

Healthy You, Healthy Schools Stop Smoking Service

One to One and Group sessions delivered on the school site to students wanting to quit smoking.



The service provides 4 sessions across 8 weeks that encourages the students (aged 12+) to consider the following questions:

How do you feel before you smoke?

What happens when you smoke?

Why do you smoke?

How do you feel after smoking?

What are your reasons for wanting to stop smoking?

The introductory session (approximately 40 minutes) provides the opportunity for self-reflection and addresses the following:

- The contents of a cigarette
- The effects of smoking on the body
- The reasons for smoking
- Nicotine and feeling good
- Withdrawal symptoms
- The importance of making a pledge to stop smoking and to set a quit date

Subsequent sessions (approximately 20 minutes) then build on the outcome of the introduction and encourage the students to:

- Explore their motivation levels for quitting
- Reflect on their experience between the sessions – have there been times when it has been difficult not to smoke? Why was this? Were others smoking?
- Consider what the triggers are for smoking
- Investigate how their cravings can be managed through alternative activities
- Find out about nicotine replacement products, if applicable

For more information contact: healthyschools@healthyyou.org.uk



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