

VAPE Support - Schools

Student education sessions

1. Whole of year or single-class

Our student education sessions can be presented to large year group cohorts, or to smaller in-class settings. For large group presentations, we ask that year 7 & 8 cohorts are not combined with years 9 & 10 due to differences in PDHPE curriculum outcomes, themes, and language.

2. Curriculum aligned or complementary content

Our education sessions are aligned with the PDHPE curriculum for the year group cohorts above, and so can be presented as part of the drug and risk management unit in-class. You can view the options for curriculum-linked content below. Student education may also be presented as a complement to in-class learnings, to further improve knowledge, skills, and strategies specifically related to reducing vaping and nicotine dependence.

Year 7 & 8 curriculum links	Identities and change: HP8P01, HP8P02 Interacting with others: HP8P04, HP8P06 Making healthy and safe choices: HP8P08, HP8P09, HP8P10
Year 9 & 10 curriculum links	Identities and change: HP10P01, HP10P02 Interacting with others: HP10P04, HP10P05, HP10P06, HP10P07 Making healthy and safe choices: HP10P08, HP10P09, HP10P10
College/ BSSS curriculum links	<u>Contact our VAPE Support team</u> to discuss how our education can align with the BSSS courses.

3. Blended approach

Our team are able to provide multiple education session types across more than one year cohort based on what suits your school and students best. We can provide multiple members of our team to run concurrent education sessions at your school. [Contact our VAPE Support team today](#) to find out more.

Student education sessions

4. Education session topics - Years 7 and 8

All student education will be curriculum aligned however your school can choose content which you feel will complement existing in-class learning best. The examples below are topics which address specific PDHPE curriculum items and elaborations.

Our education has a strong focus on refusal and coping skills, promoting help-seeking, and support options in the community. These are essential for reducing the harm from vaping and nicotine dependence, and may also develop student strategies for addressing other risky behaviours. For this reason, we ask that education sessions include one or more of these topics to improve outcomes for students.

Identities and change AC9HP8P01 - P03	Vaping and the environment; Promoting healthy behaviours in peers; Benefits of not smoking/ vaping; Vaping and mental health
Interacting with others AC9HP8P04 - P07	Self-help strategies; Quit support options; Personal influences on health behaviours; Behaviour change/ quit journey; Promoting healthy behaviours in peers; Nicotine dependence; Vaping and mental health
Making healthy and safe choices AC9HP8P08 - P10	Self-help strategies; Quit support options; Chemicals in vapes; Personal influences on health behaviours; Behaviour change/ quit journey; Vaping and the law; Promoting healthy behaviours in peers; Benefits of not smoking/ vaping; Nicotine dependence; Vaping and mental health

Student education sessions

5. Education session topics - Years 9 and 10

The year 9 and 10 PDHPE curriculum has a more generative and practical approach to health behaviour strategies and reducing harms. Our education focuses on allowing students to propose and refine strategies to improve health, specifically around vaping and smoking, both for themselves and for their peers. The topics that are covered are the same as those covered for year 7 & 8 cohorts, however students take a more active role in the education session.

Identities and change AC9HP10P01 - P03	Vaping and the environment; Promoting healthy behaviours in peers; Benefits of not smoking/ vaping; Vaping and mental health
Interacting with others AC9HP10P04 - P07	Self-help strategies; Quit support options; Personal influences on health behaviours; Behaviour change/ quit journey; Promoting healthy behaviours in peers; Nicotine dependence; Vaping and mental health
Making healthy and safe choices AC9HP10P08 - P10	Self-help strategies; Quit support options; Chemicals in vapes; Personal influences on health behaviours; Behaviour change/ quit journey; Vaping and the law; Promoting healthy behaviours in peers; Benefits of not smoking/ vaping; Nicotine dependence; Vaping and mental health

6. School community education

Our team also provide free education sessions for the broader school community, including all staff and parents and carers. School community education is important in ensuring that all trusted adults have access to the same information given to students, as well as the safe and effective support options available in the community if a young person expresses interest in seeking help. [Ask our VAPE Support team today](#) about arranging a session for your school community.