



Skilled Smoke-Out workshop

The majority of interventions targeting young people are school based. There has been a lack of programs that can be used by youth professionals to target young people who are no longer at school. *Skilled Smoke-Out*, has been developed to address this gap and extend the work currently undertaken in schools. The *Skilled Smoke-Out* training will provide youth professionals with the knowledge and skills to integrate smoking prevention and cessation into their current practice and programs.

The *Skilled Smoke-Out* package includes a training workshop and resource kit. The resource kit includes two guides which youth professionals can refer to after the workshop. The 'Skilled Smoke-Out: Youth Prevention and Cessation Guide' contains loads of useful background information about young people and tobacco. The second guide, titled 'Youth Professionals Guide to the 5As Framework' provides a practical outline of effective models and strategies that youth professionals can use to engage with young people about smoking and tobacco use.

This training package is offered free of charge to those who work with young people aged 15-29 years in out of school settings. Workshops are also available to students studying Youth Work through TAFE and other related classes. We can visit anywhere in the state to run a workshop.

The *Skilled Smoke-Out* is a three hour workshop which will cover:

- brief history of tobacco smoking
- tobacco in Australia
- effects of smoking tobacco
- understanding tobacco smoking among young people
- prevention and cessation techniques (including brief intervention and motivational interviewing skills).

The training outcomes include:

- gaining knowledge and awareness around the issue of youth smoking
- gaining an understanding of the range of strategies for smoking cessation among young people
- understanding motivational interviewing skills and concepts.

For more information or to book a free workshop, please contact:
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