









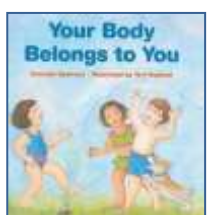





Public Health Improvement Resource Library

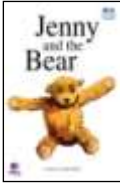









East Dunbartonshire Public Health Improvement team have a resource library that supports local schools and organisations to raise the issue of healthy behaviours. Resources are listed by topic: Alcohol & Drugs, Health & Wellbeing (includes sexual health), Nutrition & Physical Activity and Tobacco.











ACLOHOL & DRUGS RESOURCES		
Name	Description	Type
Substance Misuse Toolkit	 <p>Quality assured resources for staff working in both education and youth work settings. (Early level to senior phase). www.nhsggc.org.uk/substancemisusetoolkit</p>	<i>Lesson Plans / Digital</i>
Alcoshots	 <p>A set of 12 alcohol related situation photographs designed to provide structured opportunities to explore young people' knowledge. Discussion questions and fact files included (target 14-19 years).</p>	<i>Activity</i>
Consequence dice	 <p>Roll the dice and use the outcome to provoke discussion about responding rather than reacting to situations. Covers: substance use and misuse, anger, relationships and more</p>	<i>Activity</i>
Unit Display	 <p>Each glass, shows how much of the beverage constitutes one unit as well as total units in the glass</p>	<i>Resource</i>
Under the Influence Goggles	 <p>Goggles that simulate the experience of the effects of too much alcohol or cannabis – visual distortion, alteration of depth and distance perception, delayed reactions and confusion. (3 sets)</p>	<i>Activity</i>
What is a unit?	 <p>Can you measure a unit of alcohol? Comes with selection of popular drinks bottles: prosecco, buckfast, MD2020, craft beers etc...</p>	<i>Activity</i>

HEALTH & WELLBEING RESOURCES (includes sexual health)		
Name	Description	Type
Breast Self Examination Model	 <p>A range of breast models which can be felt using breast examination to locate lumps. Supports early detection of breast cancer</p>	<i>Resource</i>
Felt Organs	 <p>Male & female reproductive displays to be used for whole class or group teaching as part of the RSHPE programme. Displays can be worn or hung up to display body parts together with terminology.</p>	<i>Activity</i>

<p>HPV lesson plans</p>		<p>Produced by Teenage Cancer Trust to raise awareness of HPV, the importance of the vaccination and screening. Lesson 1 is designed to be taught to S1 students, ideally prior to being offered the HPV vaccine. Lesson plan 2 is for S3 and above. www.teenagecancertrust.org/about-us/what-we-do/cancer-awareness</p>	<p><i>Lesson Plans</i></p>
<p>Keeping Myself Safe</p>		<p>Teacher support pack on personal safety for teenagers. Topics include: safety on nights out, knife crime, peer pressures and the use of drugs, grooming, the use of technology, internet safety, domestic violence, teenage depression and suicide, sexual abuse and sexual assault.</p>	<p><i>Lesson Plans / DVD / Digital</i></p>
<p>Talking Together book collection</p>		<p>Book collection available from the Public Health Improvement team and at your local library. A range of books on growing up, puberty, relationships and sexual health to suit all ages and stages from pre-5 to 16 year olds. www.edlc.co.uk/libraries</p>	<p><i>Resource</i></p>

<p>NUTRITION & PHYSICAL ACTIVITY RESOURCES</p>			
<p>Name</p>	<p>Description</p>	<p>Type</p>	
<p>Let's look @ Healthy Eating</p>		<p>A variety of resources to raise awareness of healthy eating, including;</p> <ul style="list-style-type: none"> - Food Models - Eat Well Floor Mat - Magnetic Healthy Foods Game - Fruit & Vegetable Bean Bags - Food Packaging demonstrations cards 	<p><i>Activity</i></p>
<p>Setting the Table</p>		<p>Nutritional guidance and food standards for early years childcare providers in Scotland. The aim is to ensure that children aged 0–5 in childcare settings across Scotland are offered healthy and nutritious meals, snacks and drinks. www.healthscotland.com/uploads/documents/30341-Setting%20the%20Table.pdf</p>	<p><i>On line resource</i></p>
<p>Food Standards Agency Scotland</p>		<p>Education resources to support teachers across Scotland to deliver the food and health parts of Curriculum for Excellence and the key principles of healthy eating and food safety. The 26 activities are easy to use and include teacher's notes to use as reference: www.foodstandards.gov.scot/education-resources/using-our-resources</p>	<p><i>On line resource</i></p>

TOBACCO RESOURCES			
Name		Description	Type
Jenny & the Bear		Programme addressing effects of second hand smoke on children with take home resource for parents and carers. www.nhsggc.org.uk/jennyandthebear	Lesson Plan (Primary 1)
Trade winds: learning about tobacco		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. www.nhsggc.org.uk/tradewinds	Lesson Plan(s) (P 5-7)
Tobacco-free Secondary Schools resource		Resource pack in 2 parts: Part 1 - Guide to becoming a Tobacco-free School Part 2 - Tobacco-free Schools Teaching Pack Aligned to CfE 3rd & 4th level (S1-S3) but suitable for adapting to senior phase. www.nhsggc.org.uk/tobaccofreesecondaryschools	Lesson Plan(s) (Secondary)
Chemical Soup		Young people can help to mix the different elements that represent the various chemicals found in tobacco – a fun hands on activity for all ages	Activity/ Lesson Plan
CSI Kirkintilloch		A creative way of using body mapping to raise participants knowledge around the health effects of smoking and the benefits of quitting	Activity with optional Lesson Plan
Stop and Swap		Highlights how the cost of smoking adds up over time and also demonstrates that when people <u>stop</u> smoking they can <u>swap</u> the money for a more enjoyable alternative.	Activity with optional Lesson Plan
Big Cig Costume		Giant cigarette costume – creates an impression wherever he/she goes. Useful for events, videos etc..	Activity
Celebrity Smoker Cards		Use to create discussion on how smoking affects our appearance, image and peer pressure	Activity
Cigarette Advertising Cards		Cards looking at how cigarette advertising has changed over the decades. Useful for discussions around tobacco industry tactics, image and peer pressure.	Activity
Effects of smoking pairs game		Fun way to focus on the damage caused by smoking. 40 cards made up of 20 pairs of illustrated cards showing a range of effects of smoking. (3 sets)	Activity

TOBACCO RESOURCES			
Name		Description	Type
Illicit Tobacco Toolkit		Resource pack exploring issues relating to illicit tobacco. Includes have your say card game, podcasts posters and ideas for youth activities.	Activity
Lou Wheeze Smokers Lung		Comparison model. Lou-Wheeze has two flexible latex lung models	Activity
Puffing Poisons		A set of 23 labelled jars each containing relevant objects, liquids, and gases to represent the most dangerous and poisonous chemicals present in tobacco smoke.	Resource
Smokers accessories		A humorous boxed display with a hard hitting twist. It focuses on the 'must have' accessories that all smokers shouldn't be seen without.	Resource
Smokefree Lung Board		Simple but effective way of showing how smoking damages the lungs. The smokefree lung is pink and healthy with air sacs intact.	Resource
Smokers Foul Mouth		Smoking related conditions will not be washed away with soap and water.	Resource
Shortness of breath pack		Demonstrates how smoking can restrict breathing and what COPD (Chronic Obstructive Pulmonary Disease) feels like	Activity
Smoking General Knowledge Quiz		True or False quiz covering what's in tobacco, health effects of smoking, statistics on prevalence and second-hand smoke.	Activity
Smokespin Game		This game offers a new 'spin' on finding out about the dangers of smoking.	Activity
Smokescreen Newspaper		Highlights issues relating to illicit tobacco such as the influence of friends, fag houses, smugglers and many more in creating a new generation of customers to replace those who quit or die	Activity

TOBACCO RESOURCES			
Name		Description	Type
Sponge lung and tar		The lungs are like giant sponges which absorb oxygen and pass it around the body. The model demonstrates how a lung can easily soak up large amounts of tar and even if you squeeze it out you cannot remove all the tar. Gloves provided.	Activity
Tips to help you quit		This illustrated box of 3D quit tips takes a smoker from thinking about stopping to setting a quit day and staying stopped with lots of helpful suggestions for coping	Resource
Tar Jar		Tailored for those working with young people or light smokers to help demonstrate the cocktail of tar than can cause cancer and chronic lung disease	Resource
A pack of toxic tar		The pack contains two removable cigarettes filled with tar that represents the amount of gooey, toxic tar a smoker receives from smoking one packet of cigarettes. 2 sets available	Resource
What's your poison?		Interactive 3-D display that emphasizes the poisons in cigarette smoke by associating other products containing the same poisons	Activity
What's in tobacco?		Display representing some of the 4000 chemicals found in tobacco smoke.	Resource
Life Stuff "Quit"		Five short films for 14-19 year olds. Covers: operation to remove a cancerous tongue, a teenager trying to quit, a teenager battling cancer, tobacco industry tactics and an ironic look at hiding your habit. (Each film 5 minutes)	DVD
The Tobacco Trap		Excellent documentary looking at the true cost of tobacco in developing countries. (12 minutes)	DVD
"The Last Cigarette"		Made by pupils from Dunoon Grammar School with the help of David Hayman's film company, Shooters and NHS Highland. www.youtube.com/watch?v=Go6wX0pBkRc	DVD / Digital
"Kick it"		PSHE DVD with a football theme. Aimed at children aged between 8 and 13. (5 minutes).	DVD
No Smoking, No Butts		A fast moving and funny DVD made by the Monmouthshire Youth Service. Suitable for young people 12 and above. (17 minutes)	DVD with activity



The resources are kept by East Dunbartonshire Public Health Improvement Team and are available for you to borrow free of charge for use with your school or voluntary organisation.

We are also happy to provide guidance on how to get the best use out of the resources with your group.

For more information or to make a booking please contact:

Telephone: 0141 355 7436

Email: ED.HealthImprovementTeam@ggc.scot.nhs.uk

Useful links

East Dunbartonshire Public Health Improvement Team (training and resources)
www.eastdunbarton.gov.uk/PHIT

For CPD training for education staff please refer to the Education Gateway calendar

Greater Glasgow & Clyde health and wellbeing directory
<http://infodir.nhsggc.org.uk>

Greater Glasgow & Clyde Substance Misuse Toolkit
www.nhsggc.org.uk/substancemisusetoolkit

NHS Greater Glasgow & Clyde Healthy Minds
www.nhsggc.org.uk/about-us/professional-support-sites/child-youth-mental-health/healthy-minds-resource/