

## Useful Websites and Sources of Information

The information in these factsheets is sourced from a range of reputable organisations. Contact details are given below, should teachers require more detailed information on any topic area, or wish to download additional teaching resources.

**1. Health Impacts of Tobacco:** <http://atyc.roycastle.org/game/index.html> - includes a game demonstrating how much smoking would affect your appearance over time (requires students to upload a photo)

[www.ashscotland.org.uk](http://www.ashscotland.org.uk) - research, news, factsheets

### **2. Secondhand Smoke:**

‘Breaking the Cycle of Children’s Exposure to Tobacco Use’ BMA 2007

‘Tobacco Smoke and Involuntary Smoking IARC Monographs on the Evaluation of Carcinogenic Risks to Humans’ WORLD HEALTH ORGANIZATION INTERNATIONAL AGENCY FOR RESEARCH ON CANCER VOLUME 83, 2004

### **3. Effective Approaches:**

‘Investing in youth tobacco Control: A review of smoking prevention and control strategies’ Paula M Lantz, Peter D Jacobson, Kenneth E Warner, Jeffrey Wasserman, , Harold A Pollock, Julie Berson, Alexis Ahlstrom 1999, Tobacco Control 2009:9:47-63

**4. Global Information on Health Impacts: Tobacco Free Kids** <http://www.tobaccofreecenter.org/>

**5. Successful Campaign Approaches by Young People:** <http://www.w-west.org.uk/>

[www.ffaith.org](http://www.ffaith.org)

[http://www.mentorfoundation.org/who\\_is\\_active.php?pg=1&id=5](http://www.mentorfoundation.org/who_is_active.php?pg=1&id=5)

<http://www.bridgesproject.org.uk/young-people/show/30>

**6. Tobacco Industry:** [www.thetruth.com](http://www.thetruth.com)

**7. Stop Smoking Support:** [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

[www.canstopsmoking.com](http://www.canstopsmoking.com)

NHS Lothian Youth Stop Smoking Service:

Text ‘STOP SMOKING’ to 07969530266

Smokeline: 0800 84 84 84

[www.quit.org.uk](http://www.quit.org.uk)

QUIT is an independent charity aiming to save lives by helping smokers to stop. It offers advice and has helplines available in Arabic, Bengali, Gujerati, Hindi, Kurdish, Turkish, Punjabi and Urdu

**8. Young People’s Experiences:** [http://www.youthhealthtalk.org/young\\_people\\_drugs\\_and\\_alcohol/](http://www.youthhealthtalk.org/young_people_drugs_and_alcohol/)

The website Youthhealthtalk has launched a new, online ‘Drugs and Alcohol’ resource where young

people, parents and professionals can access video and audio clips from interviews with 33 young people about their experiences. The resource covers issues eg street drugs, binge-drinking, peer pressure, addiction, abstinence, the role of parents and health professionals and recovery from addiction.

The new site, funded by the Department of Health and researched by Oxford University, is considered a unique, evidence-based qualitative study and shows, above all, the benefit of being properly informed about alcohol and drugs. The 33 stories reveal the dangers faced by young people but finds that binge drinking or drug taking is 'a rite of passage' for many young people today and that by their mid-twenties, most are living far more moderately.

### Useful Websites

[www.canstopsmoking.com](http://www.canstopsmoking.com)

Developed by Health Scotland, this website provides information on the reasons behind why people smoke and what support is available if they are looking to quit. Local smoking cessation services can be found on this website.

[www.ashscotland.org.uk](http://www.ashscotland.org.uk)

ASH Scotland is the leading voluntary organisation campaigning for effective tobacco control legislation. For 30 years, ASH Scotland has played a key role in raising awareness about tobacco use and its harmful effects and has contributed to the implementation of effective public health policies to help smokers to quit and to protect children from tobacco.

[www.healthscotland.com](http://www.healthscotland.com)

The national health improvement agency for Scotland.

[www.ash.org.uk](http://www.ash.org.uk)

ASH is a campaigning public health charity working for a comprehensive societal response to tobacco aimed at achieving a sharp reduction and eventual elimination of the health problems caused by tobacco. Includes visual and presentation resources available to download in PDF for teachers.

[www.tobaccoinscotland.com](http://www.tobaccoinscotland.com)

Working with key partners, ASH Scotland developed Tobacco Information Scotland to provide the best possible gateway to smoking and tobacco-related information in Scotland.

[www.bbc.co.uk/health](http://www.bbc.co.uk/health)

Good interactive site for children, including the 'Body Tour' ([www.bbc.co.uk/health/kids/btourshtml](http://www.bbc.co.uk/health/kids/btourshtml)). Useful information source for teachers/older adolescents on a range of addictions ([www.bbc.co.uk/health/addictions](http://www.bbc.co.uk/health/addictions)).

[www.gasp.org.uk](http://www.gasp.org.uk)

Web catalogue containing 350 stop smoking and tobacco control resources, including leaflets, books, activity packs, training materials, displays, models and posters.

[www.mindbodysoul.gov.uk](http://www.mindbodysoul.gov.uk)

Targeted at 14- to 16-year-olds, but there are several relevant sections for younger children, e.g. 'Scary facts about smoking', 'Vanity facts' and 'What's in a cigarette'?

[www.quitbecause.org.uk](http://www.quitbecause.org.uk)

A guide for young people on how to give up smoking.

[www.clearingtheairscotland.com](http://www.clearingtheairscotland.com)

A Scottish Government website which provides the background and detailed guidance for the smoking ban in enclosed public places.

[www.tobaccoagechangescotland.co.uk](http://www.tobaccoagechangescotland.co.uk)

Information on the change in age legislation.

[www.roycastle.org/kats](http://www.roycastle.org/kats)

Lively and interactive site supporting Kids Against Tobacco initiative, which was developed by the Roy Castle Lung Cancer Foundation.

[www.tobaccopapers.com](http://www.tobaccopapers.com)

In 1999, the House of Commons Select Committee acquired access to internal documents of the main advertising agencies of the UK tobacco industry as part of their investigation into the conduct of the tobacco industry. Contains an interesting case study on the Tobacco Market and Young People.

[www.who.org](http://www.who.org)

The World Health Organization is the United Nations specialised agency for health. Includes *The Tobacco Atlas*.

[www.globalink.org](http://www.globalink.org)

A US site with a tobacco encyclopaedia.