

Today, your child participated in Life Ed's module:



Investigating the effects of smoking and vaping

Life Ed is Australia's largest and most trusted provider of preventive health education to school children. Along with Healthy Harold, our giraffe mascot, Life Ed has been empowering children to make safer and healthier choices for over 40 years. On average, we reach 700,000 children annually. Our educators reach students across Australia via mobile classrooms, pop-up classrooms, and via virtual and online lessons and resources.

This flyer will tell you what they learned today and how you can help them apply their new knowledge.



Physical
Health

What is it about?

In this module, students investigate nicotine delivery products (cigarettes, e-cigarettes, smoking) and their health and social impacts. Through critically analysing the history and laws around tobacco and nicotine products, students understand that social norms change in line with health research. Your child's class joined the imaginary character, Mac McHardy, a time travelling detective, to investigate such issues as:

- Physical, social, financial and health effects of cigarettes and e-cigarettes
- Emerging research around e-cigarettes and denormalising their use
- What's in cigarettes and e-cigarettes and the effects of these chemicals on the body
- History, laws, myths and facts
- Strategies to reduce harm

Why is this module important?

- Tobacco, alcohol and illicit drug use can place a heavy burden on individuals, families and society. The health, social and economic effects are diverse and substantial, and include disease and injury, mental health conditions, road accidents, family and domestic violence, and other crime¹.
- Nationally, there has been an increase in e-cigarette use, and this was most notable in younger age groups².

1. National Drug Strategy Household Survey, AIHW, 2019

2. Australian Institute of Health and Welfare, 2020

What's next?

Your child's teacher has online lessons they will use in the classroom to continue their learning.

You can support this at home by:



Talking: Talk to your child about what they have learnt.

- What do you know about e-cigarettes?
- What do you know about cigarettes?
- Why would you choose not to smoke/vape?



Doing:

Positive Modelling: Model positive lung health behaviours around your child by not smoking or using e-cigarettes or vapes in their presence and keeping smoking devices out of sight.

Smoke Free Zone: Create a smoke free zone at home and in the car, and encourage your child to stay away from second hand smoke to assist with healthy lung development.



More:



[Smoking busting the myths](#)




[How to have the vape talk with your kids](#)

What did you learn?

Draw OR write what you learnt below, then share a picture with us!

#lifed #healthyharold

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