

Smokefree and Vapefree - Working with our Rangatahi

A perspective from Te Tau Ihu



Late 2019

- Increased interest in smokers wanting to quit smoking using vapes
- Enquiries and self referrals for people wanting to quit vaping was becoming prevalent
- No lead or position statement to be guided by around how to support these enquiries within our scope of practice
- Conflicting practices within our team



Impact of the pandemic

- Emerging reports of students using vapes in schools
- Increase of vape stores opening in our area
- Low numbers of students in isolation returning to school
- Increased enquiries for education about the risks of vaping from schools
- No referral pathways for rangatahi support to quit vaping
- Redeployment of health and education resources
- Mixed messages of tobacco use vs vaping



Youth Vaping Network (2022)

- Multiple inquiries from our schools
- Supporting evidence informed approach to talking to rangatahi
- Initiation of inter-disciplinary network
- Stanford Toolkit and support team
[Tobacco Prevention Toolkit | Tobacco Prevention Toolkit | Stanford Medicine](#)
and Tuturu
- Sustainable programmes that we can support

Initiative with the community

- Started with a presentation two colleges in Te Tau Ihu to gauge interest
- Evidence informed approach and sharing a korero with rangatahi about their vaping
- Talking with our rangatahi support groups who champion rangatahi supporting each other to quit
- Creating a document for community and schools to get some 'Skin in the Game' –self sustaining not a rescue package.
- Touch Marlborough, Marlborough Youth Trust, Graham Dingle Foundation, ComCol, Life Education Trust etc



What I learn working with Rangatahi

- Facts and knowledge don't get far
- Always see their perspective when producing programmes and support.
- Try to work with them but looking at it through their lens.
- Ask why they do it and how they got into it in the first place
- Always share your concerns about it



Supporting Rangatahi to quit (or not)

- Ask them about their use of vaping
- Explain the simple dynamics of what their habit has become for them
- Together, look at vaping behaviour and start to put some structure around it to begin the support.
- Nicotine dosage reduction
- Nicotine Therapy replacement option
- Timelines and consistency to help them regain some self management

