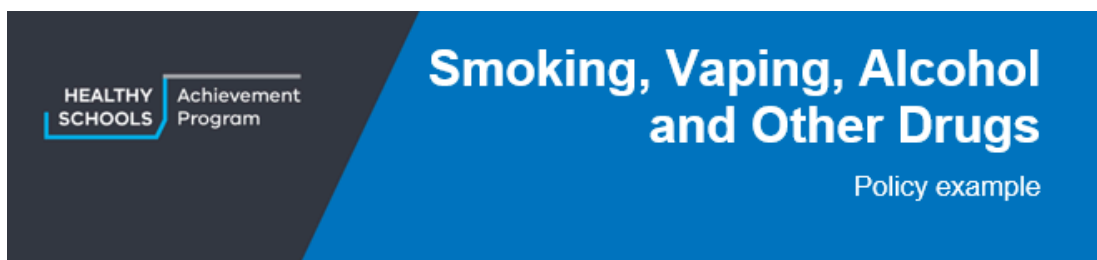
Review, update or develop a Smoking, Vaping, Alcohol and other Drugs School Policy

Does your Smoking, Vaping, Alcohol and other Drugs School Policy include reference to vaping use? No? The South Coast Prevention Team can help.

The South Coast Prevention Team can support your school to develop or update your policy.

Contact us prevention@basscoasthealth.org.au

★ A sample Smoking, Vaping, Alcohol and other Drugs Policy is available through the Achievement Program. [Click here](#) to access your Achievement Program portal or register for free.



Purpose


Leadership and staff acknowledge the importance in reducing harm from smoking, vaping, alcohol and other drugs. Providing a smoke-, vape- and drug-free environment and promoting low-risk alcohol consumption contributes to the overall health and wellbeing of the students, staff and families related to the school.

This policy confirms our commitment to:

- ensuring a smoke-, vape- and drug-free environment for students, families, staff, volunteers and visitors
- promoting low-risk alcohol consumption to our service community
- delivering smoking, vaping, alcohol and other drugs education in one or more learning key areas of the curriculum as a part of a whole school approach to health and wellbeing (e.g. developing knowledge, resilience and help-seeking skills of students)
- providing information to staff and families about the health benefits of not smoking, vaping or taking drugs, and low-risk alcohol consumption
- providing a safe, inclusive and empowering school environment
- implementing strategies to prevent and minimise harm
- dealing with drug use (licit and illicit) as a health and safety issue
- establishing supportive procedures to respond to drug-related incidents.

Signage for your school environment

Display 'No Smoking or Vaping' signs around your school including entrances, main reception and bathrooms. This helps to reinforce that smoking and vaping are prohibited on school grounds and within 4 metres of entrances.

 Click the link below to download 'No Smoking or Vaping' signs.

[NO SMOKING OR
VAPING SIGNS](#)



Information for Teachers and School Nurses

✓ South Coast Smoke and Vape-Free School Challenge

Teachers are invited to get Year 7 and 8 students involved in the South Coast Smoke and Vape-Free Challenge. Students are encouraged to take on the role of community health researchers to create innovative and engaging campaigns that promote a smoke and vape-free future for everyone.

Students may choose to do this by (but not limited to) using video, poster, social media posts, advocacy letter, persuasive essay, infographic or PowerPoint. The challenge could be implemented across curriculum areas including health and physical education, science, literacy, civics and citizenship and media arts.

The challenge runs Term 2 - Term 3 2025.

To enter the challenge, school staff can submit their top 5 campaigns from each year level by Friday 19 September 2025.

The winning campaigns will be announced and promoted through local media and students will each receive a \$50 gift card.



[VIEW THE CHALLENGE FLYER](#)

If you would like Health Promotion Officers from the South Coast Prevention Team to visit your class to support students to develop their campaigns, please call 0438 057 040 or email prevention@basscoasthealth.org.au


Seeing Through the Haze education resources

Quit Victoria has developed evidence-based vaping curriculum resources for use in Victorian schools across Years 7-10. The resources aim to equip students with critical thinking skills to create change for a smoke and vape-free future. The resource is structured as a three-part learning sequence:

- Module One: Getting the Facts
- Module Two: Seeing Through the Haze
- Module Three: Making Change

YEAR 7-8 RESOURCE
WORKBOOK

YEAR 9-10 RESOURCE
WORKBOOK

 The teaching guide is designed to be used alongside the student education resources. It includes teaching and learning information, lesson planning suggestions, curriculum links and answers to the student resource activities.

ACCESS THE TEACHING GUIDE

Useful resources

 For further information please use the links below.

- Department of Education: [Smoking and Vaping Ban](#)
- Better Health Channel: [E-Cigarettes and Vaping](#)
- Quit Victoria: [Get the Facts on Teen Vaping](#)
- Quit Victoria: [Australia's 2024 Vaping Regulations - What You Need to Know](#)
- Tackling Indigenous Smoking: [Facts about Vaping](#)
- The Royal Children's Hospital Melbourne: [E-cigarettes and Teens](#)

Support for Parents and Carers

☑ Provide information to parents and carers

Parents and carers play an important role in influencing the values and beliefs of their children.

★ Share these resources with parents and carers:

- VicHealth: [Vaping conversation guide for parents](#)
 - This guide can help parents and carers to have meaningful, non-threatening conversations with their teen about vaping. They are encouraged to plan the conversation in two parts:
 1. Determine where their teen is at with vaping
 2. Identify the group that best describes their teen right now and the most relevant tips to use.
- Quit Victoria: [Get the facts on teen vaping](#)
- Lung Foundation Australia: [Vaping and young people](#)
- Alcohol and Drug Foundation: [Talking about vaping with young people](#)



- ★ If your school is participating in the South Coast Smoke and Vape-Free School Challenge, you may wish to inform parents and guardians using the letter below.

DOWNLOAD EDITABLE
PARENT LETTER

[Add school logo & details]

Dear parents and guardians,

We are writing to inform you that Year 7 and 8 students will be participating in the South Coast Smoke and Vape-Free School Challenge run by the South Coast Prevention Team (health promotion workforce of Bass Coast Health, Gippsland Southern Health Service and South Gippsland Hospital).

The challenge is based on Quit Victoria's education resources and research from Common Cause Australia. Students will be encouraged to take on the role of community health researchers to create innovative and engaging campaigns that promote a smoke and vape-free future. The student campaigns might:

- Advocate for more smoke and vape-free areas in public spaces
- Promote the benefits of not vaping for individuals, community or the environment
- Showcase support services that can help people to stop smoking and vaping.

Health Promotion Officers may visit classrooms to support students to develop their campaigns. The challenge is open to all secondary schools in Bass Coast and South Gippsland with the top 2 campaigns from both year levels being announced and promoted through local media. Students with the winning campaigns will each receive a \$50 gift card.

Children may be exposed to vaping and smoking in the community. With support and information, you can talk openly with your child about the harms and support services available. Below are resources to support meaningful, non-threatening conversations with your child:

- VicHealth - [Vaping conversation guide for parents](#)
 - Quit Victoria – [Talking to children and young people about smoking and vaping](#)
-

Support for Students

Encourage students to utilise support services

Quitline

- Free confidential and evidence-based telephone counselling service
 - Phone: 13 7848 (Monday-Friday, 8am to 8pm)
 - Text 'call back' to 0482 090 634
 - Webchat at quit.org.au
 - Message on Facebook Messenger @quitvic or WhatsApp 61 385 832 920
 - Request a callback using the online form at quit.org.au
 - You can refer someone (with their consent) using the [online form](#).

headspace Wonthaggi

- Offers free and confidential support for young people aged 12-25 with mental health, physical health, alcohol and other drugs or work and study support
- Address: 5b Murray Street, Wonthaggi, Victoria 3995
- Phone: 5671 5900
- Email: info@headspacewonthaggi.org.au

Youth Access Clinics

- Drop-in clinics for 12-25 year olds covering all areas of health and wellbeing
- Located in [Wonthaggi](#), [Leongatha](#) and [Foster](#)

Kids Helpline

- Free and confidential phone and [online counselling service](#) for young people aged 5 - 25.
- Phone: 1800 551 800

[ORDER 'VAPING: KNOW YOUR TRIGGERS'
WALLET CARDS FROM QUIT VICTORIA](#)

Smoke and Vape-Free Toolkit For Secondary Schools

Thank you for using the Smoke and Vape-Free Toolkit for Secondary Schools. We hope you found this resource useful.

If you have any feedback on this toolkit or would like to contact the South Coast Prevention Team please email prevention@basscoasthealth.org.au or call 0438 057 040.