

Foreword

Y-STEP (Young People Smoking Tobacco Education and Training) have produced these resources in response to a need from schools for up-to-date, relevant materials to support this aspect of health and wellbeing in the curriculum, particularly for levels 2 and 3.

The resources and materials that Y-STEP have developed to offer creative and flexible ways to enable teachers and youth workers to deliver Health and Wellbeing experiences and outcomes within a curriculum for excellence around substance misuse. They will give all pupils, from P6-S3 an opportunity to build knowledge and skills and to explore and reflect on attitudes and values which will help them to make decisions around smoking and their own health and wellbeing.

The Y-STEP programme is also supported by a range of additional materials that are available to borrow free from a number of libraries around Edinburgh, schools and libraries in Midlothian, *East Lothian and community organisations in West Lothian to promote discussion around tobacco and smoking.

The responses to these resources and materials from pilot schools have been very positive and I know that they will make a welcome contribution for all teachers in developing and planning lessons around substance misuse.

Kath Stewart
Development Officer for Health and Wellbeing, City of Edinburgh Council

YSTEP Smoking Prevention Materials are available to borrow for free from:

City of Edinburgh

Wester Hailes Library, 1 Westside Plaza, Edinburgh EH14 2FT
Tel 0131 529 5667

Kirkliston Library, 16 Station Road, Kirkliston EH29 9BE
Tel 0131 529 5510

Muirhouse Library, 15 Pennywell Court, Edinburgh EH4 4TZ
Tel 0131 529 5528

Moredun, 92 Moredun Park Road, Edinburgh EH17 7HL
Tel 0131 529 5652

McDonald Road Library, 2 McDonald Road, Edinburgh EH7 4LU
Tel 0131 529 5636

Craigmillar Library, 7 Niddrie Marischal Gardens, Edinburgh EH16 4LX
Tel 0131 529 5597

Please telephone your local library before visiting as opening times vary.

Midlothian

Bonnyrigg Library, 31 Polton Street EH19 3HB
0131 663 6762

Dalkeith Library, White Hart Street EH22 1AE
0131 663 2083

Danderhall Library, 1a Campview EH22 1PW
0131 663 9293

Gorebridge Library, 98 Hunterfield Road EH23 4TT
01875 820630

Loanhead Library, George Avenue EH20 9HD
0131 440 0824

Mayfield Library, Stone Avenue EH22 5PB
0131 663 2126

Newtongrange Library, St Davids EH22 4LG
0131 663 1816

Penicuik Library, The Penicuik Centre, Carlops Road EH26 9EP
01968 664050

Roslin Library, 9 Main Street EH25 9LD
0131 448 2781

Local Studies, 2 Clerk Street Loanhead EH20 9DR
0131 271 3976

Resources are also available at the following local high schools: Newbattle, Beeslack, Penicuik, St Davids RC, Lasswade and Dalkeith

Please contact your local library or school before visiting as opening times may vary

***East Lothian** – coming soon please call Fast Forward on 0131 554 4300 for locations

West Lothian

The Chill-Out Zone (COZ)
7 Gardners Lane, Bathgate EH48 1TP
01506 652 436

West Lothian Drug and Alcohol Service
43 Adelaide Street, Craigshill, Livingston EH54 5HQ
01506 430 225

YSTEP Smoking Prevention Education CD Rom Introduction

The YSTEP (Young People Tobacco Education and Prevention) Project is a partnership between Fast Forward, West Lothian Drug and Alcohol Service (WLDAS) and NHS Lothian, working with schools, youth agencies and young people to take forward the priorities for young people in the Scottish Government's Smoking Prevention Action Plan 2008-2012. YSTEP is funded until September 2011.

The action plan, '*Scotland's Future is Smoke Free*,' aims to limit the attractiveness, availability and affordability of cigarettes in the interests of reducing the prevalence of young people smoking in Scotland.

YSTEP project staff from Fast Forward (City of Edinburgh; Midlothian and East Lothian) and WLDAS (West Lothian) seek to support groups to develop a 'whole-organisation' approach to smoking prevention by providing free:

- Flexibly-timed smoking prevention training and capacity building for staff, peer educators and volunteers working with young people
- Opportunities for young people to plan and develop their own smoking prevention initiatives
- Increased access to free, up to date, good quality resources and training materials through local lending points
- Advice, information and signposting on smoking prevention, stop smoking services and tobacco-related issues
- Support, information and advice for organisations and groups to develop their own smoking policies and initiatives. YSTEP's Policy Toolkit is included in this CD Rom.
- Information, training, support and resources enabling those working with young people to develop learning activities meeting 'Curriculum for Excellence' outcomes across subject areas

Lesson plans and activities on this CD Rom have been developed in dialogue and consultation with [Mid](#) and [East Lothian Drug and Alcohol Partnership Substance Misuse Education Subgroup](#) and staff from schools and youth organizations across the Lothians, including Canongate Youth Project, the Citadel, the Royal High School, Firhill High School, Queensferry Community High School, Forthview and Pentland Primary Schools. We hope it will be of practical use to you in offering young people accurate information with which to make positive, informed choices about their health and well-being.

"Thank you so much for all the input you have given to us. The staff, as well as the pupils, have benefited greatly and it is intended that we will share the various sessions with all the PSE teachers so that everyone can deliver the lessons you gave at appropriate stages"
Janette Shearer, Royal High School Head of Guidance

Successful Approaches to Smoking Prevention:

In schools / youth work settings, social influence approaches which combine skills training (including refusal skills) 'norm setting' and factual information have had the best results.

Effective approaches for different age groups include:

- Primary school age: emphasis on how tobacco affects the body
- 11-13 years: emphasis on self-worth and assertiveness
- 13-15 years: effects of parental or peer smoking are significant. Focus on social / peer pressures

/attitudes to smoke / starting smoking, reasons why people smoke, mental wellbeing eg how to deal with stress and problem solving

- 15-16 years: beliefs about positive psychological effects of smoking are stronger predictors of smoking intentions (than social or health consequences) – focus should be on individual's subjective experience of smoking eg exploring self-identity, perceived benefits of smoking & alternatives

A concerted approach to learning about tobacco across the curriculum is likely to be more effective than a series of separate interventions.

Approaches are strengthened when combined with organisational tobacco/smoking policy and staff training.

In a 2011 study (Actions taken by schools when tobacco policies are violated: Associations with adolescent smoking prevalence, [Wium N](#), [Wold B](#). Source: Department of Health Promotion and Development, Faculty of Psychology, University of Bergen, Norway) young people's exposure to parents' and teachers' smoking, and teachers' support were associated with adolescent smoking prevalence, irrespective of actions taken by schools in response to violations of smoking policies.

Contents:

You will find activity plans, PowerPoint presentations, reference information and sources on this CD Rom grouped as follows:

- Attitudes, Values and Peer Pressure
 - Attitudes, Values and Peer Pressure Intro
 - CFE Advertising Presentation
 - P7 Social Norms
 - Social Norms session
 - Tobacco Industry and Media session
 - Lesson Plan – Media Influence
 - Lesson Plan – Memories of Tobacco
- Costs of Tobacco
 - Costs of Smoking- Power Point
 - Smoking and Debt
 - Costs to Smokers
 - Smoking Calculator x2
 - Cash to Ash- Duncan Bannatyne
 - Cost of Fires
 - British American Tobacco
 - Lesson Plan Costs of Tobacco
 - The Link Supplement- Tobacco Costs

- Health Impacts of Tobacco
 - Health Impacts of Tobacco Use Introduction
 - YSTEP 1: What's in a Cigarette and Effects on the Body Lesson Plan Curriculum for Excellence Levels 3-4
 - 'What's in Cigarette Smoke and CSI Effects on the Body' PowerPoint Presentation
 - CSI Slips for Activity
 - DIY 'What's in Cigarette Smoke' sheet
 - RHS Session 1 'What's in a Cigarette' PowerPoint Presentation with Quiz Level 2
 - RHS Session 2 'Effects on the Body' PowerPoint Presentation with Quiz Level 2
 - P7 Effects on the body PowerPoint Presentation with Quiz Level 2
 - 'What's in a Cigarette and CSI Millionaire' PowerPoint Quiz
 - YSTEP 'What's in a Cigarette and CSI Millionaire' Quiz Questions and Answers Paper Version
 - The Health Consequences of Tobacco Use Factsheet
 - YSTEP 2: Secondhand Smoking and Locality Smoking Lesson Plan Levels 3-4
 - YSTEP 'What is Secondhand Smoking for Locality Smoking' PowerPoint
 - YSTEP Locality Smoking Millionaire PowerPoint Quiz
 - YSTEP Locality Smoking Millionaire PowerPoint Answers
 - YSTEP 3: 'Local Smoking and Global Impacts' Lesson Plan Levels 3-4
 - Up in Smoke Summary
 - Occupational Health Risks for Tobacco Farmers Factsheet
 - Green Tobacco Sickness Fact Sheet
 - Child Tobacco Farmers Health Risks Fact Sheet
 - RHS Session 3 'Global Impacts of Tobacco' PowerPoint Presentation with Quiz Level 2
 - YSTEP 4: Health and Wellbeing Substance Misuse Lesson Plan Meeting HWB Outcomes and Experiences
 - Risks of Smoking and Heart Health
 - Tobacco and Cannabis Quiz
 - YSTEP 5: Sex and the Ciggie Lesson Plan Levels 3-4
 - Substance Misuse Framework Level 3
 - Clued Up Quiz: Paper Version with Answers

- History of Tobacco
 - History of Tobacco overview
 - Tobacco through the Ages
 - The Tobacco Atlas- world health organisation poster
 - History of Tobacco Quiz
 - History of Tobacco Quiz Answers
 - Lesson Plan – Slavery and Tobacco
 - Tobacco Chronology
 - Excerpt from the Herald
 - Counter-blaste to tobacco 1604
 - History of Tobacco
 - Slavery and Tobacco

- Tobacco and the Environment

- Tobacco Workers
 - ASH Scotland – tobacco and the developing World
 - Ash Scotland – tobacco and the environment
 - Cigarette litter image
 - Environmental Impact
 - Female Smoking World Wide
 - Male Smoking World Wide
 - Tobacco and the environment intro
 - Curriculum Areas
 - Pick tobacco or go to school
 - Plan – Malawi Child labour and tobacco 2009
 - Global impacts of tobacco session
 - Global impacts of tobacco session 2
 - Social disruption caused by tobacco growing
 - Statistics on tobacco per country
 - The vicious Circle of tobacco and poverty
 - Tobacco growing countries
 - Tobacco and the environment
 - Tobacco Facts (2008 Edition)
 - Tobacco taller than the child picking it
 - Tobacco auction
 - Up in Smoke
 - Young children drying tobacco
- Tobacco and the Media
 - Crawford Moodie youth and Tobacco Conference March 2010
 - Media Deconstruction
 - P7 Social Norms
 - Tobacco Industry and the Media session
- Index of the Experiences and Outcomes
 - YSTEP Developing a Tobacco Policy Toolkit
 - NICE Guidance School Based Interventions to Prevent the Uptake of Smoking Among Children and Young People
 - Useful Websites and sources of information

YSTEP Project Staff:

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 Debbie Jardine (City of Edinburgh to September 2011)
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