



It is widely acknowledged that the Coronavirus pandemic is continuing to present unprecedented challenges to schools at this current time and programmes have had to be adapted to provide greater flexibility for delivery. To this end a wide range of organisations across both Cambridgeshire and Peterborough are continuing to work in collaboration to produce programmes that can be implemented independently as part of the school's overall PSHE programme to help support the health, safety and resilience of students and the wider school community.

Kick Ash and **Eyes and Ears** are two locally provided programmes that are available for free and specifically aimed at secondary students.



Kick Ash – Is a youth smoking prevention programme that adopts a multi-faceted approach to addressing the complex range of individual, social and environmental factors that determine smoking decisions.

It is based on a framework of peer mentorship and informed by NICE (National Institute for Health and Care Excellence) best practice guidance and comprises of the following components:

- A Mentor training programme which focuses on the motivations young people have for starting smoking/vaping and taking risks with their health. It also addresses the notion of age restricted products and especially the harms presented by illicit tobacco. (This training is targeted at Yr 9 or 10 students but can be delivered to a specific year group at the discretion of the school.)
- A Year 7 or 8 workshop (x2 lessons) for delivery in school by the Mentors
- A Year 6 presentation pack which can be integrated, as applicable, into the primary – secondary transition programme.

In order for Kick Ash to have optimal impact it is suggested that the training is delivered to the designated Year group as part of the PSHE schedule and as a means to identify and recruit Peer Mentors before the end of the Spring Term. This will allow for the students who opt to become Mentors to lead on the planning and delivery of some of their own smoke free initiatives as well as to fulfil the critical task of delivering the scripted sessions to their peers in Y7 and/ or Y8 as well as Y6 (as part of transition days for feeder Primaries) throughout the Summer Term.

Complete the survey below to find out whether your school would benefit from the Kick Ash programme:

<https://www.surveymonkey.co.uk/r/HJZGQPG>

Additional details can also be found on the Healthy Schools website: <https://healthyschoolscp.org.uk/pshe/kick-ash/> from where all of the programme materials can be downloaded on the request of a password, which can be obtained by emailing: HealthySchools@everyonehealth.co.uk

For schools in Peterborough, Kick Ash will replace the Operation Smokestorm programme.

Smoking Cessation in association with Kick Ash

For students who have started smoking and need support to stop there are two options available: **Chat Health** and **Healthy You**



Chat Health: This is a secure and confidential text messaging service delivered by the Cambridgeshire and Peterborough Healthy Child Programme for young people aged 11- 19 who are struggling to cope with a range of issues which includes smoking, drinking and drug use. It provides an excellent opportunity for young people to get in touch anonymously with a health-care professional for much-needed support.

(Text: 07480 635 443)

<https://healthyschoolscp.org.uk/resources/the-cambridgeshire-and-peterborough-healthy-child-programme-chathealth/>



Healthy You: This is the new name for the integrated lifestyle service across Cambridgeshire and Peterborough and provides a free specialist smoking prevention programme for anyone from the age of 12 and upwards. (Young people can self-refer from the age of 13 and can get in contact by texting: **Healthy to 60777**) This number links to the Contact Centre through which a virtual 1:1 appointment will be organised. For students under the age of 13, parental consent will be required in order to access this service.

<https://healthyyou.org.uk/services/stop-smoking/>



Community Eyes and Ears – This programme comprises of both a staff awareness module as well as a training workshop which is designed to provide young people with the skills and knowledge to be able to keep themselves safe, to recognise potential issues of concern and to know how to report these.

The Eyes and Ears project has been funded by the Office of the Police and Crime Commissioner and informed by the Peterborough and Cambridgeshire Safeguarding Board in consultation with East Cambridgeshire Community Safety Partnership. It is fully resourced with slideshow presentations containing embedded video clips, a Teacher's Guide and Student Workbook to enable effective delivery of the student training, which is targeted at Years 8 and 9 and addresses the following themes:

- on-line safety
- sexting and sharing indecent images
- money laundering
- healthy versus unhealthy relationships
- hate crime
- safeguarding
- gangs /organised crime groups
- radicalisation/extremism
- vulnerability

The training, however, can be used with KS 4 students as considered appropriate since the main objective is to raise awareness so that the students are able to support and “look out” for their peers through following the agreed reporting procedures and knowing how to conduct appropriate conversations. Through so doing they will fulfil their role as an Eyes and Ears mentor.

Full details can be found on the Healthy Schools website: <https://healthyschoolscp.org.uk/keeping-safe/community-eyes-and-ears/> from where all of the programme materials can be also be downloaded on the request of a password: HealthySchools@everyonehealth.co.uk