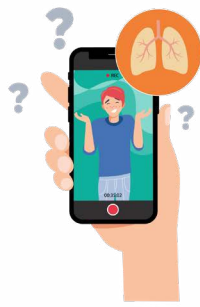


Today, your child participated in Life Ed's module:

LifeEd.
Every child deserves to thrive
lifeed.org.au



take a
Breath.

Smoking and vaping - your voice, your choice

For over 40 years, Life Ed and Healthy Harold have been delivering health and wellbeing education to meet curriculum outcomes for students - empowering children to make positive choices while supporting teachers and school communities to help kids reach their potential.

This flyer will tell you what they learned today and how you can help them apply their new knowledge.

What is it about?

This new module empowers students to investigate the issues around vaping and smoking. It encourages them to stop, “Take a Breath” and ask questions, so that they can exercise their critical thinking skills before making a decision.

The module is unique in that it was co-designed by students, for students.

Life Ed invited Year 5 and 6 students to submit their burning questions about vaping and smoking - they had A LOT to say! We then ran workshops with high school students who created short video responses, with everything fact-checked by a team of experts.

Students learn:

- What are vapes and cigarettes?
- Physical, social, financial and health effects of cigarettes, e-cigarettes, and nicotine
- The comparisons and connections between e-cigarettes/vaping and the history of tobacco smoking
- Strategies and responses that model assertiveness and resilience in challenging situations

Why is this important?

- The take-up of vaping by young people is increasing. Research shows that 1 in 5 young people have vaped and nearly 80% of them say it is easy to get a vape illegally at a shop or online.¹
- The physical health consequences of vaping are starting to emerge.²
- Students believe that the majority of their friends and peers have tried smoking and vaping, but in reality 87% of secondary students report that they have never smoked, and 72% have never vaped.³

1. Cancer Council NSW's Generation Vape study (2021)

2. Electronic cigarettes and health outcomes: systematic review of global evidence, Report for the Australian Department of Health. National Centre for Epidemiology and Population Health, Canberra (April 2022)

3. Life Ed - Reality Now Student Survey (July 2023)

What's next?

Your child's teacher has online lessons they will use in the classroom to continue their learning.

You can support this at home by:



Talking:

Ask your child what they have learnt. You can use questions like:

- What are 3 things you learnt about e-cigarettes/vapes?
- What are some of the dangers of cigarettes?
- What are the benefits of choosing not to smoke/vape?



Doing:

Positive Modelling: Model positive lung health behaviours around your child by not smoking or using e-cigarettes or vapes in their presence and keeping smoking devices out of sight.

Smoke Free Zone: Create a smoke/vape free zone at home and in the car. Encourage your child to stay away from second hand smoke or aerosol vapour to assist with healthy lung development.



[Smoking busting the myths](#)



[How to have the vape talk with your kids](#)

What did you learn?

Draw OR write what you learnt below, then share a picture with us!

#lifeed #healthyharold

