

Quit Victoria's overview of resources and services to support your Collective Impact vaping projects and activities in your communities.

If you have any questions, please reach out to the Quit Victoria team at QuitVicCommunities@cancervic.org.au

Data/Evidence/Policy	
Support	Description/Link
Australian Legislation	A Quit web page providing an overview of the current vaping regulations in Australia. https://www.quit.org.au/articles/australias-2024-vaping-regulations-what-you-need-to-know
Australian secondary school students' alcohol and drug (ASSAD) survey	The national ASSAD survey explores adolescent substance use in Australia, including the use of tobacco and vaping products. This survey is conducted every three years, involving up to 30,000 students aged 12 to 17. The survey reports can be found here: https://www.health.gov.au/resources/collections/australian-secondary-school-students-alcohol-and-drug-survey
Centre for Behavioural Research in Cancer (CBRC): Victorian adult smoking and vaping population surveys	This survey, conducted by the CBRC, monitors smoking and vaping prevalence and behaviours over time, and gathers information on experiences, attitudes and opinions among Victorian adults. This study involves the conduct of cross-sectional telephone surveys of population-representative samples of Victorians aged 18 years and older. The survey reports can be found here: https://www.cancervic.org.au/research/behavioural/major-topics-projects/tobacco/victorian-adult-smoking-population-surveys.html
CBRC: Victorian secondary school student smoking attitudes and behaviours	This survey, conducted by the CBRC, obtains attitudes and prevalence estimates of smoking and vaping among Victorian secondary school children every three years. The survey reports can be found here: https://www.cancervic.org.au/research/behavioural/major-topics-projects/tobacco/victorian-secondary-student-smoking-attitudes-and-behaviours.html
Influencing Gen Vape – Summary Report	This is a research summary report, developed by The Behaviour Change Collaborative in partnership with VicHealth , offers vaping-related insights into distinct segments of



	<p>young people, categorised based on their motivations and attitudes towards vaping, as well as their current behaviours.</p> <p>https://www.vichealth.vic.gov.au/resources/resource-download/influencing-gen-vape-summary-report</p>
Local Government Area smoking and vaping data	<p>Prevalence data on smoking and vaping, by local government area, has been collected as part of the 2022 Smoking and Health Survey and 2023 Victorian Population Health Survey.</p> <p>Data analysis and distribution of survey reports is pending and will be made available via this resource once released. Stay tuned!</p>
National Tobacco Strategy	<p>A strategy to improve the health of all Australians by reducing the prevalence of tobacco use and its associated health, social, environmental and economic costs, and the inequalities it causes.</p> <p>https://www.health.gov.au/our-work/national-tobacco-strategy</p>
Tobacco in Australia – Facts and Issues	<p>A comprehensive review of the major issues in smoking, vaping and health in Australia, compiled by the Cancer Council Victoria. Specifically, Chapter 18 presents a wide range of research on <i>e-cigarettes and other alternative nicotine products</i>.</p> <p>https://www.tobaccoinaustralia.org.au/home.aspx</p>
Victorian Public Health and Wellbeing Plan 2023-27	<p>This plan sets the direction for improving public health and wellbeing in Victoria over the next four years. The plan provides a framework for coordinated action to ensure all Victorians have the opportunity for optimal health and wellbeing, so they can participate fully in their community, in education and employment.</p> <p>https://www.health.vic.gov.au/victorian-public-health-and-wellbeing-plan-2023-27</p>

Resources for workforce	
Support	Description/Link
Collective Impact (CI) vaping capacity building webinar recording	Recording of Quit’s Vaping Capacity Building Webinar held in August 2024. This webinar focused on supporting VicHealth funded CI vaping projects to assist in

	<p>planning and implementation of activities. Content focused on vapes, health effects of vaping, Australian legislation, effective health promotion messaging tips and Quit's cessation support tools and resources.</p> <p>https://youtu.be/4hdFw-9FSkY?si=xVnH-YiJMufdtrOx</p>
Quit Communities and Places resources	<p>Information and resources for various community groups and settings such as:</p> <ul style="list-style-type: none"> • Sporting clubs • Multicultural groups • Workplaces • Aboriginal communities <p>https://www.quit.org.au/communities-and-places-resources</p>
Quit Community of Practice (CoP)	<p>Quit has established a community of practice (CoP) for those with a role to reduce smoking and vaping harm in their communities.</p> <p>The CoP centres around a discussion forum, offering an opportunity for members to interact with one another and to seek, share and access information and resources to guide tobacco and vaping related harm work in communities and settings.</p> <p>To express your interest in joining the CoP discussion forum, please email Quit's Communities and Places team QuitVicCommunities@cancervic.org.au</p>
Evaluation tools	<p>A suite of tools to support the evaluation and monitoring of reducing tobacco and vaping related harm activities. This includes templates to track data and attitudes associated with smoking and vaping.</p> <p>The tools can be downloaded here: https://www.quit.org.au/professional-development-opportunities-and-resources</p>
Professional development resources	<p>Quit has a range of professional development webinar recordings available on our website. These webinars aim to guide and enhance your reducing tobacco and vaping related harm work practice.</p> <p>https://www.quit.org.au/professional-development-opportunities-and-resources</p>
The Royal Australian College of General Practitioners (RACGP) Guidelines	<p>The RACGP provides clinical guidelines for <i>all</i> healthcare professionals who support people wishing to quit smoking.</p>

	<p>Download their latest guide here: https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/supporting-smoking-cessation</p>
<p><i>Seeing Through the Haze</i> – school resources</p>	<p><i>Seeing Through the Haze</i> is a resource that has been designed for use in schools to build health literacies, prevent vaping uptake and maintain low smoking prevalence among young people. The resource is curriculum aligned and enables a whole school approach. Learning and teaching materials for Years 7-8 and 9-10 are currently available.</p> <p>Access the resource here: https://www.vapingfacts.org.au/for-schools</p>
<p>Therapeutic Goods Administration’s (TGA) Vaping Hub</p>	<p>TGA’s Vaping Hub provides information and guidance on the regulation of vaping products in Australia for several audiences, including patients, prescribers, pharmacists, retailers, importers and manufacturers.</p> <p>https://www.tga.gov.au/products/unapproved-therapeutic-goods/vaping-hub</p>
<p>Vaping Messaging Guide</p>	<p>This guide, developed by Common Cause Australia and supported by Quit and VicHealth, provides messaging recommendations that will help you effectively discuss vaping and vaping products, vaping cessation, and access to vapes for smoking cessation. It is one of the resources in the Vaping Resource Toolkit.</p> <p>Sign up to receive the resource here: https://forms.office.com/r/1fhZBsVweX</p>
<p>Vaping Resource Toolkit</p>	<p>The Vaping Resource Toolkit supports people working to reduce vaping and smoking in their communities, as well as those advocating for further vaping regulation. It contains evidence-based tools and resources including PowerPoint slide decks with detailed speaker notes, a vaping messaging guide, and FAQs with suggested responses. The resources are designed to be complimentary so select the resources most suitable to your work.</p> <p>Sign up to receive the resource here: https://www.quit.org.au/vaping-resource-toolkit</p>
<p>Victorian Local Government Partnership (VLGP) health promotion module – <i>Strengthening tobacco control at a local level</i></p>	<p>The VLGP health promotion modules are practical toolkits offering guidance, templates, and case studies to help Councils plan and implement health policy and practice changes. One of the modules includes <i>Strengthening tobacco control at a local level</i>: https://www.vichealth.vic.gov.au/sites/default/files/2023-08/6SM_Strengthening_Tobacco_Control.pdf</p>



Resources and services (for community)	
Support	Description/Link
Quit.org.au	The national online hub for information, resources and tools to help people quit smoking and vaping. https://www.quit.org.au/
Quitline	Quitline is a warm, welcoming, confidential and free counselling service. Quitline counsellors support people throughout their journey to quit smoking and/or vaping. Health professionals can refer patients to Quitline via an online form. For more information about Quitline, see https://www.quit.org.au/articles/how-can-quitline-help Quitline referral form: https://www.quit.org.au/referral-form
Quitline for Aboriginal and Torres Strait Islander Communities (AQL)	AQL is a free telephone counselling and support service that empowers Aboriginal and Torres Strait Islander people to quit smoking or vaping and be strong in health and wellbeing. AQL counsellors are Aboriginal People who are committed to helping their mob quit smoking or vaping. Find out more at https://www.quit.org.au/articles/aboriginal-quitline and https://www.aql.org.au/
My QuitBuddy App	An app that helps you get, and stay, smoke-free and vape-free. It provides helpful tips and distractions to overcome cravings as well as tracking systems to chart your progress. My QuitBuddy also gives you the facts you need to understand the impacts smoking and vaping have on your health. Available for free on the Apple App Store and Google Play.
Quit Stories Hub	Learn about real life quitting journeys https://www.quit.org.au/hub/stories-hub
Quit TikTok	Username: @quit_au



	https://www.tiktok.com/@quit_aus
Get the facts on vaping	A dedicated vaping information hub for parents and influential adults. Includes information such as health risks and how to talk to young people about vaping. https://www.vapingfacts.org.au/
National campaigns – ‘Give Up For Good’	The Federal Government is currently running an anti-smoking and anti-vaping campaign, ‘Give Up For Good’, which involves advertising streams targeted at young people who vape and adults who vape. For more information on the campaign, visit health.gov.au/GiveUpForGood and health.gov.au/Vaping . The campaign materials include resources for Aboriginal and/or Torres Strait Islander and CALD audiences and dedicated resources for teachers, parents and carers.
Vaping conversation guide for parents	VicHealth, in partnership with The Behaviour Change Collaborative , has developed a guide that can help you have a meaningful, non-threatening conversation with your teen about vaping. https://www.vichealth.vic.gov.au/resources/resource-download/vaping-conversation-guide-parents
<i>Vaping: Know Your Triggers</i> wallet card	A wallet-sized card that directs people to the facts on vaping and information about Quitline. You can order them via Quit’s resource order form and distribute them among the communities you work with.
<i>4Ds</i> wallet card	A wallet-sized card to help distract people from their cravings and provide information on quit smoking and vaping supports. You can order them via Quit’s resource order form and distribute them among the communities you work with.

