

# STCA Youth and Tobacco Forum August Newsletter:



## Last meeting 18th June

The Youth and Tobacco Forum members met in the morning of the STCA annual meeting. The key objectives of the day were to give members the opportunity to give informal updates on current work, to revisit the priorities discussed at the previous meeting and agree immediate action to take them forward and to explore and discuss the CASE&CASE+ feasibility study of a peer supporter smoking prevention programme.

## Taking forward the Youth and Tobacco Forum Priorities for 2008

### Youth Smoking Cessation

**Young People and NRT**— A focused Youth and Tobacco Forum will take place on the **11th September** at the Teacher Building, Glasgow between 13.30—16.30 (lunch on arrival). The meeting is aimed at those members with a specific interest in exploring the challenges and share experiences on how NRT is accessed and used with young people. It is envisaged that what comes out of this meeting will help inform those supporting young people by sharing practical experiences. **Please contact Jennifer Black ([jennifer.black@ashscotland.org.uk](mailto:jennifer.black@ashscotland.org.uk) or 0131 220 9462) before the 4th September to register for this focused meeting on NRT.**

**Monitoring and Evaluating Youth Cessation Services**—The STCA Co-ordinators Group have been informed that the Youth and Tobacco Forum would like to have a joint meeting with the Researchers Group to discuss monitoring and evaluating of smoking cessation with young people. It is hoped that this joint meeting will focus on lessons learned from the evaluation of the NHS Health Scotland/ASH Scotland Youth Smoking Cessation Pilot Projects, any other research experience, softer indicators and experiences from practitioners. This proposal will be presented to the Chair of the Research Group in September.

**ISD Minimum Data Set/Database**—Rory Morrison (Research and Evaluation Officer) at ASH Scotland is keen to facilitate some discussion around ISD minimum dataset/ database for those working with young people. Therefore this will be planned into the future meeting for monitoring and evaluation.

**Scottish Smoking Cessation Conference will be on the 25th November.** Heather Gillespie (Youth

Forum Chair), has already e-mailed all members, highlighting the importance for those helping young people to stop smoking to get involved in this years conference either as delegates or submitting an abstract to reflect smoking cessation work with young people. The deadline for submitted abstracts is the 5th September. Find out further information at <http://www.healthscotland.com/news/events-item/80.aspx>

### Prevention and Education

**Smoking Prevention Action Plan:** After discussions at the last Youth and Tobacco Forum and the recent STCA Co-ordinators meeting, it has been agreed that there will be a joint STCA meeting on the **3rd October**. This will attract interested members from the different groups to discuss the Smoking Prevention Action Plan, what this means for individual groups, members and implementation at a local level.

**Youth Involvement:** The theme of ASH Scotland's AGM on the **24th September 2008** will be - *Youth Involvement in Smoking Prevention and Education*. This promises to be an exciting gathering, with young people giving a presentation on their work in a fun and innovative style, along with a youth gallery demonstrating how other young people have actively got involved.

### Networking and Sharing Practice

**Online Discussion Network**— It is hoped that the online discussion network will be up and running by September to help members to continue networking and share information in relation to youth and tobacco work. Members will be invited to be part of this network once it is set up.

**The next STCA Youth and Tobacco Forum**, which will follow the usual format of members updates, networking and sharing practice across prevention and cessation will be on the **11th December 2008** (venue to be confirmed).

**A summary of these dates and other events/ meetings can be found on page 4**

If you want to discuss any of the above areas please contact — **Emma Cepok, Youth Development Officer, ASH Scotland**  
0131 2209465 or  
[emma.cepok@ashscotland.org.uk](mailto:emma.cepok@ashscotland.org.uk).

## CASE & CASE+

Cannabis and Smoking Education  
Preventing smoking and cannabis use in  
secondary schools



**Sarah Welsh, Project Manager, Landed Peer Education Service, Lanarkshire.**

Sarah has over 25 years experience working with young people. In particular some of her most recent work has involved using peer education as a positive method of youth engagement. This involved targeting young people aged 16 – 24 who may be vulnerable to developing problems in relation to drug, alcohol and lifestyle choices. They may be difficult to reach and have not previously engaged with mainstream education or training for work programmes.

*“LANDED is a Peer Education service. We are a group of volunteers from Lanarkshire who pass on drugs, alcohol and sexual health education to other young people in Lanarkshire. We don't tell people how to live their lives; we give them the facts so that they can make safer choices. We try to make our workshops interesting, use group work, games and other fun things to pass on the facts.”*

### Peer Education Approach

“Interactive drug-education programmes involving a high degree of student to student interaction...are nearly always more effective than non-interactive programmes” (Stead & Angus 2004) - Scottish Literature Review

“Peer-led health promotion has been a popular approach...programmes based on skills enhancement and programmes delivered by peers appeared to be affective at least in the short term” (Faggiano et al 2005).

The methods used in peer education training, from Sarah's experience, needs to be experiential and participative and requires a flexible approach. The pace needs to be in tune with the needs of those young people who volunteer and get actively involved.

Furthermore, it is generally thought that schools are a positive arena to introduce peer education as pupils like it and teachers acknowledge positive results from participants.

### CASE&CASE+ Feasibility Study



Sarah was seconded for a year from Landed to co-ordinated the peer education training of school pupils for the Cannabis and Smoking Education (CASE) feasibility study with the University of Glasgow, Centre for Drugs Misuse Research. Funded by the Medical Research Council and Lanarkshire ADAT, the aim of the study was to prevent the uptake of smoking and cannabis use in the 12—15 year age groups. The CASE&CASE+ study will assess the feasibility of the future randomised controlled trial. Results from the feasibility study should be available early next year.

### ASSIST (A Stop Smoking in Schools Trial)

The CASE&CASE+ study was based on the original ASSIST (A Stop Smoking in Schools Trial, Wales—link to Lancet) smoking prevention programme carried out in schools in south Wales and the South West of England. The ASSIST programme has been rigorously evaluated as a ‘stop smoking in schools trial’ funded by the Medical Research Council which took place in 59 secondary schools targeting year S2 (12 year olds). Results from ASSIST showed marked reductions in smoking levels amongst pupils who were ‘high risk’ of becoming regular smokers (i.e. those pupils who were ex-smokers, experimenters and occasional smokers).

### The Approach

The ASSIST and CASE&CASE+ programme used an alternative model of peer education in which, rather than asking young people to deliver classroom based sessions to their peers, they were asked to disseminate information or key messages to their peers in an informal conversation. This approach builds on the networks already in existence where young people pass on important information about health and lifestyles to each other.

If young people do not have accurate information they may be influenced by and pass on myths in relation to a range of lifestyle and health issues. Peer education works towards quashing myths and ensuring accurate information is passed on via peer education training and support.

The programme carried out in Lanarkshire had two strands. Of the schools taking part S2 pupils in two schools were trained over three days on personal skills, smoking and cannabis

*(Continued on page 3)*

whereas two further schools received training in personal skills and smoking over two days. There were also two control schools.

Therefore the aims and objectives of the peer supporter training were as follows:

#### **Aim -**

- To give peer supporters the knowledge, skills and confidence to discuss the health risks of smoking and cannabis use in an informal, non-confrontational and supportive environment
- To promote smoking and cannabis prevention and cessation among their peers

#### **Objectives—**

- To increase knowledge about health, social, economic, environmental and the legal status of smoking and using cannabis
- To emphasize the benefits of being smoke and cannabis free
- To support the development of personal skills to promote smoking and cannabis prevention among their peers

#### **Stages of the CASE&CASE+ Programme**

- **Peer nomination**—identified through a questionnaire the most influential pupils in S2, as nominated by their peers, were invited to attend a recruitment meeting
- **Peer supporter initial meeting/recruitment**—18% of the year group were invited to attend an initial recruitment meeting. This meeting gave information about the project, benefits to them and support through training and follow-up meetings. Young people were able to opt out anytime.
- **Training programme**—Training was delivered out of school in an informal setting. Peer Supporter Training Objectives included:
  - enhance knowledge of harmful effects of smoking and the benefits of remaining 'smoke-free'
  - develop skills and practise intervening in everyday situations to encourage peers not to smoke and use cannabis
  - have fun
- **Follow up meetings**—peer supporters were provided support in four follow-up sessions based in their schools over one class period.
- **Presentation of certificate of attendance**—peer supporters involved

in the programme were recognised by giving certificates, which in some schools went towards their record of achievement.

#### **Points of Interest**

- The CASE&CASE+ programme links to the education and prevention agenda
- The approach engages positively with young people who would not normally get involved in this type of work
- The skills developed are transferable to other areas of their lives
- The cascade of peer-led information can happen informally and is less judgemental or morally biased
- Making it work in schools needs a co-ordinated approach and agreed partnerships
- It can reach young people who are vulnerable in a positive and active way
- Meets the individual learning needs of young people using experiential, informal and participative methods.

#### **Reflection on the delivery process of the CASE&CASE+ peer supporter programme**

As a research study it was important to not affect the peer nomination process by giving too much information to pupils. This, however, led to some uncertainty, confusion and suspicion by young people of the school's motive to bring the selected pupils together at the initial recruitment meeting.

Pupils attending the initial meeting were told that they were nominated by their peers, what they were being asked to volunteer for and what would be expected from them and the trainers. This raised interest and ensured the young people wanted to be actively involved.

The training delivery in practice proved to be effective in raising knowledge and increasing confidence of the peer supporters. The pace seemed appropriate to ensure that peer supporters were kept engaged and to maintain motivation to focus on the task.

Practicalities of an outside agency working in the school environment was different in each school and relied on total commitment to the project. Some challenges that occurred included access to appropriate rooms for follow up meetings, peer supporters not being allowed out of class and the level of support given to peer supporter by their schools. Much time was spent reiterating to young

*(Continued on page 4)*

people that the task was not for them to speak to smokers only and get people to stop, but to have conversations were appropriate (time, place) with their friends (peer group).

### Conclusion

Sarah has written a training manual supporting the mandatory ASSIST components and inclusive of the specific CASE&CASE+ elements outlining the whole programme and includes, policy and research, data collection process, detailed training programme and activities, administration planning tools, documents, details on follow up sessions and recommendations for best practice.

It is unclear what will happen next with this training manual at this stage, as the final report of the CASE&CASE+ feasibility study is not expected until early next year.

For more information on the above presentation for the CASE&CASE+ programme please contact Sarah Welsh, 01698 269872 or [sarah@landed.info](mailto:sarah@landed.info).

If you would like to find out about the original ASSIST trial please contact Mick Bloor from Glasgow University at [m.bloor@socsci.gla.ac.uk](mailto:m.bloor@socsci.gla.ac.uk).

### Bulletin

To receive daily or weekly bulletins containing articles and journals relating to smoking, register with ASH Scotland online at: <http://www.ashscotland.org.uk/ash/4081.html>. Some of the articles identified since May:

**'Don't smoke' message best delivered by peer group, study finds** - Training school children to educate their peers about the dangers of smoking could cut the number who take up the habit by more than a fifth, a study showed. The Independent, 09/05/08

[www.independent.co.uk/life-style/health-and-wellbeing/health-news/childrens-peers-are-best-people-to-warn-of-smoking-dangers-824582.html](http://www.independent.co.uk/life-style/health-and-wellbeing/health-news/childrens-peers-are-best-people-to-warn-of-smoking-dangers-824582.html)

**Young people consider quitting even as they become addicted** - Quitting is on the minds of young smokers well before full-blown addiction sets in, according to a new study from Canada. Centre for the Advancement of Health, 22/07/08 [www.hbns.org/toolsForJournalists/getDocument.cfm?documentID=1751](http://www.hbns.org/toolsForJournalists/getDocument.cfm?documentID=1751)

**Media-literate adolescents may be less likely to smoke says new study**

New research has revealed that media-literate adolescents may be less likely to smoke.

Medical News Today - 08/08/08 <http://www.medicalnewstoday.com/articles/117595.php>

### Events/dates

#### 11th September

**STCA Youth and Tobacco Forum**—Young People and NRT (details on page 1) 1.30— 4.30, Teacher Building, Glasgow. *Please contact Jennifer Black ([jennifer.black@ashscotland.org.uk](mailto:jennifer.black@ashscotland.org.uk) or 0131 220 9462) before the 4th of September to register for this focused meeting on NRT.*

#### 24th September

**ASH Scotland's AGM** - Youth Involvement in Smoking Prevention and Education. *For more information contact Marion McGovern on 0131 220 9461*

#### 25th September

**Healthy Care Conference:** Promoting the health and wellbeing of looked after children and young people in and leaving care. *For more information call 0131 950 3683 or check out the website at [www.shcn.org.uk](http://www.shcn.org.uk)*

#### 3rd October

**Smoking Prevention—A joint STCA meeting.** This will be an opportunity for the different STCA groups to come together and discuss how the Prevention Action Plan may best be supported by the STCA and by member at local level. *For more information or to provide some ideas for the day contact David Robertson, ASH Scotland, [david.robertson@ashscotland.org.uk](mailto:david.robertson@ashscotland.org.uk) /0131 2209467. To register for this event please contact Jennifer Black [jennifer.black@ashscotland.org.uk](mailto:jennifer.black@ashscotland.org.uk) or 0131 220 9462) to register for this meeting.*

#### Date to be confirmed:

**Week beginning the 27th October**—Mental Health and Tobacco Second National Symposium. *For more information please contact John Sim, ASH Scotland, 0131 220 9463 or [john.sim@ashscotland.org.uk](mailto:john.sim@ashscotland.org.uk)*

#### 25th November

**2008 Scottish Smoking Cessation Conference,** Crowne Plaza Hotel, Glasgow. The closing date to register an interest in this event was the 1st of August, the submission date for abstracts for the speed presentations is the 5th September. *Please visit [www.healthscotland.com](http://www.healthscotland.com) and then up and coming events* for more information.

#### 2nd December

**Taming Tobacco: With a Little Help From Our Friends**—Celebrating success, identifying challenges and exploring solutions. Participants are invited from Health, Local Authority, Community and Voluntary Orgs in Fife, Forth Valley, Lothian, Tayside. *For more information contact Janet Wilson, Local Alliance Officer, ASH Scotland 0131 220 9472 or [janet.wilson@ashscotland.org.uk](mailto:janet.wilson@ashscotland.org.uk)*

#### 11th December

**STCA Youth and Tobacco Forum**—this meeting will follow the usual format of members updates, networking and sharing practice across prevention and cessation, and will be held on the **11th December 2008** (*further info and venue details will follow closer to the meeting*)