

Stages of change

STAGE	DESCRIPTION	EXAMPLE
Pre-contemplation (not ready)	No intention to change behaviour soon.	<i>Everyone I know vapes. It's something I enjoy, so I don't see why I'd stop.</i>
Contemplation (getting ready)	Awareness that a problem exists; considering acting but is hesitant.	<i>I hate how much money I'm spending on vaping, and I get annoyed I'm always craving my next h, but I'm not sure I'm ready to quit.</i>
Preparation (ready)	Intention to act soon, some steps have been taken towards change.	<i>I've been thinking about cutting back. I left my vape in the car today and downloaded an app to track how much I'm using and spending.</i>
Action (making changes)	Active, visible modification of behaviour.	<i>I haven't bought a vape for two weeks. I've had a few cravings, but I've been using nicotine gum and keeping busy after school.</i>
Maintenance (staying on track)	Continuous change for over six months, no relapses and making gains.	<i>I haven't vaped in over six months. I still get the urge sometimes when my friends are vaping, but now I can just walk away or chew gum instead.</i>
Relapse (recycling)	A return to earlier stages, often necessary part of the process, rather than a failure.	<i>I hadn't vaped for a couple of months, but I started again at a party. I'm disappointed, but I don't want to go back to vaping every day.</i>

Practice tip

Young people rarely move through the stages in a straight line. It is common to see them move between contemplation, preparation, action and relapse several times before achieving lasting change. The worker's role is to meet the young person where they are at and support their next step, rather than pushing them into action before they are ready.

Conversation starters for reducing vaping

Curiosity

- What's vaping like for you right now?
- When do you usually feel like vaping?

Motivation

- Have you thought about cutting back or taking a break?
- What would make it easier to vape less?

Support

- What support would feel helpful for you?
- What makes reducing or quitting feel hard?

Harm-minimisation

- What helps you manage cravings when you can't vape?
- When does vaping make things feel worse?

Future focus

- If vaping took up less space, what would you want more of?
- What's the biggest benefit you'd hope for?