NICOTINE KNOCKOUT

The 5A's of vaping cessation

Ask

Identify smoking or vaping behaviours.

- *"Do you vape or smoke at the moment?"*
- If yes, *"how often do you vape?"*

Assess

Explore readiness to change, barriers, motivators and quit attempts.

- *"How do you feel about your vaping right now?"*
- *"What does smoking or vaping help you get through?"*

Advise

Provide clear, non shaming advice to reduce or quit.

- *"Is anything holding you back to try reduce?"*
- *"What are some good things that might happen if you stopped?"*

Assist

If ready, provide information and support.

- Offer practical strategies supports and referrals:
  - Referrals to services e.g. School wellbeing services, GP, Nicotine Knockout.
  - General support e.g. Listen to what's going on for them, encouragement to quit, check in regularly on their wellbeing & explore challenges they may be facing.
- Provide relevant toolkit items from the Nicotine Knockout website nko.org.au
  - Fact-sheets, e.g. *The facts about vaping.*
  - *Strategies to help reduce or stop vaping.*

Arrange

Link to relevant supports.

- Ensure referrals and resources are sent.
- Plan a follow-up *"I'll check in with you to see how you're going."*