

E-CIGARETTE & VAPING RESOURCE LIST

Information from reputable sources about E-cigarettes and Vaping for our community.

General

QUIT - [Vaping Hub](#)

Regional Vaping Support Services Flyer [Click here to download pdf](#)

Raising Children Network - [Second-hand & third-hand smoking & vaping](#)

VicHealth - [How vaping advertisers target young people](#)

Cancer Council Victoria - [Tobacco in Australia Website](#), Data, Facts and Issues. Chapter 28: E-cigarettes

New South Wales Government - [Vaping evidence summary](#): Summary on the chemicals and nicotine content found in e-cigarettes, health effects and other information.

Truth Initiative - [Vaping Lingo dictionary](#). Popular vaping phrases, products and language.

Facts about Vaping - [Tackling Indigenous Smoking](#) Resource Hub

Barwon Health Vaping Video: video-cycle for display on screens in foyers and other public areas. [HERE](#).

Minderoo Foundation: [Uncloud Vaping](#), information for your people to say 'no' to vaping.

Barwon Health: [Vaping Resources in Multiple Languages](#)

NSW Health: Every Vape is a hit to your health campaign 23-24 ['Every vape is a hit to your health' Anti-Vaping Campaign 2023-2024](#) | [Cancer Institute NSW](#)

Medical Journal of Australia - Insight + [Under the radar: predatory digital marketing practices targeting kids](#) | [InSight+ \(mja.com.au\)](#)

Dental Health

Podcast: [The harmful dental effects of vaping - SBS News In Depth](#) | [Podcast on Spotify](#)

Dental Health Services Victoria - Position Statement of E-cigarettes and oral health [download here](#)

Dental Health Services Victoria - 5 facts about vaping and oral health fact sheet [download here](#)

Better Health Channel - [Smoking and Vaping effects on oral health](#)

For Professionals

Tackling Tobacco Prevent podcast: The release of Australia's National Tobacco Strategy 2022-2030 has been welcomed by many in public health and prevention including Professor Emily Banks who features in a Prevention Works podcast. She also examines the evidence on the health risks of vaping. ([Listen to the Podcast episode here](#)).

BCH Vaping Key Messages Guide - A guide to support professional talk to their community about vaping. ([Available via request here](#)).

Case Studies – Community Health Services E-cigarette Initiatives and work [Case studies](#) | [Quit Victoria](#)

QUIT Victoria – Leader Statements about community tobacco prevention. [Leader statements](#) | [Quit Victoria](#)

Therapeutic Goods Administration Vaping Legislation and Information: [Vaping hub](#) | [Therapeutic Goods Administration \(TGA\)](#)

VicHealth Lancet Series on the Commercial Determinants of Health [Lancet Series on Commercial Determinants of Health](#) | [VicHealth](#)

For Schools

NEW Jan 2024 QUIT Victoria School Vaping Curriculum for years 7–8 and 9–10 [For schools](#) | [Quit Vaping Facts](#)

World Health Organization – Nicotine and Tobacco Free Schools Toolkit 2023
<https://iris.who.int/bitstream/handle/10665/372960/WHO-EURO-2023-8077-47845-70659-eng.pdf?sequence=2&isAllowed=y>

Blurred Minds – [School resources and Training](#)

Achievement Program – [School Tobacco and Vaping policy examples](#)

E-Cigarette Resource Guide for Schools – Bellarine Community Health ([Available via request here](#)).

What to do if a student is vaping at school? – a guide ([Available via request here](#)).

QUIT – [E-cigarettes and young people: what you need to know](#)

QUIT – [The Dangers of Vaping Video](#)

Department of Education and Training – [Smoking and Vaping Ban Resources](#)

NSW Health – [Tobacco and Smoking information for teachers and schools](#)

Lung Foundation Australia – [Vaping and Young People: For Educators](#)

VIC GOV Health – [No Smoking or Vaping free signage for schools order form](#)

Gippsland Lakes Complete Health – Video: Get the facts on vaping youtu.be/jBg1HlwI2Yc.

[The impact of vaping on adolescent mental health](#) | [Australian Institute of Family Studies \(aifs.gov.au\)](#)

For Parents and carers

Royal Children’s Hospital – [E-cigarettes and Teens](#)

QUIT – [The dangers of Teen Vaping – for parents, carers and teachers](#)

QUIT – [E-cigarette fact sheet for parents and teachers](#)

Alcohol and Drug Foundation – [Talking about vaping with young people](#)

Maggie Dent ‘Parental As Anything’ Podcast – [What to do if your kids vaping on Apple Podcasts](#)

The Royal Women’s Fact Sheet – [Vaping and E-cigarettes during pregnancy and breastfeeding](#)

Lung Foundation Australia – [Fact Sheet for Parents and Carers](#)

VicHealth Vaping Conversation – Tips for Parents: [Vaping conversation guide for parents](#) | [VicHealth](#)

For Young People

NSW Government – The facts about vaping for young people, [a fact sheet](#)

Minderoo Foundation: Uncloud Vaping – the truth about vaping for young people <https://www.uncloud.org>

E-Cigarettes and the environment

Safe e-cigarette disposal [fileField \(psa.org.au\)](#).

E-Cigarette Waste Collection [envirostream.com.au](#), [ecocycle.com.au](#)

Clean Up Australia - [E-cigarettes are an environmental triple threat \(cleanup.org.au\)](#).

Local Government

City of Melbourne: [How to create smoke and vape free areas](#)

Vaping Reforms and Legislation

[Next steps on vaping reforms | Health Portfolio Ministers | Australian Government Department of Health and Aged Care](#)

[Quit and Cancer Council Victoria commend new... | Quit Victoria](#)

Data, Statistics and Research

[Current vaping and smoking in the Australian population aged 14 years or older – February 2018 to March 2023 | Australian Government Department of Health and Aged Care](#)

Cancer Council Victoria Tobacco in Australia, Facts and Issues. [Home Page – Tobacco in Australia](#)

Western Public Health Unit – Accessibility of E-Cigarettes in the City of Brimbank. Find out more [here](#)

Cancer Council Victoria: Tobacco Research Projects, Long Term Data Monitoring etc.
[Behavioural Tobacco Research – Cancer Council Victoria \(cancervic.org.au\)](#)

QIMR Berghofer Medical Research Institute – Australian First research: The high cost of vaping.
<https://www.qimrberghofer.edu.au/news/australian-first-research-reveals-the-high-cost-of-vaping/>

Medical Journal of Australia – Jan 2023 [Vaping and e-cigarette use on the rise among young people | InSight+ \(mja.com.au\)](#)

VicHealth & Behaviour Change Collaborative – Influencing Gen Vape research:

- Webinar discussing report: [Influencing Gen Vape Report / BCC and VicHealth \(vimeo.com\)](#)
 - Influencing Gen Vape Report: [Influencing Gen Vape Summary Report | VicHealth](#)
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The Healthy and Connected Communities Team at BCH are working to create a smoke and vape free Bellarine.
We want to make the places where we live, work and play healthier.

For more information you can get in touch via:

Our website: [bch.org.au](#) or via the QR code
Our Email: healthycommunities@bch.org.au



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