

Smoke-Free Class**Date**

2000-2004

Location

NHS Greater Glasgow

Key PartnersGlasgow City Council
Education Department**Contact**Linda Morris
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Smoke-Free Class is a secondary school smoking prevention programme aimed at all pupils in S1. It was piloted in Glasgow in 2000, and over the last three years has been rolled out to include all secondary schools in the NHS Greater Glasgow area.

The programme has grown from a pilot in only two New Community schools, to the current level of recruitment, which stands at over 6,000 pupils.

NHS Greater Glasgow and Glasgow City Council have worked in partnership to ensure the continued funding of this project over the next three years for all schools in the Glasgow City area.

Smoke-Free Class Competition

Smoke-Free Class is a European smoking prevention programme aimed at pupils in S1. The programme was developed in Finland in 1989, and rolled out in 7 European states in the school year 1997-98. Since then, the number of participating countries has increased each year, and there are currently 15 member states of Europe participating in the programme.

The Smoke-Free Class Competition is based on a social norms/peer influences model, which is boosted by rewards (eg pencils, pens etc) for positive behaviour choices, ie. remaining smoke free. The competition is easy to implement, does not compete for valuable curricular time, and is very popular with teaching staff and pupils alike.

Research across many types of programmes has shown that smoking prevention initiatives have been largely unsuccessful in preventing the uptake of smoking. However, the Smoke-Free Class has demonstrated effectiveness in delaying the onset of smoking; a very worthwhile objective in itself, as research shows that there is a strong positive correlation between the age of experimentation and the probability of becoming a lifelong smoker. Early onset is a strong predictor of longer, and heavier smoking.

See also: Smoking Concerns website

www.smokingconcerns.com

For further details on evidence of effectiveness of smoke free class competition go to:

<http://www.ktl.fi/enypat/EFFECTIVENESS%20OF%20SFC.PDF>