

Exercise 4: Young person profiles

- Use these answers or make up your own, but don't make the conversation too difficult
- Keep in character and supplement the information as required
- Don't give all of this information at once, wait to be asked
- At the end, share feedback with each other on how the practical session went in terms of what worked well and what could be even better

Background information: Jordan

Age	15
Readiness and ability to stop smoking	Is worried about the risks to their looks and wants to save money
Barriers	Their friends smoke and it's something to do
Smoking history	Six months or so, parents don't know
Current smoking	About five a day, more at weekends, smokes roll-ups
Past attempts to stop	Never
Do they vape?	No
Challenging statement	<i>"Everyone smokes. I don't want to be left out"</i>
Challenging questions	<i>"I think it will be easy to quit in the future"</i>

Background information: Jamie

Age	17
Readiness and ability to stop smoking	Feels a bit trapped by it and it's costing a lot
Barriers	Says it helps when they are stressed
Smoking history	Parents smoke so started when they were 12
Current smoking	About 20 a week, doesn't smoke everyday
Past attempts to stop	Thought about it but not tried
Do they vape?	Yes, when they are not able to have a cigarette
Challenging statement	<i>"I don't think I'm addicted, I just enjoy smoking – maybe I could just cut down a bit"</i>
Challenging questions	<i>"I'm only young so I don't think I need to worry about it till I'm older"</i>