

**RSPH Level 2 Award for Young Health Champions  
(Unit 8 Supporting Smoking Cessation)**

**RSPH Level 2 Award in Supporting Smoking  
Cessation**

**Learner Workbook**



## How to use this Learner Workbook

RSPH has developed this Learner Workbook to enable learners to provide evidence that the assessment criteria for the RSPH Level 2 Award for Young Health Champions (Unit 8 Supporting Smoking Cessation) and the RSPH Level 2 Award in Supporting Smoking Cessation have been met. Centres must ensure that the learner signs the declaration on the next page to confirm that they have read and understood the RSPH plagiarism statement.

The workbook should be signed where indicated by the Internal Assessor and Internal Verifier to confirm that the learner has met the assessment criteria and learning outcomes within this workbook. Further guidance for tutors and assessors can be obtained from the tutor guide version of this workbook.

The Learner Workbook is editable meaning that text can be inputted and saved. Centres should refer to the RSPH External Verification Procedure before submitting assessed learner work for external verification.

The RSPH plagiarism statement, tutor guides for the workbook and External Verification Procedures can be obtained from the Centre Area of the RSPH web-site.

<b>Learner Name</b>	<b>Learner Registration No.</b>
<p>Learner Declaration: <i>I confirm that I have read and understood the RSPH Plagiarism statement and that all of the accompanying work is my own work. I have identified any relevant sources of information that I have used in supporting my responses to this workbook and these are cited within.</i></p>	
<b>Learner Signature</b>	<b>Date</b>
<b>Internal Assessor Comments</b>	
<p>Please use this space to comment on whether the submitted workbook has met the assessment criteria.</p>	
<b>Internal Assessor Signature</b>	<b>Date</b>

# Learning Outcome 1: Understand factors that result in people smoking

1.1 Describe THREE social factors that could result in smoking

## Task 1

You should discuss with others in your group the social factors that could result in individuals smoking.

From the box below choose THREE social factors that could result in smoking and describe how or why these may influence people to smoke

<b>Advertising</b>	<b>Media</b>	<b>Socio-economic Status</b>	<b>Availability</b>
<b>Education</b>	<b>Culture</b>	<b>Employment</b>	<b>Peer pressure</b>

<b>Social Factor</b>	<b>Reason why or how it can influence the decision to smoke</b>

1.2 Outline THREE factors that are individual-specific which could lead to smoking

**Task 2**

**From the table below, pick THREE individual-specific factors which could lead to smoking. Outline each of your chosen factors and briefly explain how it could lead to smoking.**

<b>Parents</b>	<b>Age</b>	<b>Family</b>
<b>Peer Pressure</b>	<b>Friends</b>	<b>Self- esteem</b>

<b>Individual Factor</b>	<b>How can this factor lead to smoking?</b>

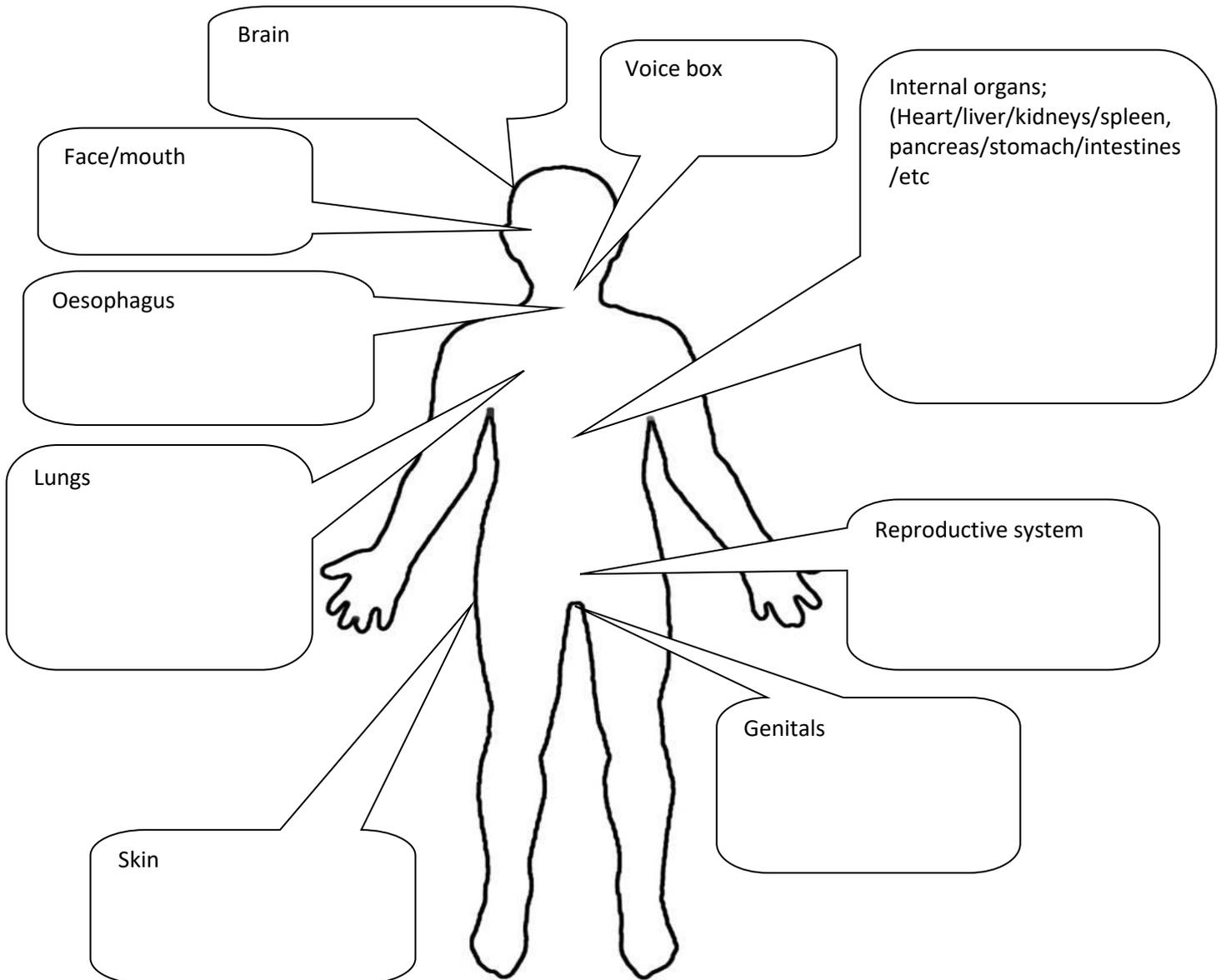


## Learning Outcome 2: Understand the personal and social consequences of smoking

2.1 Outline THREE direct effects on health of smoking

### Task 3

Use the body picture below to outline THREE direct effects on health of smoking. Select three of the body parts sign-posted below and enter the effect of smoking in the space provided.



2.2 Identify THREE possible indirect effects on the individual due to smoking

**Task 4**

**Using the case study provided, identify THREE indirect effects that smoking has on the individual.**

Indirect Effect 1:
Indirect Effect 2:
Indirect Effect 3:

2.3 Identify THREE effects on family members, friends and wider society due to smoking by individuals

**Task 5**

**From discussions in your group identify THREE effects on family members, friends and wider society due to smoking by individuals and give a brief explanation of the effect in the space provided.**

Effect	Explanation

<b>Assessment Decision and Feedback</b>		
<b>Internal Assessor</b>		
Assessment Criterion 2.1	Met	Not met
Assessment Criterion 2.2	Met	Not met
Assessment Criterion 2.3	Met	Not met
Comments / feedback		
Learning Outcome Achieved	YES	NO
Name	Signature	Date

## Learning Outcome 3: Know how to provide help and support to the individual with regard to smoking cessation

3.1 List three agencies / organisations which provide services for individuals wishing to stop smoking and outline the services provided.

Smoking cessation support can come from many areas, whether groups or individuals formal or non-formal, locally situated, or national campaigns; lay people and professionals. The key is to finding out what is actually out there and how these services can be accessed. Most services are free so an individual 'only' needs to have motivation and determination, and with some selective support the chances of giving up are improved quite significantly.

### Task 6

List **THREE (local, regional or national) agencies or organisations that provide stop smoking services and support. For each of the agencies or organisations that you have listed, outline the service that is provided to individuals wishing to stop smoking.**

	Name of service and description of service / help provided	Is this service Local or National?
1		
2		
3		

3.2 Describe THREE ways by which an individual could be encouraged to reduce their risk of harm from smoking.

**Task 7**

**Describe THREE ways by which an individual could be encouraged to reduce their risk of harm from smoking.**

1.
2.
3.

3.3 Identify THREE barriers to changing behaviour with regard to smoking and how these can be overcome.

**Task 8 From the case studies provided, identify THREE barriers to stopping smoking and suggest how these can be overcome.**

<b>Barrier</b>	<b>How the barrier can be overcome:</b>

<b>Assessment Decision and Feedback</b>		
<b>Internal Assessor</b>		
Assessment Criterion 3.1	Met	Not met
Assessment Criterion 3.2	Met	Not met
Assessment Criterion 3.3	Met	Not met
Comments / feedback		
Learning Outcome Achieved	YES	NO
Name	Signature	Date

**Internal Verifier declaration**

<p><b>Internal Verifier</b></p> <p>I have internally verified this assessment workbook and agree with the assessment decisions.</p> <p><b>Signed:</b></p> <p><b>Name:</b></p> <p><b>Date:</b></p>
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