

Central Coast Local Health District

Youth Vaping and Alcohol

A school resource guide

February 2026

Acknowledgement of Country

The Health Promotion Service acknowledges the Traditional Custodians of the lands where we work and live. We celebrate the diversity of Aboriginal peoples and their ongoing cultures and connections to the lands and waters of NSW.

We pay our respects to Elders past, present and emerging and acknowledge the Aboriginal and Torres Strait Islander people that contributed to the development of this resource.

Youth Vaping and Alcohol

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More information

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1 Introduction



This Youth Vaping and Alcohol School Resource Guide has been developed to support schools in implementing the [Drugs in Schools Policy](#). Recognising that smoking and vaping products (e-cigarettes, nicotine pouches) and alcohol are classified as drugs within the policy framework, the guide provides a consolidated and practical collection of resources to assist school staff.

The booklet includes classroom activities, fact sheets and evidence-based information to strengthen prevention and health education efforts. It also outlines referral pathways, student support services, guidance for responding to nicotine and alcohol-related concerns, and information on reporting illegal sales of tobacco and vaping products.

This resource is intended to complement existing school procedures by supporting prevention, early intervention and appropriate response strategies, while promoting student wellbeing.

Key:





A key is provided for you to easily identify whether each resource is relevant for high school or primary school use.






Primary school	
High School	



2 Vaping Resources





2.1 Classroom Activities




PROGRAM	OurFutures - Vaping Prevention Program	
STUDENT YEAR LEVEL	Years 7 to 8	
OVERVIEW	<ul style="list-style-type: none"> • Developed by the Our Futures Institute with the University of Sydney’s Matilda Centre for Research, this clinically-proven online prevention program for high schools uses a social-influence and harm-minimisation approach. It includes four lessons, aligned with the new Health and Physical Education curriculum each featuring: A realistic and engaging illustrated cartoon story. • Activities, including class discussion prompts, role plays, quizzes, and worksheets. • Summary sheets to reinforce key content. • Teacher resources to support delivery. <p><i>“The programs aligned perfectly with our school’s wellbeing priorities, which is to enhance the wellbeing and safety of our students,”</i> – Chris Bettiol, Leader of Wellbeing, Growth and Development, St Luke’s Catholic College.</p>	
PROGRAM EFFECTS	<ul style="list-style-type: none"> • Increased knowledge about e-cigarettes and tobacco • Increased understanding of harms and refusal skills • Reduced vaping behaviour 	
COST	Free until mid-2028 (Funded by the Australian Government)	
AVAILABLE	Access information pack: 	Register your school here : 



PROGRAM	Blurred Minds	
STUDENT YEAR LEVEL	Years 7 to 12	
OVERVIEW	<p>An evidence-based social enterprise delivering curriculum-aligned programs, free resources, games and workshops to help educators, students and parents engage with substance-use topics in age-appropriate ways. All content has recently been updated to remain current and relevant.</p> <p><i>“The modules were engaging and easy for teachers to use with up-to-date information presented in a very relevant way for students.”</i></p> <p>– High School Teacher</p>	
PROGRAM EFFECTS	<ul style="list-style-type: none"> • Increases students’ knowledge and understanding of vaping and other drugs • Supports young people to recognise and resist social and peer influences • Encourages informed choices around substance use 	
COST	<p>Option 1: A selection of free resources is available.</p> <p>Option 2: An annual subscription fee provides schools with access to all Blurred Minds Academy features for one full year. The subscription fee will depend on your student cohort size and is charged on a per student basis.</p> <ul style="list-style-type: none"> • Up to 100 students: (\$7 per student), • 101-250 students (\$6 per student), • 251-500 students (\$5 per student) • >501 students (\$4 per student) <p>Blurred Minds will assist to identify and secure funding through local councils, grants, and community programs.</p> <p>If you’d like to talk with the team 1-on-1, book a ‘discovery call’ here:</p> <div style="text-align: right;"></div>	
AVAILABLE	<p>Free resources here:</p> <div style="text-align: center;"></div>	<p>Subscription workshops here:</p> <div style="text-align: center;"></div>

PROGRAM	Seeing Through the Haze	
STUDENT YEAR LEVEL	Years 5 to 6 and Years 7 to 10	 
OVERVIEW	<p>Developed by Monash University and QUIT Victoria, 'Seeing Through the Haze', supports teachers to develop a series of learning activities that build young people's health literacy and critical thinking skills.</p> <p>Separate resources for Years 5 to 6 and 7 to 10 are available to be downloaded for students to complete.</p> <p>The free 3-part resource is mapped to the Australian curriculum and provides examples of activities teachers can incorporate into their lesson planning. Students will:</p> <ol style="list-style-type: none"> 1. Gather basic knowledge and skills required to help understand vaping and its impacts on health. 2. Learn how social and commercial factors can contribute to decisions about vaping. 3. Create a campaign within their school or local community. <p><i>'The resources are terrific as... young people get to become community health researchers who investigate vaping and then put their learnings to work by creating a campaign that seeks to address vaping in their local school community'. - Sandra Warwick's Ballarat Grammar.</i></p> <p><u>Watch here:</u> </p>	
PROGRAM EFFECTS	<ul style="list-style-type: none"> • Builds students' health literacy related to vaping • Improves students' ability to evaluate health information and marketing claims • Supports informed decision-making about vaping and health behaviours • Enhances student engagement through adaptable, classroom-ready activities 	
COST	Free	
AVAILABLE	<p>Access info pack here: </p> <p>Access online form to ALL resources here: </p>	





PROGRAM	Life Education	
STUDENT YEAR LEVEL	Years 5 to 6 and 7 to 10	 
OVERVIEW	<p>Life Ed Australia is a national health education organisation that supports children and young people to make safer and healthier choices. Through its Vaping Resource Hub, Life Ed offers a range of free resources and videos to help educators start informed conversations about vaping and its impacts.</p> <p>Life Ed also delivers evidence-based curriculum-aligned modules and programs for schools, including structured lessons facilitated by trained educators, which are available for a fee.</p> <p>Take a Breath Program – Years 5 to 6 Students build an understanding of the impacts of smoking and vaping on individuals and communities. The program addresses social norms, strengthens critical thinking skills, and equips students with strategies to protect their own health and the wellbeing of others.</p> <p>Reality Now Program – Years 7 to 10 This program empowers students to make safe and healthy choices about alcohol and other drugs, including vaping and smoking.</p> <p>Resources for Parents and Guardians Provides parents and carers with up-to-date research and practical information to support meaningful conversations with young people about the risks and impacts of vaping.</p> <p><i>“Reality Now’ fits well within the scope of the curriculum. If students are having the same message from more sources, they may realise there is a consensus out there against vape use”.</i></p> <p>— Inrich Kavale, Teacher, Lake Cargelligo Central School</p>	
PROGRAM EFFECTS	<ul style="list-style-type: none"> • Increased student knowledge and understanding of vaping and smoking • Strengthens students’ critical thinking and informed decision-making skills related to substance use. • Enhances students’ confidence to manage peer pressure and make healthier choices. • Promotes awareness of actual norms and behaviours, reducing the influence of exaggerated perceptions on risky conduct. 	

COST	<ul style="list-style-type: none"> • \$1,250 per day • Additional session on day 2: \$500
AVAILABLE	<u>Free teacher resources:</u> 
	<u>Free parent and carer resources:</u> 
	<u>Primary modules (fee included):</u> 
	<u>Secondary modules (fee included):</u> 

PROGRAM	Positive Choices	
STUDENT YEAR LEVEL	Years 5 to 6 and Years 7 to 12	 
OVERVIEW	<p>Positive Choices is an evidence-based Australian online portal that helps school communities' access trusted tobacco and other drug education resources, including factsheets, videos, activities and interactive content about e-cigarettes and vaping. It supports teachers, parents and students with up-to-date information to build knowledge, challenge misconceptions and encourage healthy, informed decisions.</p> <p>The site also links to curriculum-aligned prevention programs — some of which are free, while others listed on the portal have associated costs.</p>	
PROGRAM EFFECTS	<ul style="list-style-type: none"> • Provides access to trusted, evidence-based and up-to-date information • Builds teacher capacity to support prevention education • Enhances classroom delivery through ready-to-use factsheets, activities, videos, and interactive content • Supports consistent, curriculum-aligned prevention education in schools • Improves awareness of available prevention programs, including both free and fee-based options 	
COST	Varies	
AVAILABLE	<p>Access resources here:</p> 	

PROGRAM	Your Room: <i>'Respect Your Brain'</i>
STUDENT YEAR LEVEL	Years 7 to 12 
OVERVIEW	<p>Respect Your Brain is an animated video and information series hosted by <i>Your Room</i>, a NSW Health and Alcohol and Drug Information Service initiative, that explains how substances – like vaping, can affect the developing brain during adolescence and early adulthood.</p> <p>It's designed to help young people and their supporters understand brain development and the potential harms of nicotine exposure, using engaging visuals and clear science to support informed decisions. The resource also points to support services for those with concerns about substance use.</p>
PROGRAM EFFECTS	<ul style="list-style-type: none"> • Increased understanding of adolescent brain development and how substances such as nicotine and vaping affect the developing brain • Improves knowledge of the potential short- and long-term harms of nicotine exposure • Enhances engagement through clear, accessible science and animated visuals • Encourages early help-seeking by promoting awareness of support services • Supports prevention and early intervention efforts related to vaping
COST	Free
AVAILABLE	<p>Access here:</p> 

2.2 Fact Sheets and Information

NSW HEALTH – Vaping Resources Hub	
Target Audience	Years 7 to 12 
About	The NSW Health Vaping Resources Hub is a free, evidence-based collection of vaping education and support materials for young people, parents, carers, teachers and school staff. It includes age-appropriate fact sheets, posters, and videos to help explain the harms of vaping, nicotine addiction, coping strategies and quit support, plus tools educators can use in schools.
Samples	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p><u>The facts about vaping - teachers and schools</u> (view the online version)</p> </div> <div style="text-align: center;">  <p><u>Common types of vapes - teachers and schools</u> (view the online version)</p> </div> </div>
Access	View all resources here : 

'Every Vape is a Hit to Your Health' - Campaign



Target Audience Years 8 to 12

About

Running from 24 November 2025 to 23 April 2026

Cancer Institute NSW is delivering the award-winning “Every Vape is a Hit to Your Health” campaign, targeting young people aged 14–24 across New South Wales. The campaign highlights the health risks and harmful ingredients found in e-cigarettes (vapes), raising awareness and encouraging informed choices. The campaign is being promoted across a wide range of mass media channels, including social media, online video, native advertising, search, audio, digital display, cinema and outdoor advertising.

It also connects young people to practical support and resources for quitting vaping, including digital apps like Pave, Quitline telephone support, guidance from GPs, and evidence-based behavioural quit strategies.

Access

Access campaign information [here](#):






Download PDF copy of toolkit [here](#):






2.3 Support For Nicotine Dependence

Supporting young people who are managing nicotine dependence works best when they have a strong network around them and support that meets their individual needs. This may involve their General Practitioner, the school wellbeing team, parents/guardians and services such as Quitline or headspace. Adults can contact the NSW Quitline for confidential advice on how to support a young person who wants to reduce or change their nicotine use. Other resources are available below.

ORGANISATION	ABOUT	CONTACT
iCanQuit	Personalised quit plan to help support cessation of vaping and/or smoking	Access here : 
NSW Quitline	Free, confidential counselling for quitting smoking or vaping for young people, teacher and parents or guardians	13 78 48 (13 QUIT)
13YARN	24/7 confidential, culturally safe assistance from an Aboriginal or Torres Strait Islander Crisis Supporter	13 92 76
headspace	Free mental health support for young people aged 12 to 25 years. <ul style="list-style-type: none"> - Wyang <i>Tuesday to Thursday, 8:30am to 5pm</i> - Lake Haven <i>Monday, Thursday, 8:30am to 8pm</i> <i>Tuesday, Wednesday, Friday, 8:30am to 5pm</i> - Gosford <i>Monday to Friday, 8:30am to 5pm</i> 	Wyang: 02 4394 9180 Lake Haven: 02 4394 9100 Gosford: 02 4304 7870
PAVE	Free and ad free vaping cessation app for young people. Developed by the Cancer Institute NSW in partnership with young people. Age requirement: 13+ years	Access here : 

ORGANISATION	ABOUT	CONTACT
My QuitBuddy App	<p>Free app to help people become and stay smoke and vape-free. Provides helpful tips to overcome cravings and a tracking system to chart progress.</p> <p>Age requirement: 13+ years</p>	<p>Access here:</p> 

2.4 Parents and Carers Information

NSW HEALTH – Vaping Resources Hub	
About	<p>The vaping resources hub has been created to share evidence-based, practical resources on vaping.</p> <p>The below resources are designed for parents and carers.</p>
Resources available:	Sample:
<p>Fact sheets</p> <p>Available here:</p> 	 <p><u>Vaping - quit support</u> (view the online version)</p>  <p><u>Vaping - nicotine addiction</u> (view the online version)</p>

NSW HEALTH – Vaping Resources Hub

Video

Webinar with information on health harms, recognising nicotine addiction, tips for quitting, practical advice on having conversations with children, and where to access support services.

Duration: 1hr, 3 mins

[View on YouTube:](#)

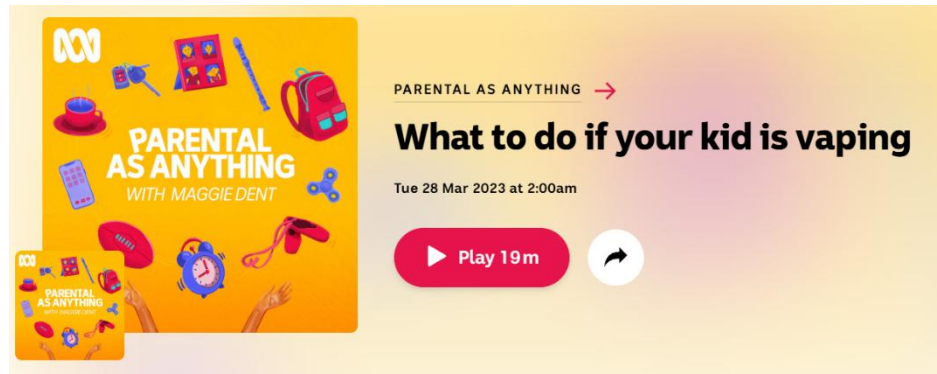


Podcast

Presented by 'Parental as Anything' this podcast offers practical advice for parents to have discussions with young people about vaping and how to establish boundaries.

Duration: 19 mins

[Available here:](#)



NSW HEALTH – Vaping Resources Hub

Webpages

'How to talk to your teen about vaping'

ReachOut - Practical advice on how parents can talk to their teen about vaping.

Available [here](#):



Webpages

'Vaping conversation guide for parents'

VicHealth - This guide can help you have a meaningful, non-threatening conversation with your teen about vaping.

Available [here](#):



Vaping
conversation
guide for
parents

NSW HEALTH – Vaping Resources Hub

Webpages

Sydney Children's Hospital
- Understand the health risks associated with smoking habits, the laws that surround them and create informed choices for your children.

Available [here](#):



Webpages

'Children and smoking - Vaping and tobacco'

Department of Health, Disability and Ageing - Information on vaping and smoking risks are and what you can do as a parent or carer to reduce them.

Available [here](#):



Children and smoking, vaping and tobacco

Children and young people exposed to second-hand smoke and vapour from e-cigarettes, also known as vapes, are at greater risk of serious health and development problems. Find out what these risks are and what you can do as a parent or carer to reduce them.

2.5 Safe Disposal of Vapes

DID YOU KNOW

Used and discarded vapes contain lithium batteries, nicotine residue and other hazardous components, which pose risks to health, safety and the environment if not disposed of correctly.

Vapes should never be placed in general waste bins or recycling bins, as lithium batteries can cause fires in waste trucks and facilities.

Disposable and reusable vapes should be treated as electronic waste (e-waste) and taken to an appropriate waste or recycling facility for safe disposal.

INFORMATION

For Central Coast schools and community members, the below location accepts e-waste disposal, free of charge:

Buttonderry Waste Management Facility



Address: 850 Hue Hue Road, Jiliby NSW 2259 (Buttonderry Waste Management Facility)

Phone: (02) 4350 1320

or via Central Coast Council's website:








2.6 How To Report Illegal Retailers

DID YOU KNOW	<p>Tobacco and vaping companies continue to intentionally market and supply their products in ways that target young people.</p> <p>In Australia, vapes, e-liquids (with or without nicotine), and accessories can now only be supplied by a pharmacist, doctor, or nurse practitioner in line with current regulations.</p> <p>It is illegal for retailers (including vape shops, tobacconists, convenience stores, and online stores) to sell vapes, nicotine pouches, or illegal tobacco.</p>
REPORTING	<p>Help keep your young people safe by reporting illegal sales.</p> <p>Anyone can report illegal sales anonymously by filling in this online form:</p>  <p>Or by calling NSW Health on this number: 1800 357 412</p>
INFORMATION	<p>Together, we can ensure retailers in our area are following NSW laws and support efforts to reduce illegal supply.</p> <p>Thank you.</p> <p>Find more information at Therapeutic Goods Association website:</p> 

2.7 NSW Health Resource Order Guide

How to order free posters, postcards and other resources to support students who are vaping at school.

No smoking signs	
About	Smoking and using e-cigarettes are banned in all enclosed public areas (including buses) and certain outdoor public areas, under the Smoke-free Environment Act 2000 and the Smoke-free Environment Regulation 2016. The law extends the smoking ban to cover the area within 4 metres of a pedestrian entrance to or exit from a public building, including schools.
Samples	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>No smoking sticker (A4 size - 210x295mm)</p> </div> <div style="text-align: center;">  <p>No smoking outdoor sign (A4 size - 297x210mm)</p> </div> <div style="text-align: center;">  <p>No smoking area outdoor sign (A4 size - 297x210mm)</p> </div> </div>
Access	View all resources here : 
Order	<p>To order these resources, you can:</p> <ol style="list-style-type: none"> 1. Call the NSW Population Health Resources Centre on 1300 655 957 2. Send a completed <i>smoke-free signage and resource order form</i> HERE:  <p>to NSW Population Health Resource Centre, or by fax to 1300 550 570</p>

No Smoking means No Vaping

About

- Resources to raise awareness that e-cigarette use (vaping) is banned in all smoke-free areas.
- You can download, print and display in any setting (A4 and A3 posters available).
- Does not replace 'No Smoking' mandatory signage under the Smoke-free Environment Act 2000.
- A6 stickers and A4 and A3 plastic weather-proof posters also available to order free of charge.

Samples



No Smoking means No Vaping A4 Poster



No Smoking means No Vaping A3 Poster



No Smoking means No Vaping Aboriginal A3 Poster



No Smoking means No Vaping Aboriginal A4 Poster

Order

You can order all printed resources, free of charge [here](#):



PAVE – a vaping cessation app

About

Pave is a digital tool to help you become vape-free. Pave will offer you daily opportunities to learn and grow as you're guided on the best ways to give up the vapes.

Pave is an Australian app supporting young people while they quit vaping. Always free and ad-free.

Samples





poster

postcard

Order

You can order all posters and postcards free of charge [here](#):

Vaping information resources

<p>About</p>	<p>The vaping resources hub offers a range of up-to-date, evidence-based vaping resources to support schools, families and young people.</p> <p>The webpage includes materials specifically designed for teachers, parents and carers, and young people, ensuring information is tailored to each audience.</p>
<p>Samples</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>poster</p> </div> <div style="text-align: center;">  <p>postcard</p> </div> </div>
<p>Access</p>	<p>View the full suite of fact sheets, posters and postcards available here:</p> <div style="text-align: right; margin-top: 20px;">  </div>
<p>Order</p>	<p>To order vaping resources, including factsheets, posters and postcards, please complete this document form:</p> <div style="text-align: center; margin-top: 20px;">  </div>

Every Vape is a Hit to Your Health - Campaign

About

The 'Every Vape is a Hit to Your Health' campaign uses a variety of creative tools to engage young people and encourages them to weigh up the perceived benefits of vaping against the proven harms. The campaign is live from 24 November 2025 to 23 April 2026.

A selection of campaign assets is available to use while the campaign is live. These can be shared on internal channels, social media, websites, and newsletters.

Assets available:

Sample:

Poster series – for print (available in A3 and A4)

Download here:

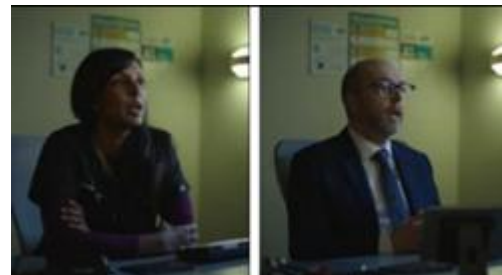


Poster series – digital (available in A3)

Download here:



Video assets – health professionals (available in 15 sec, 10 sec, 6 sec) view on YouTube:



Every Vape is a Hit to Your Health - Campaign

Video assets – testimonials by young people (available in 30 sec, 15 sec, 6 sec) [view on YouTube](#):



Video assets – health harms (available in 30 sec, 15 sec, 6 sec) [view on YouTube](#):







Order






To request assets or license the campaign, please email:
CINSW-Prevention@health.nsw.gov.au


or download the posters via the QR codes (and/or hyperlinks) on the table above.



3 Alcohol Resources

3.1 Classroom Activities



PROGRAM	OurFutures
STUDENT YEAR LEVEL	<p>Years 7 to 8: 'Health4Life' unit (includes alcohol and other drugs)</p> <p>Year 8: 'Alcohol' unit</p> <p>Years 8 to 9: 'Alcohol & Cannabis' unit</p> 
OVERVIEW	<p>Curriculum-aligned, evidence-based educational resource built around a six-week program. It helps students develop knowledge, skills and strategies to make responsible decisions regarding alcohol use and to reduce alcohol-related harm.</p> <p>Lessons include:</p> <ul style="list-style-type: none"> • 6 x 40-minute lessons, including a 20-minute cartoon story • Activities such as class discussion prompts, role plays, quizzes and worksheets • Summary sheets to reinforce key content • Teacher resources to support delivery
PROGRAM EFFECTS	<ul style="list-style-type: none"> • Increased knowledge and understanding of alcohol use and related harms • Reduced risk of alcohol-related harm through improved awareness and prevention strategies • Promotes student engagement through interactive, age-appropriate learning activities
COST	Starts at \$10 per student with discount for volumes
AVAILABLE	<p>Access module overview here: Register interest here: Free teacher trial here:</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>

PROGRAM	Positive Choices	
STUDENT YEAR LEVEL	Years 5 to 6 and Years 7 to 12	 
OVERVIEW	<p>Positive Choices is a free, evidence-based Australian online portal that helps school communities' access trusted alcohol and other drug education resources. It includes factsheets, videos, classroom activities and interactive content about alcohol.</p> <p>The site supports teachers, parents and students with up-to-date information to build knowledge, challenge misconceptions and encourage healthy, informed decision-making. It also links to curriculum-aligned prevention programs, some of which are free, while others listed on the portal have associated costs.</p>	
PROGRAM EFFECTS	<ul style="list-style-type: none"> • Provides access to trusted, evidence-based and up-to-date information • Enhances classroom delivery through ready-to-use factsheets, activities, videos, and interactive content • Supports consistent, curriculum-aligned prevention education in schools • Improves awareness of available prevention programs, including both free and fee-based options 	
COST	Varies	
AVAILABLE	<p>Access resources here:</p> 	<p>Example module: SHARHP Years 7 to 8 and 9 to 10</p>  





PROGRAM	Life Education	
STUDENT YEAR LEVEL	Years 7 to 10	
OVERVIEW	<p>Life Ed Australia is a national health education organisation that supports children and young people to make safer and healthier choices. Life Ed offers a range of free resources and videos to help educators start informed conversations about alcohol and its impacts.</p> <p>In addition, Life Ed delivers evidence-based educational modules and programs for schools, including structured lessons facilitated by trained educators, which are available at a cost. Together, these resources support age-appropriate learning across secondary settings.</p>	
PROGRAM EFFECTS	<ul style="list-style-type: none"> • Increased knowledge and understanding of alcohol and its impacts • Supports consistent health education across secondary school settings • Strengthens prevention education through structured lessons delivered by trained educators • Improved health literacy and wellbeing outcomes for students 	
COST	<ul style="list-style-type: none"> • \$1,250 per day • Additional session on day 2: \$500 	
AVAILABLE	<p>Free teacher <u>resources</u>: </p> <p><u>'Reality Now' modules available</u> (fee included):</p> 	

PROGRAM	Your Room: 'Respect Your Brain'	
STUDENT YEAR LEVEL	Years 7 to 12	
OVERVIEW	<p>Respect Your Brain is an animated video and information series hosted by <i>Your Room</i>, a NSW Health and Alcohol and Drug Information Service initiative, that explains how substances – like alcohol, can affect the developing brain during adolescence and early adulthood.</p> <p>It's designed to help young people and their supporters understand brain development and the potential harms of alcohol exposure, using engaging visuals and clear science to support informed decisions. The resource also points to support services for those with concerns about substance use.</p>	
PROGRAM EFFECTS	<ul style="list-style-type: none"> • Increased understanding of adolescent brain development and how alcohol affects the developing brain • Improves knowledge of the potential short- and long-term harms of alcohol exposure • Supports young people to make informed decisions about alcohol use • Enhances engagement through clear, accessible science and animated visuals • Encourages early help-seeking by promoting awareness of support services • Supports prevention and early intervention related to alcohol use among young people 	
COST	Free	
AVAILABLE	<p>Access here:</p> 	




3.2 Fact Sheets and Information

headspace	
Target Audience	Years 6 to 12 🍏 📖
About	<p>headspace is Australia’s National Youth Mental Health Foundation, providing free and accessible early intervention support for young people aged 12-25 years and their families. It offers help through a national network of centres in communities across Australia, as well as online and phone counselling. headspace supports young people with a range of issues including alcohol and other drug concerns (including smoking, vaping, and/or nicotine dependence) — helping them understand and manage the impact of these drugs on their wellbeing and behaviour.</p>
Sample	
Access	<p>Access the Alcohol and Mental Health Fact Sheet here:</p> <div style="text-align: center;">  </div>

Yarn Safe Alcohol and other Drugs

Target audience	Years 6 to 12  
About	<p>Yarn Safe is a headspace initiative offering accessible, culturally-relevant information and support about alcohol and other drugs for Aboriginal and Torres Strait Islander young people.</p> <p>It explains how substances like alcohol and other drugs (including smoking, vaping, and/or nicotine dependence) affect mood, thinking and behaviour, and highlights that using these substances can weaken health, spirit and connections with family, culture and community.</p>
Sample	 <p>The poster features a purple top section with the text "GOT A LOT GOING ON?" and "NO SHAME IN TALKING IT OUT" in white. Below this, there are the Australian and Torres Strait Islander flags. The bottom section has a white background with the title "ALCOHOL AND DRUGS" in purple. The text reads: "Drugs and alcohol can make you feel good for a little while, but in the long run will make you feel much worse. Drugs and alcohol can also weaken your spirit and your connection with family, community and culture. It's important to stay safe. These are some signs of when drinking or drug use could be becoming a problem." To the right of the text is a stylized graphic of a person's head with colorful circles and lines representing thoughts or feelings.</p>
Access	Yarn Safe resource available here : <div style="text-align: right;">  </div>





FARE (Foundation for Alcohol Research and Education)

<p>Target audience</p>	<p>Years 7 to 12</p> 
<p>About</p>	<p>FARE is an independent, not-for-profit Australian health organisation working to reduce the harms caused by alcohol across the country. Its vision is “an Australia free from alcohol harms,” where communities are healthier and laws, policies and programs support wellbeing and equity. FARE develops evidence-based policies and programs, raises public awareness about alcohol-related risks, advocates for policy change, and works with people with lived experience, communities, health professionals, researchers and governments to improve health outcomes. It also provides resources and support on alcohol and health, reducing risk, cutting back, and getting help.</p> <p>The below fact sheet is a public health resource for parents, and guardians aimed at explaining how alcohol affects children and adolescents, why delaying drinking is safest, and how to talk with young people about alcohol risks. It is evidence-based and grounded in Australian national health guidelines.</p>
<p>Sample</p>	 <p>FARE FACT SHEET: Young people and alcohol</p> <p>fare Foundation for Alcohol Research & Education</p> <p>We all want to do what we can to keep young people safe, including protecting them from harms that might result from drinking alcohol. This fact sheet provides information for parents, guardians and older siblings about alcohol and young people. Further information on where to find out more about this important topic is also included.</p> <p>When is it ok for a young person to drink alcohol?</p> <p>The National Health and Medical Research Council (NHMRC) is Australia's peak organisation for supporting health and medical research and for developing health advice for Australians.¹ The NHMRC have produced guidelines on alcohol called the Australian Guidelines to Reduce Health Risks from Drinking Alcohol (Alcohol Guidelines), which provide information on how to reduce the risks from drinking alcohol. The Alcohol Guidelines recommend:</p> <p>For children and young people under 18 years of age, not drinking alcohol is the safest option.</p> <p>A. Parents and carers should be advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important.</p> <p>B. For young people aged 15-17 years, the safest option is to delay the initiation of drinking for as long as possible.</p> <p>Put simply, it is best for young people aged under 18 years to avoid drinking alcohol. It is also important to understand that young adults aged up to 25 years are also still at greater risk of alcohol-related harms. This is due to their lower tolerance of alcohol, greater risk of accidents and injuries, and increased risk of impairments to the still-developing brain.²</p> <p>What are the risks for young people who drink alcohol?</p> <p>Young people have a significantly lower tolerance to alcohol, meaning that they are more physically sensitive to the effects of alcohol consumption.³ Combined with emotional immaturity and relative inexperience at performing certain tasks that require attention and coordination, young people are at particularly high risk of alcohol-related harm.⁴</p>
<p>Access</p>	<p>FARE's Young People and Alcohol Fact Sheet available here:</p> 

The Alcohol and Drug Foundation – ‘Keep Their Future Bright’ Campaign

Target audience	Years 6 to 12  
About	<p>Launched on 4 August 2025 and running until the end of February 2026</p> <p>Fact sheets, posters, conversation guides, and templates can continue to be used by parents, carers, schools, and services after the campaign period ends.</p> <p>The ADF’s <i>Keep Their Future Bright</i> campaign kit helps parents and carers of 12 to 17-year-olds prevent underage drinking. It offers evidence-based resources like fact sheets, posters, and social media templates, and guides carers on how to have constructive conversations about alcohol.</p> <p>The goal is to delay teen drinking and promote safer, healthier choices.</p>
Sample	
Access	Full ‘Keep Their Future Bright’ kit available here : 

The Alcohol and Drug Foundation - 'Talk About It' Campaign

Target audience	years 6 to 12  
About	<p>The <i>Talk About It</i> guide is not tied to a defined start/end date like a media campaign. It's intended to be used ongoing to support conversations about alcohol and other drugs (including smoking, vaping, and/or nicotine dependence) whenever parents and carers need it.</p> <p>This guide has been developed to help carers talk to their children about alcohol and other drugs (including smoking, vaping, and/or nicotine dependence). It explores how to have these conversations with young children through to teens, why young people might use alcohol and other drugs, and how to recognise when a young person may need help.</p>
Sample	
Access	Full 'Talk About It' kit available here : 

3.3 Support For Alcohol Related Concerns

Organisation	About	Contact
Alcohol & Drug Information Service (ADIS NSW)	24/7 confidential info, counselling, referrals.	1800 250 015
13YARN	24/7 confidential, culturally safe assistance from an Aboriginal or Torres Strait Islander Crisis Supporter.	13 92 76
Odyssey Multicultural Program	Monday to Friday, 8.30am to 4.30pm and closed on public holidays. Supports people from Culturally and Linguistically Diverse (CALD) backgrounds in NSW who are dealing with alcohol and other drug issues.	1800 397 739
Get Healthy Service	Monday to Friday, 8am to 8pm and Saturday 9am to 5pm. Phone and online NSW Health coaching service supporting people over 16yrs of age living in NSW to make lifestyle changes	1300 806 258

4 Student Support Services



Principles of referral



Referrals follow clear, supportive pathways that prioritise student wellbeing. When making a referral, ensure the student understands:



- The referral is for **support, not discipline**
- What confidentiality means and its limits
- That a clinician or support worker will be in contact



General Practitioners



If a student already has a family doctor, encourage them to continue seeing them. Their GP knows their history and can support them in alcohol-related health concerns, managing nicotine cravings at school and quitting when they're ready. If the student doesn't have a GP, suggest they speak with their family, the school well-being nurse, or refer to Youth Health Service to help find one.

ORGANISATION	Youth Health Service, Central Coast Local Health District	
WHAT WE OFFER	Free, nonjudgemental support for young people aged 12 to 24 years.	 
OUR TEAM	Social workers, psychologists, nurses, medical staff, and Aboriginal health workers.	
HOW WE CAN HELP	<p><i>Mild to moderate use</i></p> <p>Get support with mild to moderate substance use including alcohol, vaping, smoking and/or nicotine dependence, behavioural counselling and medical support such as nicotine replacement therapy (NRT), sexual health, contraception, general health, chronic illness, disability, and finding a bulk-billing GP or specialist healthcare.</p> <p>Help with relationships, legal issues, fines, accommodation, or a hot shower.</p>	
REFERRAL REQUIREMENTS	<ul style="list-style-type: none"> - Self-referrals - Professionals and/or school referrals 	
WHERE TO FIND US	<ul style="list-style-type: none"> - Wyong Community Health Centre - San Remo Clinic - Outreach Services <p>E: cclhd-ccyhs@health.nsw.gov.au P: (02) 4356 9333.</p>	

ORGANISATION	headspace
WHAT WE OFFER	Free mental health support for young people aged 12 to 25 years.  
OUR TEAM	Professional intake and assessment workers, general practitioners (GPs), counsellors (including social workers, clinical psychologists, and counsellors), alcohol and drug specialists, vocational experts who help with employment and education, and co-located partner agencies providing additional support.
HOW WE CAN HELP	<p><i>Mild to moderate use</i></p> <p>Students can get support with substance use (including alcohol and nicotine dependence) mental health, physical health (including sexual health), and work or study assistance.</p> <p>Additionally, if the student has a mild to moderate level of nicotine dependence that is exacerbating their mental health at time of initial assessment or in the initial intake, the headspace nurses or GPs can arrange one or more single sessions for supporting nicotine vaping/smoking cessation whilst at headspace including behavioural counselling and medical support such as nicotine replacement therapy (NRT).</p> <p>More severe dependence should be referred to the CCLHD Youth Alcohol & Other Drugs Service.</p>
REFERRAL REQUIREMENTS	<ul style="list-style-type: none"> - Self-referrals - Professionals and/or school referrals
WHERE TO FIND US	<ul style="list-style-type: none"> - Wyong Tuesday to Thursday, 8:30am to 5pm Ground Floor, 28 Hely Street, Wyong P: 02 4394 9180 - Lake Haven Monday, Thursday, 8:30am to 8pm Tuesday, Wednesday, Friday, 8:30am to 5pm 70 Chelmsford Road, Lake Haven P: 02 4394 9100 - Gosford Monday to Friday, 8:30am to 5pm 1/237 Mann Street, Gosford P: 02 4304 787

ORGANISATION	Salvation Army, Central Coast
WHAT WE OFFER	Free, safe, and high-quality programs and services for young people aged 12 to 25 years.  
OUR TEAM	Support through case management, school programs, counselling, training, social activities and welfare support.
HOW WE CAN HELP	<p><i>Mild to moderate use</i></p> <p>Drug & Alcohol Counselling (DAYS program) helps young people with mild to moderate substance use by addressing barriers relating to alcohol & other drugs (including smoking, vaping, and/or nicotine dependence).</p> <p>Counselling is available for young people aged 12 to 19 years:</p> <ul style="list-style-type: none"> - Counselling support for one-on-one counselling for nicotine or alcohol dependence. - CHOICE program for small groups of students at a school – this can include or focus on vaping/smoking.
REFERRAL REQUIREMENTS	<ul style="list-style-type: none"> - Self-referrals - Professionals and/or school referrals
WHERE TO FIND US	<p>Appointment locations:</p> <p>15–23 Hely Street, Wyong Or at a location of the young person’s choice, including school.</p> <p>For more information:</p> <p>W: www.salvationarmy.org.au/oasisyouth</p> <p>P: 02 4353 9799</p> <p>E: oasiscc@salvationarmy.org.au</p>

ORGANISATION	Youth Drug & Alcohol Service, Central Coast Local Health District
WHAT WE OFFER	Free, confidential and safe counselling support for young people 18 years and under, seeking help for alcohol or other drug use including vaping and smoking.  
OUR TEAM	Our trained professionals offer counselling sessions lasting 30 to 60 minutes. We also work with other services to help young people reach their goals.
HOW WE CAN HELP	<p><i>Moderate to severe use</i></p> <p>Counselling gives young people a safe, judgement-free space to talk about alcohol and other drugs (including smoking, vaping, and/or nicotine dependence) or anything else on their mind. Whether they just need someone to listen or want support in making changes.</p> <p>Cigarette or vape use alone may not constitute moderate – severe use, however in assessing severity we consider more than just the specific substance or amount someone is using, but also the impact their use is having on their day-to-day functioning.</p> <p>We would also consider things like mental health, complex family dynamics, neurodiversity, past trauma. If in doubt, we’re always happy to discuss!</p>
REFERRAL REQUIREMENTS	<ul style="list-style-type: none"> - Self-referrals - Professionals and/or school referrals
WHERE TO FIND US	<p>If a young person wishes to be seen at school a confidential meeting space is required; we are also able to meet young people at their local Community Health Centre or Headspace.</p> <p>E: CCLHD-DAYouthTeam@health.nsw.gov.au</p> <p>P: 4394 4880 (Central Drug & Alcohol Intake Line)</p>

ORGANISATION	Wesley Youth Outreach Central Coast (WYOCC), Wesley Mission
WHAT WE OFFER	Committed to working with and caring for young people 12-24 years of age on the Central Coast to bring about positive and lasting change.  
OUR TEAM	We are a mobile team offering support through one-on-one case management appointments and facilitating small groups within schools.
HOW WE CAN HELP	<p><i>Mild to moderate use</i></p> <p>Youth Individualised Support –early interventions to assist young people with alcohol and other drug concerns (including smoking, vaping, and/or nicotine dependence). Supporting young people to transition to or resume self-sufficient living, free of dependence.</p> <p>Group Work – small groups at schools focussing on alcohol and other drugs (including vaping, smoking and nicotine dependence), emotional regulation, safe & healthy communication, stress & anxiety.</p>
REFERRAL REQUIREMENTS	<p>Referrals are discussed over the phone/email and can be made by the school wellbeing staff, WHIN nurses, family members, youth services, local organisations, friends or a young person can self-refer.</p> <p>The initial referral form and consent will be sent out to the caller to complete either with the young person or on behalf of.</p> <p>If the young person is present at the time of the call information can be gathered immediately and the next available appointment booked.</p> <p>Self-referral</p> <p>A young person can call and talk to us on the phone. If a voice message is left, we will endeavour to call back within two working days.</p> <p>Required information and consent</p> <p>Each referral must include:</p> <ul style="list-style-type: none"> • All questions completed on the referral form including: <ul style="list-style-type: none"> ○ Name & D.O.B ○ Contact number ○ Risks / safety concerns • A summary of presenting issues and any goals the young person has identified • Consent to be signed and dated • Parent / guardian consent signed and dated for young people under 14 years
WHERE TO FIND US	<p>We are a mobile team, travelling to where the young person feels the most comfortable – this could be at home, school, local café or park.</p> <p>E: wyoocentralcoast@wesleymission.org.au P: 4305 3356</p>

Central Coast Local Health District

Health Promotion Service
Central Coast Clinical School and Research Institute,
Level 10, 77A Holden Street
Gosford, NSW 2250

Office hours:
Monday to Friday
8.00am-4.30pm

T: 02 4320 9700
E: cclhd-healthpromotion@health.nsw.gov.au
W: healthpromotion.com.au