

Smoking and vaping cessation sessions for secondary schools



The Healthy You, Healthy Schools Stop Smoking Service has been developed in response to feedback from schools on how to positively support young people aged 12 - 18 who are known to be smokers/vapers.

It is being delivered FREE of charge into secondary schools by Healthy You (the Cambridgeshire and Peterborough Healthy Lifestyle Service) in conjunction with the Healthy Schools Service.

The aim is to provide a referral pathway for any young person who either wishes to quit smoking or vaping or would benefit from some dedicated advice and information on the potential risks of these behaviours as well as the associated regulations.

The cessation programme consists of different components including:

- 2 consecutive behaviour therapy sessions (approximately 30 – 40 mins in duration delivered in a small group.)
- 1:1 consultation as needed and on request.
- Guided referrals into the Healthy You Stop Smoking Service for anyone needing nicotine replacement therapy.

The focus is on providing non-judgemental support to empower young people to make informed decisions as well as changes to their behaviour.

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For more information or to arrange an informal meeting contact:

PaigeFurnell@healthyyou.org.uk or
HealthySchools@healthyyou.org.uk

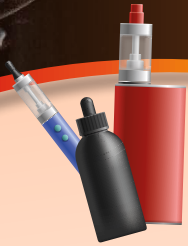


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WORKING IN PARTNERSHIP WITH
HEALTHY SCHOOLS
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Smoking and vaping prevention free support for secondary schools



In view of the increasing number of students who are starting to vape or expressing an interest in doing so, there is an urgent need for schools to take some preventative action. The Healthy You, Healthy Schools Stop Smoking Service can support in the supply of:

- **A Vaping Presentation and Teacher's Guide** which can be delivered as an assembly by a member of the Healthy Schools team or in Tutor Group time by a member of school staff.

The presentation is designed to raise awareness of the potential harms of vaping and therefore enable the students to make informed decisions in the future.

- **A Vaping Training Package for Teachers and School Staff** which can be delivered in approximately 20 – 30 minutes by a member of the Healthy Schools team or completed individually using the presentation and accompanying questionnaire. The training covers the various packaging of vapes, trends in vaping behaviour and current legislation.
- **The Kick Ash Programme** which is a student-led smoking and vaping prevention programme. It is based on a framework of peer mentorship, and it is delivered in line with current NICE (National Institute for Health and Care Excellence) best practice guidance. The 1-day Mentor training (targeted at Y8 and Y9) encourages young people to explore the different reasons and motivations their peers may have for smoking/ vaping and to subsequently champion the importance of being smoke/vape free. The Kick Ash programme also includes workshop sessions for delivery by the mentors to Y7 students as well as to Y6 pupils as part of the transition process.

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