

Vaping: The More You Know

A Summary of the Spring 2021 Pilot Project



Overview:

In response to growing concerns of the high prevalence of youth vaping in B.C., DASH has developed an initiative to empower youth to take more control over their well-being and behaviours related to vaping through the development of their critical thinking skills. DASH collaborated with research and public health partners to develop and deliver key components of the pilot. The program was offered to students across the province via 3 custom delivery models: individual PHE classes, student leadership groups, and entire grade cohorts.

Participating students received:

- Presentations with information about vaping; including the health impacts of vaping (and nicotine), harm reduction, statistics about youth vaping in BC, and available substance use and mental health support resources.
- A facilitated dialogue to discuss the complexity of reasons for vaping and how to balance risks while thinking of alternatives to meet their needs.
- Support to develop and implement a project that shares what they've learned with their peers.

Results:

During the spring of 2021, the pilot program was delivered to:

Over 500 Students **In 4 Schools** **Across 4 Health Authority Regions**

Students reported:

- ↑ Increased knowledge of health impacts of vaping
- ↑ Increased knowledge of current youth vaping statistics in BC
- ↑ Increased knowledge of strategies to reduce the harms and risks of vaping
- ↑ Increased knowledge of where to find accurate information about vaping
- ↑ Increased knowledge of where to get support for mental health or substance use concerns
- 🚫 Strong agreement that it's important for youth to reduce or quit vaping

Moving Forward:

During the 2021-2022 school year, DASH will be offering the Vaping: The More You Know Initiative to more schools across the province. DASH will continue to evaluate the impact of the initiative to determine the efficacy of the program and share knowledge gained with our public health and education partners.

To learn more about the initiative and how to involve your school, visit our website: <https://dashbc.ca>

Thank-You To Our Partners:

