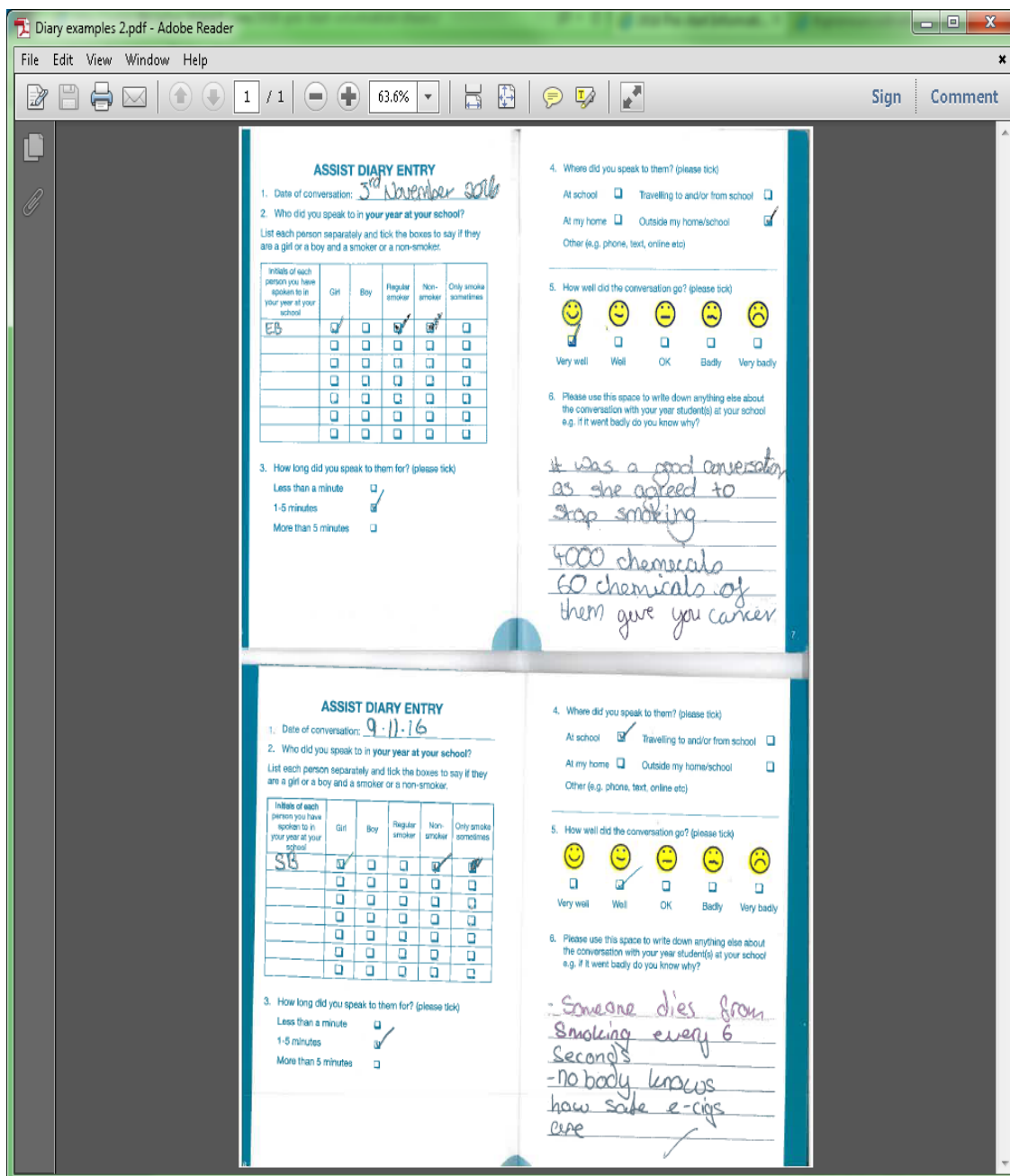


ASSIST is a smoking prevention programme which aims to reduce adolescent smoking prevalence. The ASSIST programme encourages new norms of smoking behaviours by training up “influential” Year 8 students to become “peer supporters”. Peer supporters are trained and supported to have conversations with other year 8’s about the risks of smoking and the benefits of being smoke-free. The ASSIST programme is estimated to prevent 20,000 young people from taking up smoking each year.

All year 8’s are asked to fill in a questionnaire at the beginning of the programme, and by analysing the results of the questionnaire the training team will identify which year 8’s are the most influential in the year group and we take 18% of them on to become peer supporters.

The influential young people are required to fill out a diary of what conversations they have had.



ASSIST DIARY ENTRY

Monday

1. Date of conversation: 7th November 2016

2. Who did you speak to in your year at your school?
List each person separately and tick the boxes to say if they are a girl or a boy and a smoker or a non-smoker.

Initials of each person you have spoken to in your year at your school	Girl	Boy	Regular smoker	Non-smoker	Only smoke sometimes
FB	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. How long did you speak to them for? (please tick)

Less than a minute

1-5 minutes

More than 5 minutes

4. Where did you speak to them? (please tick)

At school Travelling to and/or from school

At my home Outside my home/school

Other (e.g. phone, text, online etc) _____

5. How well did the conversation go? (please tick)

Very well Well OK Badly Very badly

6. Please use this space to write down anything else about the conversation with your year student(s) at your school e.g. if it went badly do you know why?

Where did you go on Wednesday and Thursday?
Goodside to learn about smoking. Did you know a smoker dies every 6 seconds?
Really?
Yep. K.P.

ASSIST DIARY ENTRY

1. Date of conversation: 19th Nov

2. Who did you speak to in your year at your school?
List each person separately and tick the boxes to say if they are a girl or a boy and a smoker or a non-smoker.

Initials of each person you have spoken to in your year at your school	Girl	Boy	Regular smoker	Non-smoker	Only smoke sometimes
A.B	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
G.M	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. How long did you speak to them for? (please tick)

Less than a minute

1-5 minutes

More than 5 minutes

4. Where did you speak to them? (please tick)

At school Travelling to and/or from school

At my home Outside my home/school

Other (e.g. phone, text, online etc) _____

5. How well did the conversation go? (please tick)

Very well Well OK Badly Very badly

6. Please use this space to write down anything else about the conversation with your year student(s) at your school e.g. if it went badly do you know why?

We talked about the bad things in fags such as nicotine and the good things that makes fags addictive such as vanilla extract, licorice

ASSIST DIARY ENTRY

1. Date of conversation: _____

2. Who did you speak to in your year at your school?

List each person separately and tick the boxes to say if they are a girl or a boy and a smoker or a non-smoker.

Initials of each person you have spoken to in your year at your school	Girl	Boy	Regular smoker	Non-smoker	Only smoke sometimes
AC	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. How long did you speak to them for? (please tick)

- Less than a minute
- 1-5 minutes
- More than 5 minutes

4. Where did you speak to them? (please tick)

- At school Travelling to and/or from school
- At my home Outside my home/school
- Other (e.g. phone, text, online etc)

5. How well did the conversation go? (please tick)

-
-
-
-
-

6. Please use this space to write down anything else about the conversation with your year student(s) at your school e.g. if it went badly do you know why?

We was talking about all the things that can affect you if you are a smoker (get rotten throat, become yellow, get wrinkly skin.)

ASSIST DIARY ENTRY

1. Date of conversation: ~~11/1~~

2. Who did you speak to in your year at your school?

List each person separately and tick the boxes to say if they are a girl or a boy and a smoker or a non-smoker.

Initials of each person you have spoken to in your year at your school	Girl	Boy	Regular smoker	Non-smoker	Only smoke sometimes
HO	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. How long did you speak to them for? (please tick)

- Less than a minute
- 1-5 minutes
- More than 5 minutes

4. Where did you speak to them? (please tick)

- At school Travelling to and/or from school
- At my home Outside my home/school
- Other (e.g. phone, text, online etc)

5. How well did the conversation go? (please tick)

-
-
-
-
-

6. Please use this space to write down anything else about the conversation with your year student(s) at your school e.g. if it went badly do you know why?

Hi Henry how was the dentist
 Turns ok they said my teeth were fine.
 Did you know that if you smoke your teeth could fall out.
 Oh no I'll never smoke.