



## LAYC Training Scheme Smoking Prevention with Young People



### **Introduction**

This course looks at how youth workers can begin to support young people to make an informed choice about smoking. It will look at factors affecting how and why young people may start smoking, effective approaches to prevention with young people and how the tobacco industry go about recruiting young smokers.

The course is run for LAYC by Emma Crawshaw, Young People's Smoking Prevention Development Worker with Y- STEP (a service delivery partnership funded by NHS Lothian and based at Fast Forward).

The course is suitable for youth workers of all levels of experience.

### **Content**

The Smoking Prevention with Young People course looks at how you can address this potentially difficult issue with at your club or group.

The course is based around practical exercises and includes;

- Group discussion
- Group exercises
- Inputs
- Handouts

### **Outcomes**

By the end of the course participants will have:

- Have shared and increased their knowledge and understanding of why young people might start smoking
- Have shared and increased their knowledge and understanding of successful approaches to smoking prevention with young people
- Have gained some skills required and raised their awareness of resources available for delivering smoking prevention activities with young people
- Be ready to integrate their learning into their on-going work