

LANDED

TOBACCO & VAPING AWARENESS TRAINING COURSE

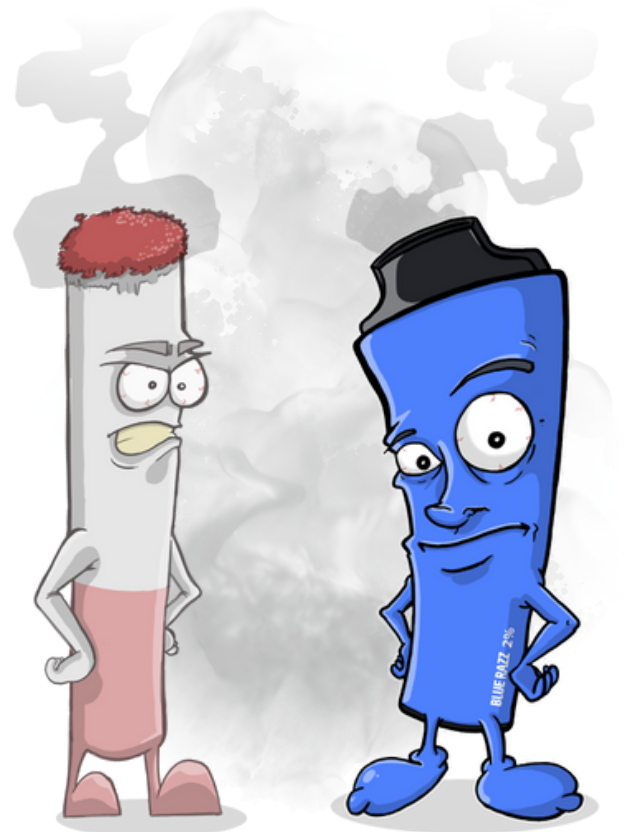
Course Introduction

This course aims to provide practitioners working with young people the knowledge and tools to critically discuss and explore the topic of tobacco and electronic cigarette (vape) use.

LANDED comes from a 'harm-reduction' approach; we don't condemn or condone anyone's substance use. We recognise that young people will engage in risky behaviours, and we aim to provide them with non-biased information to promote positive lifestyle choices.

Key Course Content

- What is tobacco?
- What is a vape?
- Latest vaping information
- Vaping & young people
- Chemicals found in cigs & vapes
- How smoking affects the body
- Second-hand smoke
- Cigarettes, e-cigarettes & the law
- Recent changes in laws and legislation
- Benefits of quitting smoking
- Nicotine Replacement Therapy (NRT)
- Local Stop Smoking Services (SSS)



IN-PERSON DURATION = 4 HOURS
ONLINE DURATION = 4 HOURS