

Parent & Teacher Resources E-Cigarettes / Vaping

At Life Ed SA, we are on a mission to empower children and young people to make safer and healthier choices through preventative health education. Life Ed SA runs drug education programs in Year 5 - 11 that have a focus on e-cigarettes and vaping. Our specialist educators keep up to date with relevant drug information and deliver a range of sessions that are interactive, age-appropriate and align to the Australian Curriculum.

Below is a list of resources for Parents/Carers and Teachers on e-cigarettes, as well as tips for discussing them with young people:

- **"How do I talk to my kids about e-cigarettes" - Life Ed (June, 2022)**
<https://lifeed.org.au/resources/parents/how-do-i-talk-to-my-kids-about-e-cigarettes/>
- **"How to have 'the vape talk' with your kids" - Life Ed (June, 2022)**
<https://lifeed.org.au/resources/parents/how-to-have-the-vape-talk-with-your-kids/>
- **"Alcohol, tobacco & other drugs in schools" - Dep for Ed. SA (October, 2022)**
<https://www.education.sa.gov.au/parents-and-families/safety-and-wellbeing/health/alcohol-tobacco-and-other-drugs-schools>
- **"Vaping Survey: Key Findings" - Commissioner for CYP (July, 2022)**
<https://www.cyp.com.au/wp-content/uploads/2022/07/Screen-Vaping-Survey-Key-Findings-Report.pdf>
- **"Urgent action needed to address e-cigarette epidemic" - Vic Health (June, 2022)**
<https://www.vichealth.vic.gov.au/media-and-resources/media-releases/urgent-action-needed-to-address-the-e-cigarette-epidemic>
- **"The facts about vaping - For parents and carers" - NSW Health (May, 2022)**
<https://www.health.nsw.gov.au/tobacco/Pages/vaping-factsheet-parents.aspx#:~:text=Vapes%20may%20expose%20young%20people,of%20vaping%20are%20still%20unknown>
- **"Electronic cigarettes & vaping" - Cancer Council SA (March, 2022)**
<https://www.cancersa.org.au/prevention/smoking/electronic-cigarettes-and-vaping/>



**To find out more information on Life Ed SA drug education programs, or to book a Life Ed session please contact Amanda Watson on:
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