

AWABAKAL

WOMEN & YOUTH

Which way?

Womens & Youth Programs

Acknowledgement of Country

We acknowledge the ongoing sovereignty of Aboriginal and Torres Strait Islander peoples over these lands and pay our respect to Elders, past and present, including the children of today who are the Elders of tomorrow.



www.whichway.info





Women's Kits Overview

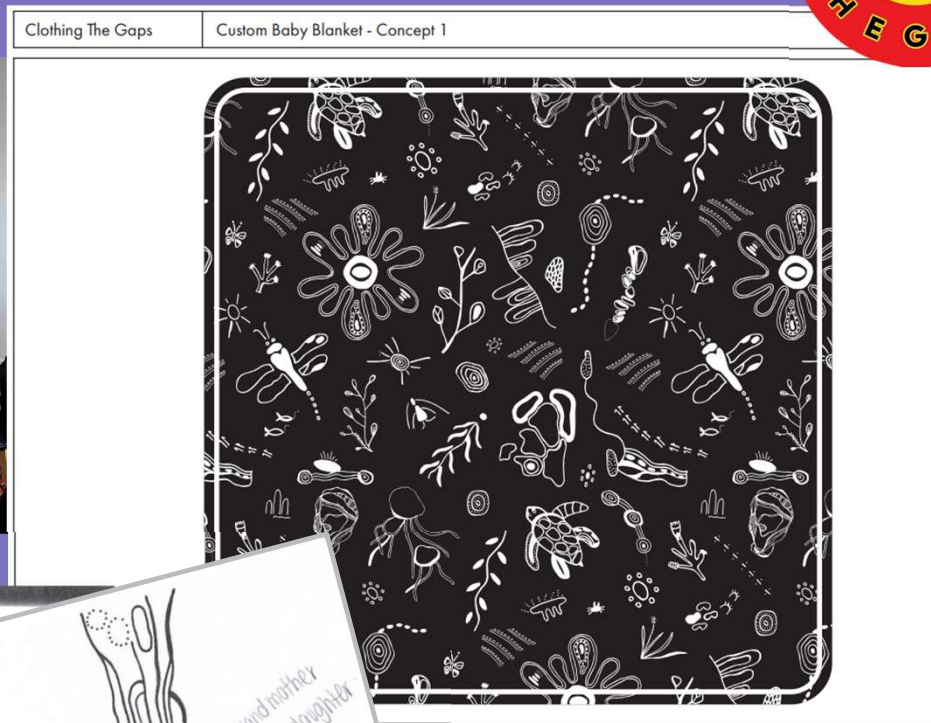
- Develop Women's Kit to provide health education on smoking and vaping cessation during pregnancy
- Develop downloadable information and resources to an online format
- **Target reach:** 1500 kits by February 2026

Product Showcase

Artist: Jade
Tapper



story



Product Showcase



Artist: Jade
Tapper



Ngumpie Weaving
Kits

Women's Journal Design



YOU
GOT
THIS
SIS

LYBLY



Artist: Deserai Saunders

Women's Journal Design



Artist: Deserai Saunders

Which way?

WOMENS KITS

**Want to distribute
Which Way? Women's
Kits in your
community?**

**Register your health
service today and a
member of the Which
Way? team will get
back to you.**



SCAN



ORDER NOW!





Youth Program

- Created in response to our community partners request to develop a evidence-based programs to empower vape free futures for youth.
- Draws on the Indigenous-led evidence base on culturally responsive smoking and vaping cessation support generated by the Which Way? team over the past five years.

Community Partners

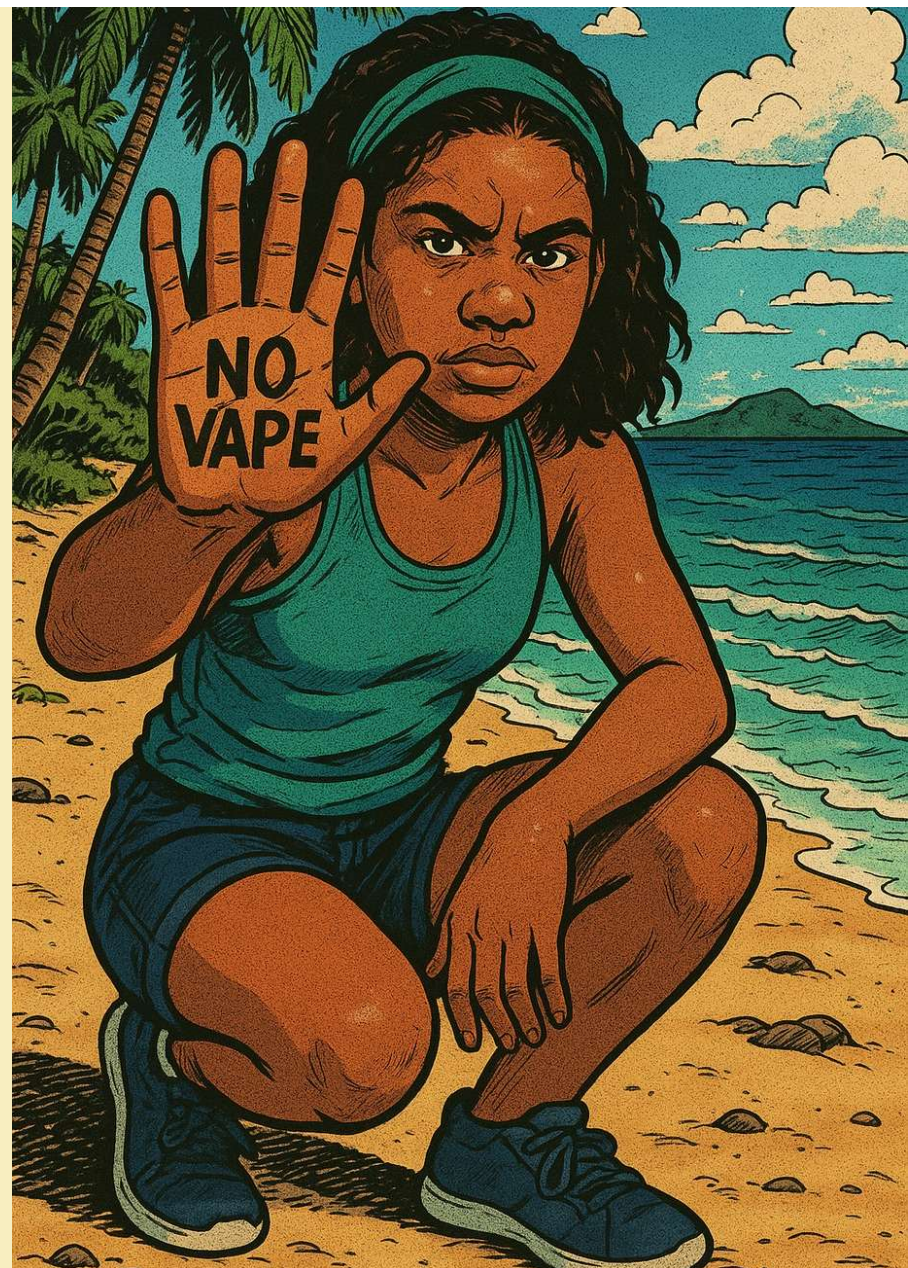


Our Approach

- Draws on the wisdom, knowledge and leadership of Aboriginal and Torres Strait Islander people
- Develop appropriate and meaningful solutions to impact smoke and vape-free generations
- Program design upholds youth rights and leadership in driving localised vape-free health messages
- Provide resources to support implementation of vaping health education using an online format with downloadable content services can take, adapt and tailor to community settings.

Program targeted at young people aged 12 and over with elements tailored to youth that are currently using social media.

Builds on current Which Way? evidence and resources that have been developed based on theories of behaviour change including behaviour change techniques that have been prioritised by Aboriginal and Torres Strait Islander people.



Program Overview

Which Way? Youth Program consists of four core sessions, one hour per session

Key Messages:

- There is no safe vape; you don't know what you're putting in your body.
- Vaping doesn't just affect your health but can affect everyone around you.
- Be confident in making your own health decisions.
- Vapes include nicotine and are addictive, making them hard to quit.
- Quitting vaping is possible with the right supports in place.
- The industry has targeted young people to influence the uptake of vaping.
- Creating your own health promotion messages can empower vape-free lives.

Program Goals:

1. To increase local knowledge and change vaping practices among Aboriginal and Torres Strait Islander young people.
2. To empower Aboriginal and Torres Strait Islander communities using community-led health promotion for vape-free lives in the local community.



Session 1 - What's in a Vape?

Overview

- Educate young people about what's in a vape, the harmful effects of vaping and why it's not a safe alternative to smoking cigarettes.
- Identify the risks associated with vaping, make better and informed decisions about vaping and empower to advocate change in the community.

Session objectives

- Understand the harmful effects of vaping on health and wellbeing.
- Understand that vapes are not a standardised and safe product.

Activities:
True/Nah Gammon
Big Vape
Chemical Match
Chemical Quiz



Session 2 - Second-hand Vaping & Peer Pressure

Overview

- Focuses on the harmful health effects of second-hand vaping.
- Identify challenges faced with peer-pressure around vaping.
- Provide ways to explore appropriate strategies to overcome peer-pressure in the community.

Session objectives

- Understand the health impacts of second-hand vaping on health and wellbeing.
- Identify the impacts and strategies to overcome peer-pressure.

Activities:
True/Nah Gammon
Cloud Chasing
The Cloud vs My Health
Peer Pressure Scenarios



Cloud Chasing Activity

Session 3 - Nicotine Withdrawal & Support to Quit

Overview

- Focuses on understanding symptoms of nicotine withdrawal.
- Understanding supports that are available to help someone quit.
- Increases understanding of how nicotine creates dependency on vapes.

Session objectives

- Understand and identify common symptoms of withdrawal from nicotine.
- Identify strategies and management to overcome withdrawal symptoms.

Activities:
True/Nah Gammon
Withdrawal Symptoms
Withdrawal Management
Supports for Quitting



Session 4 -

Social Media Influence

Overview

- Highlights the influence of social media and marketing tactics used by the tobacco/vaping industry aimed at young people.
- Participants develop vape free messages for community promotion.

Session objectives

- Understand how social media and social networks impact uptake of vaping among youth.
- Apply knowledge on impacts of vaping to develop health messages.

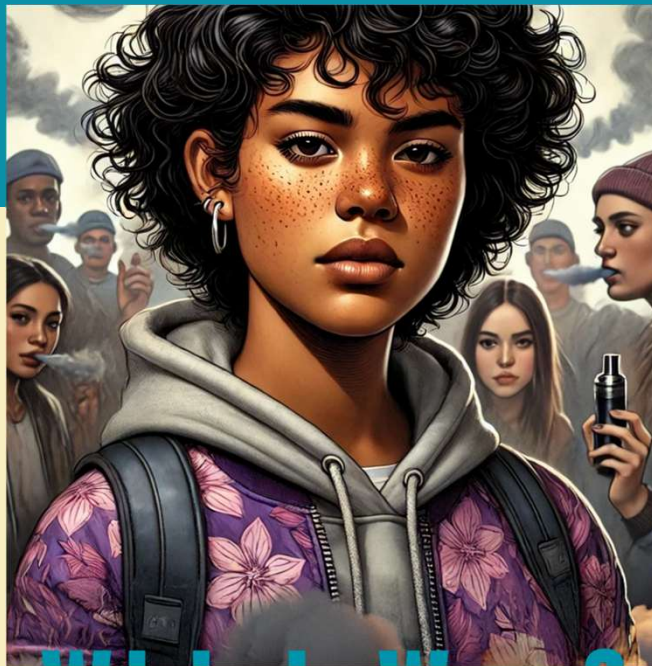
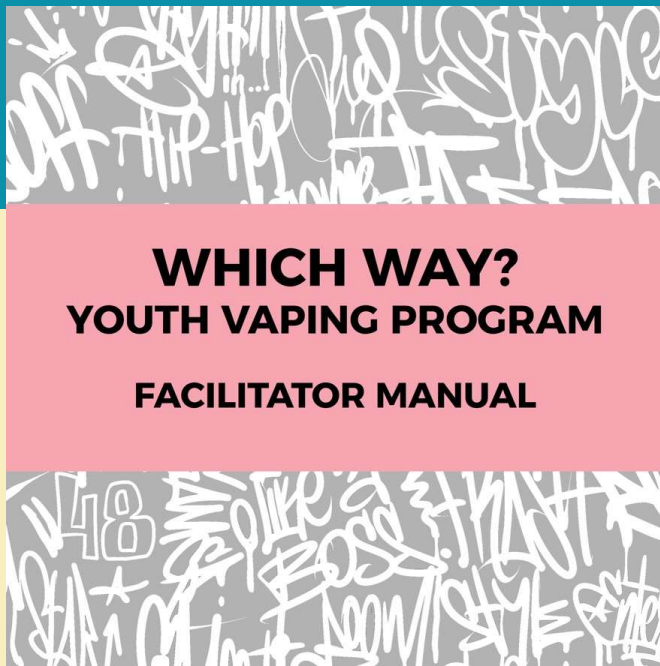
Activities:

True/Nah Gammon
Industry Target Bingo Game
What Ads Appeal to You
Vape Free Message

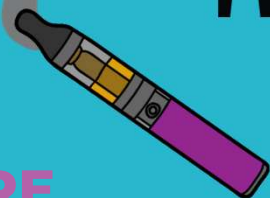


Resources Developed

- Facilitators manual with resource sheets and guides
- Participant workbook with all content and worksheets
- 3D-printer design files to build your own vapes



VAPE
FREE
FUTURE



WHICH WAY? YOUTH PROGRAM

FREE downloadable
program you can adapt
for your community

Register your health service
today and a member of the
Which Way? team will get
back to you.



SCAN



REGISTER NOW!

