

CASE STUDY

Building a vape-free future for the City of Greater Bendigo!

10Local primary
schools**11**Program
rounds
delivered**649**Students
surveyed**Our Story**

BCHS' Prevention of Vaping Program, is aimed at Grade 5 and 6 students attending Greater Bendigo primary schools. The sessions delivers essential information on the risks and harms of vaping, with the goal to give students the knowledge, skills and confidence to make informed choices and say no to vaping. The program is based on the Gippsland Lakes Complete Health model which was then modified, tailored and applied to the local Bendigo context. The session includes activities, quizzes and group discussions to increase engagement and foster an interactive learning environment with the students.

As part of this program, BCHS have worked with and supported the City of Greater Bendigo on their Escape the Vape project, which included support with promotion from council and BCHS sharing our captured project data.

By increasing knowledge, skills and confidence for grade 5/6 students, we aim to reduce vape utilisation and nicotine consumption and contribute to improvements in health and wellbeing in the community.

Our Why

The initiative supports BCHS's goal of delivering prevention initiatives at scale that contribute to reducing harm from smoking and vaping. After identifying the significant health issue for youth locally, nationally and globally, BCHS are working to reduce vaping rates by providing education sessions for grade 5/6 students in the Greater Bendigo region.

The Result - from the 2025-2026 period

- 90% of students indicated that they felt 'very confident' to say no vaping at the conclusion of the program
- 100% of students were able to identify at least one harm of vaping at the conclusion of the session. The largest areas of knowledge increase identified in the data were chest pain, sore throat and mental health.
- Schools re-booking and new schools signing up for delivery



'I like that we saw the dangers of vaping and how it can be addictive because it helped me be more careful.'

- Grade 5/6 Student

'Great presentation, students were engaged and it was relevant to the age group'

- Grade 5/6 Teacher

Get in Touch! healthpromotion@bchs.com.au

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