

Core skills training

Overview

This short NCSCT training session is aimed at staff who already work with young people (e.g. school nurses, teachers, youth workers, staff in children's services) to enable them to have constructive conversations about stopping smoking and to offer support to those who want to stop smoking. We assume that your work environment, policies and practices in relation to young people meet all legal requirements and adhere to best practice.

Pre-course requirements

The training is designed to put into practice the knowledge you have gained from the **'Young people and stopping smoking'** briefing; it is therefore important that the trainers and participants have read the briefing prior to the start of this training session.

Learning outcomes

At the end of this training, participants will:

- have reviewed the background to smoking amongst young people and the summary of *'Young people and stopping smoking'* briefing
- have an understanding of why young people smoke and why they find it difficult to stop
- be able to engage young people in conversations about stopping smoking using a young person-centred approach
- reflect on considerations and adjustments that need to be investigated to engage young people
- have an understanding about what influences young people's decisions to stop smoking
- be able to investigate how to change perspectives around smoking and stopping smoking
- be able to look at the skills needed to communicate effectively with young people about smoking and stopping smoking
- be able to offer guidance to help young people make decisions to stop smoking
- know how to support young people on their journey to stopping smoking

Session length

The interactive exercises suggested in the course are optional but will aid understanding and achievement of the learning outcomes.

Session delivery method

This training can be delivered face to face or via a virtual on-line platform.

Training resources

- PowerPoint presentation with trainer notes
- Trainer manual
- Worksheet
- Case study scenarios

Timetable

Time	Agenda	Activity
	Course and registration	
	Welcome, introduction, aims and objectives	Presentation
1	Background to young people and smoking	Presentation
2	Engaging young people in the conversation	Presentation
3	What influences young people to stop smoking	Presentation Group discussion
4	Communicating with young people about smoking and stopping smoking	Presentation Group discussion
5	Supporting young people to stop smoking Practice scenarios	Presentation Scenarios
6	Questions, summary and feedback	
	Course ends	