

# Insights into youth vaping from focus groups and the development of the OurFutures Vaping Program

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## INTRODUCTION

Rates of adolescent vaping have steadily increased in the last decade. Despite this, few studies have examined the reasons for and circumstances in which Australian adolescents use vapes. We conducted focus groups and surveys with Year 8 and Year 9 students to better understand vaping in their context and to co-design and user-test a school-based vaping prevention program, the OurFutures Vaping Program.



## METHODS

Year 8 (n=37, M<sub>age</sub>=13.51, 54% female) and 9 students (N=34, M<sub>age</sub>=14.85, 47% female) from three secondary schools participated in focus groups and surveys. The Year 9 survey comprised questions about vaping and tobacco smoking among people their age. Students then discussed realistic character profiles and storylines for the OurFutures Vaping program.

With this information and adopting a harm minimisation and social influence approach, the research team developed a four-lesson script and worked with an illustrator to create a cartoon storyboard. User testing was then conducted via year 8 focus groups and surveys.

Reasons for use ✓	Reasons against use ✗
peer pressure/ to fit in	perceived harms
curiosity	addiction
stress relief	sport

### Most common situations...

at parties  
in the park  
in the school toilets



**The final program = 4 x 40 min lessons delivered during Year 7/8 health education**

- 20 min online cartoon
- 20 min activities
- Summary sheets
- Teacher resources

**Provides evidence-based information, normative education, and resistance skills training.**

## RESULTS

### Lesson 1 feedback:

- gossiping and conversations were relatable
- realistic scenarios
- liked diversity of characters
- relevant and interesting
- peer pressure presented well and accurately

### Updates made to:

- language
- clothing
- facial expressions
- amount of text (reduced)
- incorporate more social media



## CONCLUSIONS

- These findings provide insight into adolescent vaping and support the acceptability of the OurFutures Vaping Program.
- The OurFutures Vaping program is being evaluated in a large-scale cluster randomised controlled trial (42 schools >5000 students across NSW, QLD, and WA), if effective it can be scaled via the OurFutures platform (current reach >36,000 students).

## CONTACT



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