

TEEN STOP SMOKING AND DRINKING

Age group:	14+ tailored to meet your curriculum needs
Duration:	3 hours (1/2 day) or 6 hours (full day)
Good for:	Health awareness, English, technology, PSE
Price:	Maximum 12 learners per session - 3 hours £175 per session, 6 hours £300 per session

Teenagers and smoking cessation

3 hours

This session explores this history of smoking. Learners start by looking at media stereotypes of smoking and discussing why and how it became popular through the centuries, discussing the chemicals in cigarettes and how they age your skin. Attendees will use stop smoking resources such as tar and black lung equipment in group activities.

Teenagers and alcohol abuse

3 hours

This session explores more about the risks of drinking and discusses the long term effects of alcohol abuse, including how it can make young people more vulnerable and the dangers they could face. We also offer tools and videos on underage drinking from Family Lives.

Smoking, drinking and balanced diet

6 hours

To extend this activity, learners will explore when alcohol is used heavily on a regular basis it is a factor many different diseases some of which can be fatal.

To extend this activity, learners will explore the long-term effects of smoking, caused by the tar and other poisons and how they are dangerous for your health.

To extend this activity, learners will explore as a teenager, their bodies are going through many physical changes – changes that need to be supported by a healthy, balanced diet. By learning about eating a varied and balanced diet and how, they will be able to get all the energy and nutrients they need from the food and drink consumed, allowing their body to grow and develop properly.

Stretch, challenge and differentiation

To help develop English skills further, learners can take part in the making of memory boxes and documenting personal life stories. In addition, learners can complete real-life admission document that record an individual's health history.

Please do not hesitate to discuss specific needs of your curriculum, as our fully equipped hospital environment can be tailored to add real-life experiences to enhance the student experience.