

GUIDELINES FOR YOUTH CONSULTATION



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**NOT
AROUND
US**



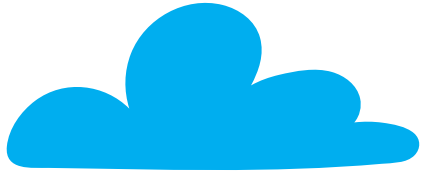
LE TACAÍOCHT Ó - PROUDLY SUPPORTED BY:



Rialtas na hÉireann
Government of Ireland

THE HEALTHY IRELAND FUND SUPPORTED BY THE DEPARTMENT OF HEALTH

INTRODUCTION



- This toolkit is designed to assist you and your organisation to engage and consult with children and young people, in order to assess their interest in having your space/place support the Carlow Kilkenny "Not Around Us" Campaign.
- The toolkit gives advice and example questions you can use in consultation with different age groups. Please choose the questions that are age appropriate for your young people.
- We recommended that you inform parents/guardians ahead of time and get consent for any youth consultation.



HOW DO WE CONSULT?

It is advised to categorise the young people being consulted by age to ensure a fair and age-appropriate discussion and methodology.

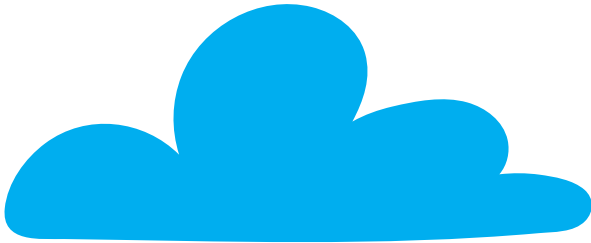
7-8years

9-12 years

13-18 years



CONSULTATION WITH 7-8 YEARS (EARLY PRIMARY)



- Utilise arts and crafts and circle time to facilitate age-appropriate communication and portray the feedback from young people.
- When asking these questions it's important to keep the conversations light and non-judgemental.
- Use simple language and concepts familiar to young children. Additionally, using visual aids like pictures can help them understand the questions better and make it easier for them to express their thoughts.
- Ask if they want to add their space/place to the list.



QUESTIONS SUITABLE FOR 7-8 YEARS (EARLY PRIMARY)

1. General Awareness

- Do you know what smoking is?
- Have you heard about vaping
- what do you think it is?

2. Recognition:

- Have you seen anyone smoking or using a vape before?
- Where have you seen people smoking or vaping?

3. Perception of harm:

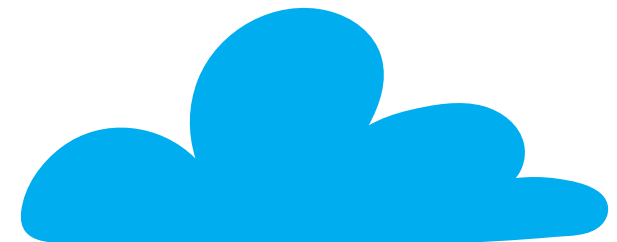
- Do you think smoking is good or bad for people?
- What about vaping- do you think its good or bad for people?

4. Health implications:

- What do you think happens to people who smoke/vape?
- Do you think smoking/vaping can make people sick?

5. Personal Experience:

- Do you ever see people smoking or vaping in this space/organisation?
- How do you feel when someone smokes or vapes?
- If you could stop people smoking here, would you?



FINAL STEP SUITABLE FOR 7-8 YEARS (EARLY PRIMARY)

Not Around Us

- Introduce Signage
- Where could we put the sign, so everyone could see it
- Make decision about it



CONSULTATION WITH 9-12 YEARS (SENIOR PRIMARY)

- Utilise arts and crafts to facilitate age-appropriate communication and portray the feedback from young people.
- When asking these questions it's important to keep these conversations light and non-judgemental.
- Use simple language and concepts familiar to these children.
- Ask if they want to add their space/place to the list.

Engaging Activities suitable for 9-12 years (senior primary)

Draw and Discuss: Ask them to draw a picture of someone smoking or vaping and explain what they think about it.

Role Play: Create a scenario where they have to refuse a cigarette or vape and discuss how they would handle it.

Storytelling: Share a short story about someone their age facing peer pressure to smoke or vape, and discuss what the character should do.

QUESTIONS SUITABLE FOR 9-12 YEARS (SENIOR PRIMARY)

1. General Awareness

- What do you know about smoking and vaping - can you explain what they are?

2. Recognition:

- Where have you seen people smoking or vaping?
- What is the difference between smoking and vaping?

3. Perception of harm:

Where have you learned about smoking/vaping- is it school/the internet/friends/family?

- Do you think smoking is good or bad for people?
- What about vaping- do you think it's good or bad for people?

4. Health Implications:

- What do you think happens to people who smoke/vape?
- Do you think smoking/vaping is bad for your health? Why/why not?

Personal Experience:

- Have you ever been told not to smoke or vape? If so who told you and what did they say?
- What would you do if someone offered you a cigarette or a vape?

Social Influence and Social Media

- Do you know any kids your age who smoke or vape? What do you think about that?
- If one of your friends started smoking/vaping what would you say to them?
- How do you think we could prevent people from starting smoking or vaping?

Follow up: how can adults help?

FINAL STEP SUITABLE FOR 9-12 YEARS (SENIOR PRIMARY)

Do you ever see people smoking or vaping in this space/place?

What do you think when you see them?

If you could stop people smoking here, would you?



Not Around Us

- Introduce Signage
- Where could we put the sign, so everyone could see it
- Make decision about it
- How do we get this message out to people that use this space/place eg parents/families/staff/teenagers?

CONSULTATION WITH 13-18 YEARS (SECONDARY)

Engaging Activities suitable for 13-18 years

Role Play: Create a scenario where they have to refuse a cigarette or vape and discuss how they would handle it.

Storytelling: Share a short story about someone their age facing peer pressure to smoke or vape, and discuss what the character should do.

Using these questions and activities can create a safe and open environment for young people to share their thoughts and knowledge about smoking and vaping.

When asking these questions it's important to keep these conversations light and non-judgemental.

Resource: video link (33) SPHE Healthy Choices Unit 2 - Nicotine Addiction - YouTube

QUESTIONS SUITABLE FOR 13-18 YEARS (SECONDARY)

1. General Awareness

What do you know about smoking and vaping- can you explain what they are?

Where have you learned about smoking/vaping- is it school/online/friends/family?

2. Recognition:

Have you heard any stories or seen any examples of how smoking or vaping has affected someones health?

Follow-up: how did these stories or examples make you feel about smoking or vaping?

3. Perception of harm:

Can you explain how smoking affects your health?

What about vaping- do you think it has similar effects?

4. Health implications:

How do you feel about smoking or vaping around you?

Follow-up: do you think this affects your health?

Do you think smoking/ vaping affects your mental health?

Do you think smoking or vaping impacts your fitness or ability to play sport?

5. Personal Experience:

Follow-up: what do you think could prevent young people from starting?

6. Social influence and media influence

Do you feel any pressure from friends or others to smoke or vape?

What would you say to someone your age who is thinking about starting to smoke or vape?

Follow up: how would you support a friend who wants to quit smoking or vaping

7. Impact of information and campaigns

Have you seen any anti-smoking or anti-vaping campaigns or advertisements? What did you think about them?

Follow-up: do you think these are effective?

FINAL STEP SUITABLE FOR 13-18 YEARS (SECONDARY)

Can you give me an example of a place that people are not allowed to smoke?

Why is it not allowed in these places?

Do you ever see people smoking or vaping in this space/place?

What do you think when you see them?

If you could stop people smoking here, would you?

Not Around Us

- Introduce Signage
- Where could we put the sign, so everyone could see it
- Make decision about it
- How do we get this message out to people that use this space/place e.g. parents/families/staff/teenagers/friends/peers?



MEDIA

**Please share photos, pictures and videos
of your consultation with your local
Healthy Ireland Coordinator**



Carlow: community@carlowcoco.ie

Kilkenny: Healthykilkenny@kilkennycoco.ie

Details of the collection, processing and sharing of images by Carlow County Council and Kilkenny County Council including your right to withdraw consent are outlined in the Council's Photography and Video policy on the Web site or a copy is available upon request.

SECURITY AND PARENTAL CONTROLS

If the young people are in agreement with your organisation supporting the campaign, then you should review your own policies to ensure they include the key aims of the campaign – “helping to protect children and young people from second-hand smoke exposure & contributing to the de-normalisation of smoking for children and young people”.

Before sign up, you should also discuss and agree that you are committing to supporting and promoting the ‘Not Around Us’ activity to your own stakeholders and within your organisation.

- Upon completion of these steps, register and sign the campaign pledge.
- You will then receive a Not Around Us Supporter pack which included a Supporter Charter, Window Stickers and Outdoor Signage.

THANK YOU



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