

Vaping, Tobacco, Alcohol and Other Substances Resources for Schools and Colleges in Gwent




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GIG
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Organisation	Link	Additional Information	Language	Cost
 <h2 style="display: inline-block; margin-left: 10px;">Vaping</h2>				
ASH England	https://ash.org.uk/media-and-news/press-releases-media-and-news/fears-of-growth-in-children-vaping-disposables-backed-up-by-new-national-survey/	Over the last few years there has been growing concern about the increasing popularity of disposable vapes with young people. National survey figures show the scale of the issue.	English	No cost
ASH England	Use of e-cigarettes among young people in Great Britain, 2022 - Action on Smoking and Health (ash.org.uk)	Fact sheet examining the use of e-cigarettes (vapes) among young people in Great Britain.	English	No cost
ASH Wales Action on Smoking and Health	No Ifs. No Butts Resources - Action on Smoking and Health (ash.wales)	A collection of factsheets including information on illegal tobacco, as well as information on smoking cigarettes and rollies, cannabis, vaping and e-cigarettes, shisha, smoking in the home, and smoking while pregnant.	Bilingual	No cost
Public Health Wales	PHW Primary school perceptions of E-Cigs.pdf (wales.nhs.uk)	Is it all smoke without fire? Welsh Primary School Children's Perceptions of Electronic Cigarettes (2018)	Bilingual	No cost
		Public Health Wales e-cigarette briefing for all schools in Wales is currently being updated.	Bilingual	No cost



School Health Research Network (SHRN)

www.shrn.org.uk


Various research briefs available on smoking and e-cigarettes including:

- School smoking policies and student use of tobacco, e-cigarettes and cannabis
- Electronic cigarette use in young people in Wales
- Have electronic cigarettes made smoking seem normal again to young people?
- Trends in youth smoking, cannabis use and their association

Bilingual

No cost



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 <h2 style="display: inline;">Tobacco</h2>				
ASH Wales Action on Smoking and Health	ASH Wales - Action on Smoking and Health Wales	<p>Established in 1976, ASH Wales has long worked to raise awareness of the health, social and economic effects of smoking. With a mission to achieve a smoke-free Wales they support campaigns and strive for strong tobacco control policies across Wales.</p> <p>Campaigns include smoke-free school gates ASH Wales - Campaigns - Smokefree School Gates</p> <p>Reports and publications include: A classroom full of children still start smoking in Wales every day with the poorest teens most likely to take up the habit (ash.wales)</p>	Bilingual	No cost
ASH Wales Action on Smoking and Health	NO IFS. NO BUTTS. - Report Illegal Tobacco (noifs-nobutts.co.uk)	<p>The sale of illegal tobacco is a big problem in Wales. A national campaign has been launched to raise awareness about illegal tobacco in Wales and is offering free resources to schools.</p> <p>The campaign has been spearheaded by ASH Cymru, in partnership with the Welsh Government and Trading Standards Wales.</p>	Bilingual	No cost
ASH Wales Action on Smoking and Health	No Ifs. No Butts Resources - Action on Smoking and Health (ash.wales)	A collection of factsheets including information on illegal tobacco, as well as information on smoking cigarettes and rollies, cannabis, vaping and e-cigarettes, shisha, smoking in the home and smoking while pregnant.	Bilingual	No cost

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ASH Wales Action on Smoking and Health	No Ifs. No Butts Resources - Action on Smoking and Health (ash.wales)	<p>Social media assets are also available for use by schools, or other educational institutions or organisations that work with children and/or their parents/guardians. They highlight the dangers of illegal tobacco and how it can be reported.</p>	Bilingual	No cost
GASP	www.gasp.org.uk	<p>GASP was founded in 1980 and has evolved from a pressure group campaigning for smoke free public places to the current day one-stop-shop of over 500 public health, smoking education and tobacco control resources.</p>	English	Cost
NHS Wales Help Me Quit	http://bit.ly/HMQ-Gwent FREEPHONE 0800 085 2219 Or Text HMQ to 80818	<p>Help Me Quit is a single brand for NHS stop smoking services in Wales. They have a bilingual website with information on all NHS stop smoking services. The contact centre team provide smokers with access to all NHS stop smoking services making it easier for smokers to choose the best NHS stop smoking support for them.</p> <p>Getting NHS support increases your chances of success by up to 300% compared to going it alone!</p>	Bilingual	No cost
Calendar of National Campaigns	Calendar of national campaigns NHS Employers	<p>National campaigns and awareness days to help you plan activities for the year including No Smoking Day and much more.</p>	English	No cost

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<p>Public Health Wales</p>	<p>Home - Public Health Wales (nhs.wales)</p>	<p>Developed and delivered by Public Health Wales JustB is a targeted, evidence-based school smoking prevention programme for Year 8 (12-13-year-olds) to enable them to discuss the risks of smoking and the benefits of being smoke free.</p> <p>JustB have been updating their programme content ready to begin delivery in the new year 2023. The programme is still mainly focussed on tobacco use, but the updates will include some information about e-cigarettes.</p>	<p>Bilingual</p>	<p>No cost</p>
<p>Lion Life skills Keys to Smoking</p>	<p>info@lionlifeskills.co.uk</p> <p>Copies of these resources have previously been provided to schools by Healthy Schools so please speak to your Healthy Schools Team for further information.</p>	<p>Keys to Smoking contains 10 easy to deliver sessions aimed at 7 – 11-year-olds. Sessions include aim, learning outcomes, resources, activities, reflection, extension activity and teacher notes. Sessions include:</p> <ul style="list-style-type: none"> • What is in tobacco smoke? • How does smoking affect the body? • And much more! 	<p>English</p>	<p>Cost or Speak to your local Healthy Schools Team</p>
<p>Lion Life skills Up In Smoke</p>	<p>As above</p>	<p>Up In Smoke is a smoking education resource for those working with 11 – 16-year-olds. The resource contains ten sessions that will enable young people to consider a range of opinions and evidence and draw conclusions to inform their own decision-making.</p>	<p>Bilingual</p>	<p>Cost as above</p>



<p>Wales Police School Programme</p>	<p>www.schoolbeat.cymru</p>	<p>SchoolBeat.cymru is a bilingual site from the Wales Police School Programme providing information and resources for pupils, teachers, parents and partners. The website covers ages 5 – 16 and focuses on the three main themes of the Programme: drug and substance misuse, personal safety and safeguarding, and social behaviour and community.</p> <p>There are resources for teachers, learners and parents/ carers on substance use and misuse and other health topics.</p>	<p>Bilingual</p>	<p>No cost</p>
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Alcohol and other substances

Organisation	Link	Additional Information	Language	Cost
Cancer Research UK	www.cancerresearchuk.org	Cancer Research UK provides comprehensive information on a range of lifestyle issues such as smoking and alcohol.	English	No cost
Dan 24/7	www.dan247.org.uk Telephone: 0808 808 2234 Or Text DAN to 81066 Dan 24/7 telephone number will NOT appear on your home itemised bill.	Dan 24/7 is a free and confidential drug and alcohol helpline available 24 hours a day, 7 days a week, 365 days a year through the medium of Welsh and English. The website provides free information on an A- Z of drugs, reducing harm, effects of drugs on the brain and drugs and pregnancy.	Bilingual	No cost
Drinkaware	www.drinkaware.co.uk	Drinkaware is an independent charity which aims to reduce alcohol-related harm by helping people make better choices about their drinking.	English	Some resources have a cost
Drugs Education Training	www.drugstraining.com	Drugs Education Training is an independent training agency providing high quality training on a range of current drug issues.	English	Cost
Image and Performance Enhancing Drugs (IPEDs)	www.ipedinfo.co.uk	<p>This website (formally SIEDsInfo.co.uk) and supporting resources, developed by Public Health Wales, in conjunction with partners at the Centre for Public Health, Liverpool John Moore's University, aims to provide reliable and evidence based information and advice to reduce the harms associated with the use of IPEDs.</p> <p>The website includes how IPEDs work, the law, risks, young people, diet and much more.</p>	English	No cost



<p>Lions Life skills</p> <p>Keys to Alcohol</p>	<p>info@lionslifeskills.co.uk</p> <p>Copies of these resources have previously been provided by Healthy Schools so please speak to your Healthy Schools Team for further information.</p>	<p>Keys to Alcohol contains 10 easy to deliver sessions aimed at 7 – 11-year-olds. Sessions include aim, learning outcomes, resources, activities, reflection, extension activity and teacher notes. Sessions include:</p> <ul style="list-style-type: none"> • What do you already know about alcohol? • What happens to alcohol in the body? • What are some of the risks of drinking alcohol now and in the future? • When and how is it best to say no to alcohol? • How can you find out more about alcohol? 	<p>English</p>	<p>Cost</p>
<p>Lions Life skills</p> <p>Keys to Drugs</p>	<p>As above</p>	<p>Keys to Drugs contains 10 easy to deliver sessions aimed at 11 – 14-year-olds. Sessions include aim, learning outcomes, resources, activities, reflection, extension activity and teacher notes. Sessions include:</p> <ul style="list-style-type: none"> • What type of drugs are there and how do they affect the body? • What are the risks from using drugs? 	<p>English</p>	<p>Cost</p>
<p>National Association for Children of Alcoholics (NACOA)</p>	<p>www.nacoa.org.uk</p> <p>Call 0800 358 3456</p>	<p>The National Association for Children of Alcoholics is a UK charity helping children growing up in families where a parent or carer is addicted to alcohol.</p>	<p>English</p>	<p>No cost</p>





<p>Public Health England</p>	<p>Alcohol lesson plan pack PHE School Zone</p>	<p>Although an English curriculum-based resource the alcohol lesson plan pack aims to help learners at KS3 and KS4 identify the reasons why some people might choose to drink alcohol and the impact it can have on them. Using peer-to-peer discussion, scenarios and videos, students will be encouraged to identify and assess the risks associated with underage or irresponsible drinking, and how to deal with pressure from peers.</p> <p>Download resources includes:</p> <ul style="list-style-type: none"> • Alcohol lesson plan PDF • Alcohol teacher support sheet PDF • Classroom tips and preparation PDF • PowerPoint for use in class 	<p>English</p>	<p>No cost</p>
<p>Public Health Wales Health and Well-being A Guide to Working with Young People</p>	<p>https://abuhb.nhs.wales/files/news/health-amp-wellbeing-youth-worker-guide-engfinalpdf/</p> <p>Welsh version</p> <p>https://abuhb.nhs.wales/files/news/health-and-wellbeing-youth-worker-guide-welshfinal-compressedpdf/</p>	<p>Originally designed as a toolkit for youth workers this latest version of the resource has been amended and made available online for use by other health professionals and teachers who also deliver health and well-being messages to young people. A variety of health-related activities include:</p> <ul style="list-style-type: none"> • Section 6: Smoking • Section 7: Alcohol • Section 8: Drugs 	<p>Bilingual</p>	<p>No cost</p>



<p>Public Health Wales</p> <p>WEDINOS</p>	<p>www.wedinos.org</p>	<p>Public Health Wales with the support of Welsh Government have developed a project designed to identify new drugs and trends in use across Wales, particularly amongst young people. WEDINOS tests unknown/unidentified substances and produces harm reduction advice. Samples may be submitted by anyone in Wales. Schools and individuals wishing to submit a sample may be supported by substance misuse services, Local Authorities and the Police.</p>	<p>Bilingual</p>	<p>No cost</p>
<p>SENSE KS2</p> <p>Growing Up and Keeping Safe CD ROM or USB</p>	<p>Growing up and Keeping Safe (sensecds.com)</p> <p>Copies of this resource have previously been provided by Healthy Schools so please speak to your Healthy Schools Team for further information.</p>	<p>Growing Up and Keeping Safe KS2 – Enjoying and Achieving – Sub Section: Being Yourself and Drug Awareness Lesson 1 of 1 - contains three main learning objectives:</p> <ul style="list-style-type: none"> • To understand that some substances can change our responses to situations and damage our health • To explore the concept of pressure and develop strategies for coping with this • To understand that individuals have choices 	<p>Bilingual</p>	<p>Cost</p>
<p>Talk to Frank</p>	<p>www.talktofrank.com</p> <p>Telephone 0300 1236600 24 hours a day/7 days a week Email FRANK Text 82111</p>	<p>Talk to Frank provides helpful youth focused advice if you're concerned about yourself or a friend. The website includes an A - Z of drugs and useful news articles like keeping safe, myth busting and the risks of buying medicines online.</p>	<p>English</p>	<p>No cost</p>



Organisation	Link	Additional Information
 <h2 data-bbox="949 405 1308 469">Local links</h2>		
<p>Help Me Quit NHS Stop Smoking Services in Wales</p>	<p>For details of stop smoking services in your local area, follow this link: http://bit.ly/HMQ-Gwent</p> 	<p>Information about Gwent NHS stop smoking services.</p>
<p>Trading Standards South Wales</p>	<p>To contact your local trading standards office, follow this link: https://tradingstandards.gov.wales/en/contact-us</p>	<p>Contact information for your local Trading Standards office.</p>
<p>N-Gage Gwent</p>	<p>To contact this service for help or to make a referral, please use this link: https://barod.cymru/where-to-get-help/service-2/gwent-n-gage</p>	<p>A young person's substance misuse support service for under 18 year olds in Gwent.</p>
<p>Aneurin Bevan Gwent Public Health Team</p>	<p>Llanarth House, 1 Newbridge Gateway, Bridge Street, Newbridge NP11 5GH</p> <p>Tel: 01495 241208 Email: Admin_ABGPHT@wales.nhs.uk</p>	<p>Please contact the team should you require further information.</p>



Organisation

Link

Additional Information



National guidance and publications



Tobacco

<p>NICE National Institute for Health and Care Excellence (2021)</p>	<p>Overview Tobacco: preventing uptake, promoting quitting and treating dependence Guidance NICE</p>	<p>Tobacco: preventing uptake, promoting quitting and treating dependence</p>
<p>Welsh Government (2022)</p>	<p>Smoke-free Wales Strategy (gov.wales)</p> <p>A Smoke-Free Wales. Our long-term Tobacco Control Strategy for Wales (gov.wales)</p>	<p>A Smoke-free Wales Our Long-term Tobacco Control Strategy</p>
<p>Welsh Government (2020)</p>	<p>Smoke-free law: guidance on the changes from March 2021 [HTML] GOV.WALES</p>	<p>Smoke-free law: Guidance on the changes from March 2021</p>



Organisation

Link

Additional Information



National guidance and publications



Alcohol

<p>UK Government (2009)</p>	<p>Alcohol consumption by children and young people - GOV.UK (www.gov.uk)</p>	<p>Guidance on the consumption of alcohol by children and young people</p>
<p>Welsh Government</p>	<p>Minimum Unit Pricing for alcohol: summary guidance GOV.WALES public-health-minimum-price-for-alcohol-wales-act-2018-childrens-rights-impact-assessments.pdf (gov.wales)</p>	<p>The Public Health (Minimum Price for Alcohol) (Wales) Act 2018 implemented on 2nd March 2020</p>

This resource has been developed by:

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Please contact the team should you require further information.

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