**Sample newsletter text**

Parents, carers, schools, and community all play an important role in protecting children and young people from, and educating them about, the harmful effects of smoking and vaping.

Research from the [Royal Children’s Hospital](https://rchpoll.org.au/polls/e-cigarettes-vaping-and-teens-do-parents-know-the-dangers/#:~:text=The%20poll%20of%202029%20parents,ban%20of%20flavoured%20e%2Dcigarettes) shows many parents and carers are not aware of the harmful effects or how their views about smoking and vaping can impact the likelihood of a young person taking up smoking or vaping.

The Department of Education has developed resources to help you learn more about the health risks of smoking and vaping. The resources include advice about how to talk to children and young people about vaping, and where to get support. To access the resources, go to [https://www.vic.gov.au/smoking-and-vaping-advice-parents](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.vic.gov.au%2Fsmoking-and-vaping-advice-parents&data=05%7C01%7CEmily.French%40education.vic.gov.au%7C030ee9fa903447f22ebe08da742783d6%7Cd96cb3371a8744cfb69b3cec334a4c1f%7C0%7C0%7C637950010322837623%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=eXCxeRH1nxp%2Fa1avWV3fxpuPuZx3FK9sC0Z4XWK9C6k%3D&reserved=0)

You can also view [this video](https://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens/) on smoking and vaping from experts at the Royal Children’s Hospital Melbourne for health advice and tips for starting a conversation with young people.