

VAPE Support - Sports



Providing Vaping Awareness, Prevention, Education and Support.

We all want sports clubs to be smoke- and vape-free spaces, but the harms of nicotine still affect our young people. VAPE Support - Sports is an ACT initiative working to:

- Support children and young people to make informed choices about nicotine use
- Educate and upskill the Canberra sporting community to ensure that there is support for young people to say no to vaping, and to quit if they want to.

We have developed an advocacy toolkit to help us all achieve our goals.

How to use an advocacy toolkit

You can use the messages, information, and resources which we have developed and included in this toolkit to advocate for the VAPE Support - Sports program. You can start the conversation about smoking and vaping free sporting organisations in your community.

Don't be scared, advocacy is for all!

We have put together this toolkit for parents, carers, sporting organisation staff, volunteers, and all members of our Canberra community.

This toolkit has been developed as part of the VAPE Support - Sports program. If you are looking for help with smoking and vaping in a school or community service organisation, the relevant toolkits are available on our VAPE Support website.

Cancer Council ACT

We have a long history of providing education and training about smoking, vaping, and nicotine to a variety of groups across our community.

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We need community members to help advocate. Here are our tips for becoming VAPE Support - Sports Champions.

Advocacy leads to action

When we talk about the things which we are passionate about, people listen, and we create positive change. We have seen the impact of vaping and nicotine in our communities, and we know that we can help.

Advocacy is for us all

Many hands lighten the load. We should all be involved in keeping our children, young people, and communities healthy and safe.

Advocacy breeds awareness

Some people may not be aware of issues posed by vaping and nicotine use in children and young people, or know about supportive programs like ours.

When we all understand these issues, we can take shared responsibility and make informed decisions.

Knowledge is key

It is vital that we know what we are talking about when we advocate for change. Information about vaping can be found on our VAPE Support website.

Connections are critical

Knowing who to talk to, and how to talk to them, can be hard. We have provided some information in this document to help you navigate those conversations.

In truth - there is no wrong person to talk to! You never know who might want to join you in championing VAPE Support - Sports at your organisation.

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Your Advocacy Adventure.



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Our Goal.

We want to reduce vaping and smoking in the community to help improve health and wellbeing. This is important for everyone, especially our young people.

Why Sports?

We have designed our program to benefit sporting organisations, their members, and the broader community.

Sporting organisations

Sporting participants routinely point to health benefits as one of the most important reasons for their involvement. These health benefits extend beyond physical fitness, by providing significant holistic health benefits through communal activities.

Our program is also likely to improve player retention and club diversity. Aboriginal and Torres Strait Islander people, people from culturally and linguistically diverse backgrounds (CALD communities), people from the LGBTIQ+ community, and people with physical or intellectual disabilities are more likely to prioritise the holistic aspects associated with programs such as ours, holistic health improvement, social and community connectivity and inclusion, and mentorship opportunities.

Players

People are likely to be able to engage with and get more out of sporting activities if they are supported to quit vaping and smoking.

Community members

The knowledge and skills gained through the VAPE Support - Sports program can empower individuals to positively contribute to their community by providing support to those who need it.

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Education.

The more people in the community and at your sporting organisation who have accurate and useful information about vaping and vaping supports, the better our community can be at supporting young people (and adults) who may be struggling with vaping or smoking.

Brief Intervention Training.

We often hear from community members that they don't know what to say when young people ask about vaping. The brief intervention training tackles this problem. People who undertake this training gain practical and transferrable skills in understanding and discussing health behaviour change.

Policy work.

We have designed our program to benefit sporting organisations, their members, and the broader community.

Having a policy ensures you are able to deal with any issues which may arise around people vaping at the organisation.

It strengthens the message that your sporting organisation supports health and wellbeing for all members by presenting clear guidance.

It also makes sure that the successes of this program are not limited to the timeframe we work with you, and that participation in the program ensures benefits for all members at the club – new and old.

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Club Recognition Process.

If you have seen our website, you'll know that we pride ourselves on recognising the efforts of organisations who participate in this program.

We offer all of our activities free of charge and provide extensive support to sporting organisations who are interested in participating.

Gold participants

Gold participants have completed education sessions, brief intervention training, and have a vape-free club policy in place.



Silver participants

Silver participants have completed two of the three activities offered in the VAPE Support - Sports program.



Bronze participants

Bronze participants have completed one of the three activities offered in the VAPE Support - Sports program.



All VAPE Support - Sports program participants have made a significant commitment to supporting the children and young people in their community.

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Spreading the right message.

In advocacy, we have to be able to spread our message convincingly and with the right language.

Don't be afraid to say "vapes"

"Vape" is the term which most people use to refer to e-cigarettes. We want people to know what we are talking about, and that's why we say "vape/vapes/vaping" products to clearly communicate what we mean.

People don't like toxic chemicals OR lung damage

We know that vapes contain toxic chemicals which are harmful to health and can cause lung damage. Sharing this information helps people to understand the harms that vaping causes.

Vaping dependence is important to talk about (but not always to people who vape)

Vapes are highly addictive and are being used to get young people hooked on nicotine despite being filled with poisonous chemicals. Sharing this information helps people to understand the need to take action on vaping in Australia. But, if you are talking to someone who vapes, talking about nicotine dependence might not actually help them as it may not be something they are concerned by, it may not be something they identify with, or it may make them feel defensive.

Most people want to cut down or quit vaping

When you are talking about vaping, know that most people who use vapes want to cut down or quit. This means that we need to promote support options that they can use when it's time to take the first step in their quitting journey.

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Don't stop spreading the right message.

Quitting is a good thing

We know that quitting is a hard and significant step. Talking about vape cessation as "quitting" helps people understand that they are likely to need support, and that support is out there.

Focus on the positives

Our lungs are designed to breathe in fresh air which supports our health and wellbeing. People who don't vape are letting their lungs operate at their best.

The Quitline is for everyone

The Quitline can be accessed by anyone, regardless of age, gender, ethnicity, or sexual orientation. Don't be afraid to point people in the right direction.

Find your people

You are not alone in seeking positive change for your community. Here's who you should talk to, and what to say.

Parents

- Talk to parents at your club. Listen to their thoughts and opinions about vaping in your community, and especially around sports.
- Gather supporters who will be helpful in approaching members of your organisation's board or admin team.
- Consider gathering signatures to petition your sporting organisation.

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Find your people.

Coaches

- Talk to coaches and trainers at your sporting organisation.
- Ask them what they know about vaping and whether they would be comfortable discussing it with others.
- Let them know how easy it can be once you have been trained to do it.
- Discuss why people play sports - focusing on health as a major motivation.
- Let them know that the skills and knowledge gained from the VAPE Support - Sports education & training sessions are applicable in various settings.

Board members

- Let them know that the program is free!
- Discuss why people play sports - focusing on health as a major motivation.
- Send a letter or email your organisation's board members using our template.
- Consider sending them a petition with signatures from club members.
- If they're still not on board, simply send us your request for a letter of support using our template.

Organisation admin

- Remind them that the program is free!
- Discuss why people play sports - focusing on health as a major motivation.
- Send a letter or email your organisation's admin using our template.
- If they're still not on board, simply send us your request for a letter of support using our template.

Anyone!

- Don't be afraid to talk to anyone about the VAPE Support programs.
- You can find more information about our schools and community service programs on our VAPE Support website.