

How to use the ASDAN Smokefree Peer Supporter Toolkit

The Peer Supporter Toolkit is a resource which helps you to train your volunteer peer supporters, and to give them what they need to help their peers understand the risks of smoking and vaping.

Simply follow the steps below and start to inspire a smokefree generation in Sheffield.

- Download the **ASDAN Smokefree Peer Supporter Workbook**. This contains all the worksheets needed to deliver the programme and to train your peer supporters. This is where whoever delivers the programme can make their own notes about how to deliver the course.
- Before you begin the Peer Supporter programme you might want to run the **Smokefree Survey** with your students to get a better understanding of their attitudes toward smoking and vaping.
- Invite your students to sign up for the Peer Supporter training using the **Peer Supporter Application Form**. Once you have selected the students you believe to be suitable for the roles, set up the training programme.
- Familiarise yourself with the **Lesson Plans** and review the resources for each of the three sessions.
- At the start of each session use the **ASDAN Peer Supporter Register Template** to monitor attendance. Students will need to complete all sessions to work as a Peer Supporter.
- At the start of the first session, ask each student to complete the **Certification Details Form, Media + Publicity Consent form** and **Pre-Training Evaluation**, then get started on the training.
- When you have completed the training, don't forget to use the **Post-Training Evaluation Form** to see how your students have changed as a result of your training.
- And don't forget to award your successful Smokefree Peer Supporters with their **certificates**.

What you will find in the Toolkit

When you download the Smokefree Peer Supporter Toolkit and unpackage the files, you will see 6 folders, which contain all the information you need.

As a reference, below is a list of resources that you will find in the toolkit.

1. Toolkit
 - a. ASDAN Workbook Compete

2. Forms and Certificates
 - a. Smokefree Survey
 - b. Peer Supporter Application Form
 - c. ASDAN Peer Supporter Register Template
 - d. Certification Details Form
 - e. Media + Publicity Consent Form
 - f. Pre-Training Evaluation
 - g. Post-Training Evaluation
 - h. Peer Supporter Certificate

3. Lesson Plans
 - a. Peer Supporter Training Session 1
 - b. Peer Supporter Training Session 2
 - c. Peer Supporter Training Session 3

4. Session 1
 - a. Laminated smoking effects pictures
 - b. Laminated signs - short and long term effects
 - c. Video - Smoking Harms Your Body
 - d. Smokefree Wheel
 - e. Burning Money Activity Sheet
 - f. Laminated Smoking ageing effects
 - g. Don't get hooked quiz sheet
 - h. Don't get hooked quiz sheet - Answers for reference only
 - i. Second hand smoking facts and effects
 - j. Video - second hand smoking

5. Session 2

- a. Laminated scoring sheets - agree or disagree perceptions activity
- b. Laminated statements - agree or disagree perceptions activity
- c. Celebrity quiz and worksheet
- d. Work sheet - old and new advertising
- e. Video - plain packaging evidence
- f. Video - Terrie's story - ex-smoker
- g. Issues with Tobacco blank worksheet
- h. Issues with Tobacco worksheet answers
- i. Laminated cards - Smoking myths and facts

6. Session 3

- a. Tobacco timeline dates
- b. Tobacco timeline facts
- c. Tobacco timeline answers
- d. Challenging perceptions statement cards
- e. Thinking on your feet worksheet
- f. FAQs sheet for smoking + How to use props
- g. Props and CO Monitors user guide
- h. Being a peer supporter worksheet
- i. Getting creative
- j. Stall posters (5 posters)