

## 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 with young people about stopping vaping and to offer support to those who want to stop vaping. 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 vaping'** 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 vaping and the summary of 'Young people and stopping vaping' briefing
- have an understanding of why young people vape
- be able to engage young people in conversations about stopping vaping 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 vaping
- be able to investigate how to change perspectives around vaping and stopping vaping
- be able to look at the skills needed to communicate effectively with young people about vaping and stopping vaping
- be able to offer Very Brief Advice on stopping vaping
- know how to support young people on their journey to stop vaping

## 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	
1	<b>Welcome, introduction, aims and objectives</b>	Presentation
2	<b>Engaging young people in the conversation</b>	Presentation
3	<b>What influences young people to stop vaping</b>	Presentation Group discussion
4	<b>Communicating with young people</b>	Presentation Group discussion
5	<b>Supporting young people to stop vaping Practice scenarios</b>	Presentation Scenarios
6	<b>Questions, summary and feedback</b>	
	Course ends	