

Supplementary questions: Ms Zoe Robinson, Advocate for Children and Young People

1. Your submission recommends developing an online tool and app with young people that provides factual information and support for cessation (page 2):
 - a. What are the most important things to consider in creating a health app that young people will use and that meets their needs?

Based on the consultation with over 217 young people in our Vaping report, the most important features for an app would be:

Young people felt an app should have a range of tools and functions available for different users to engage in different ways, including:

- Access to factual information relating to your health and mental health;
- Chat function (with a real person);
- Real life case studies and stories / images;
- Videos, reels and TikToks with young people sharing their experiences;
- Tracking and notifications on progress, money saved or 'gamification' of the app;
- Pop ups with motivational messages; and
- Notifications with tips and facts.

Young people acknowledged there may be some challenges with an app including having to download the app, and then use data to engage with it, excluding young people who do not have access to technology and / or limited data. Others also mentioned that there was no accountability with an app and that people may use the functions for a few days then not continue. Some felt that tracking capability should be customisable with the ability to work towards a goal set by the user, for example, saving money towards a big purchase. Young people felt it was important to link to other supports and resources where available.

- b. To what extent do young people value the process of co-design? How does co-design improve outcomes?

Young people value co-design as long as they are meaningfully included in the co-design process. In addition, young people are not homogeneous, they have a diversity of experiences and ideas. It is important to include a diversity of young people in any co-design process.

Co-design improve outcomes as it provides the opportunities for young people to help design the solutions to their unique problems, rather than assuming or guessing what might work with young people or any other cohort. By involving people with a lived experience of a particular issue or health condition it can ensure that the result reflects the needs and desires of the people with lived experience, not just the preferences of health workers.¹

2. What are the barriers to young people accessing cessation supports and how can these be overcome?

In our vaping consultation report young people told ACYP that they faced several barriers to accessing cessation supports such as stigma, a fear of being punished by their school or parents, and not knowing where to seek support.

¹ Agency for Clinical Innovation. Co-Design in NSW Health Services. Accessed here: <https://aci.health.nsw.gov.au/projects/co-design/in-nsw-health-services>

In addition, young people have difficulties accessing GPs especially in rural and regional areas. Whilst the *“Every Vape is a Hit to Your Health”* campaign should be reducing some of the stigma around accessing cessation support, this may not have reached all young people. As a result, many young people may not be aware yet of the websites and other places to turn to for vaping cessation support. That’s why the ACYP supports NSW Health, the Cancer Institute and Cancer Council’s initiative to provide co-designed digital platforms, and the current advertising campaign. The ACYP is supportive of NSW Health and the Department of Education’s initiative to provide information for parents and schools on cessation supports, and the health impacts of vaping.