**Resources and training available on Substance Misuse Curriculum, HPV, Cancer Prevention and Sun Safety**

**(early level to senior phase)**

East Dunbartonshire HSCP Public Health Improvement Team has developed a range of CPD sessions to support health and wellbeing for children and young people. Please see below for training dates, course descriptors and details of resources currently available.

**Substance Misuse Toolkit** (early years, primary and secondary)

The substance misuse toolkit is a web based resource containing quality assured resources (e.g. lesson plans) that can be used to aid learning around alcohol, drugs and tobacco. The toolkit is the work of the Greater Glasgow and Clyde Substance Misuse Education Working Group consisting NHS and Education staff.

Access the resource: [www.nhsggc.org.uk/substancemisusetoolkit](http://www.nhsggc.org.uk/substancemisusetoolkit)

CPD Training Available:

11th Sept 2018 - 3.30-5.30pm Kirkintilloch Health & Care Centre

18th Sept 2018 - 3.30-5.30pm Bearsden Academy

19th March 2019 - 3.30-5.30pm Kirkintilloch Health & Care Centre

CPD training can be booked via the EDC Education training calendar or for more information email: karyn.mcwilliam@ggc.scot.nhs.uk

**Tobacco Prevention Packs**

* **Jenny and The Bear** (Primary 1)

Programme addressing effects of second hand smoke on children with take home resource for parents and carers. The programme consists of a story being read to the class followed by a classroom activity to agree a name for the bear in the story, which is then entered into the competition to win a Teddy Bear mascot for their classroom.

Access the Resource: Schools can register for the programme by visiting the following link [www.nhsggc.org.uk/smokefree/jennyandthebear](http://www.nhsggc.org.uk/smokefree/jennyandthebear)

* **Tradewinds: Learning about tobacco** (P5-7)

Interdisciplinary pack covering all curriculum areas designed to enable children to extend their learning beyond the health impacts of tobacco to a consideration of broader tobacco issues.

Access the Resource: [www.nhsggc.org.uk/tradewinds](http://www.nhsggc.org.uk/tradewinds)

CPD Training Available:

29th January 2019 - 3.30-5.30pm Bishopbriggs (venue tbc)

CPD training can be booked via the EDC Education training calendar or for more information email: karyn.mcwilliam@ggc.scot.nhs.uk

* **Smokefree4Me** (S1-S2)

Aims to prevent smoking uptake and encourage young people to make an informed choice to stay smoke free. Classes can take part in the programme in different ways depending on the interests and needs of the pupils as well as the amount of time available in class to undertake activities. Five topics available each with an accompanying lesson plan, suggestions for lesson development and a topical pupil newsletter.

Access the Resource: [www.nhsggc.org.uk/smokefree4me](http://www.nhsggc.org.uk/smokefree4me)

Support is available for staff who are new to delivering tobacco prevention programmes as well as access to a library of resources and teaching aids. For more information email: karyn.mcwilliam@ggc.scot.nhs.uk

**HPV Vaccination Lesson Plans** (secondary level).

Teenage Cancer Trusthave developed lesson plans to support the HPV Vaccination programme in schools.

The lesson plans can be accessed here: <https://www.teenagecancertrust.org/about-us/what-we-do/cancer-awareness/resources#cervicalcancer>

CPD training available to support delivery:

 28th Nov 2018 - 3.30-5pm Kirkintilloch Health & Care Centre

 16th Jan 2019 - 3.30-5pm Bearsden (venue TBC)

**Sun Awareness (**early years, primary and secondary)

Childhood burning from sun exposure is a risk factor for skin cancer.

This CPD session has been developed to promote good practice and showcase sun safety policies for educational establishments.

Training available:

28th Mar 2019 - 3.30-5.30pm Kirkintilloch Health & Care Centre

 30th Apr 2019 - 3.30-5.30pm Bearsden (venue TBC)

**Detect Cancer Early** (primary and secondary). A session aiming to improve knowledge around risk reduction through healthier lifestyle choices and participation in vaccination and screening programmes.

CPD Training available:

 30th Oct 2018 - 3.30-5pm Kirkintilloch Health & Care Centre

20th Mar 2019 - 3.30-5pm Bearsden (venue TBC)

**Alcohol & Building Resilience**

* **Oh Lila** (early years)

Alcohol Focus Scotland resource distributed to all nurseries in East Dunbartonshire in 2014. The Oh Lila! story and supporting resources aim to build resilience and protective factors in young children, helping to develop their social skills and encouraging them to communicate. These skills are particularly helpful for the thousands of children across Scotland who are living with a problem drinking parent/carer.

* **Rory** (early years/first level)

Alcohol Focus Scotland resource distributed to all primary schools in East Dunbartonshire in 2014. The resource pack aims to build resilience and protective factors in children and encourages the exploration of emotions and importance of relationships and asking for help. Rory has been independently evaluated and provides teachers with a range of creative resources and lessons linked to the curriculum for excellence.

CPD Training is provided by Alcohol Focus Scotland for both of these packs and dates will be circulated when dates become available.

For more information on how to access the packs or future training dates email: karyn.mcwilliam@ggc.scot.nhs.uk

**Other health & wellbeing resources:**

* Keeping Myself Safe – teacher support pack focusing on personal safety for teenagers; looking at issues such as knife crime, grooming and peer pressure and use of drugs. Lesson plans and short animated stories available on DVD.
* Body parts resource – felt body part tunics to be used in class to show location of organs within our bodies and what they do, and also the reproductive system – terminology, functions and ovulation and conception. Teacher’s notes included.

**Health Improvement Resource Library**

A variety of resources are available for you to borrow free of charge for use with your learners. We are also happy to provide guidance on how to get the best use out of the resources you use and provide support for new staff. For more information please contact EastDunbartonshire.HealthImprovementTeam@ggc.scot.nhs.uk