



Project Summary

Funded by the Cancer Council of NSW, the *YouChoose* Project will revise, amend and evaluate the Youth Smoking Cessation program previously developed by Youth Solutions.

A literature review will be undertaken to update the smoking related content of the previously developed resource. The revised program will then be focused tested in three settings including a high school and a youth health service. Following the implementation and evaluation of the program in each setting, amendments will be made to the program. The program will be developed into a CD Rom resource and distributed to all high schools and youth/health centres within the Campbelltown LGA.

Target Group

Primary target group – high school teachers and youth/health workers in the Campbelltown Local Government Area of New South Wales

Secondary target group – young people aged 12 – 24 years in the Campbelltown Local Government Area of New South Wales

Utilising the revised Youth Smoking Cessation resource, school teachers, youth and health workers will be equipped with a resource to assist young people aged 12-24 years to quit smoking.

Project Aim

1. Review, update and evaluate the Smoking Cessation program previously developed by Youth Solutions
2. Distribute the revised program to all high schools within the Campbelltown Local Government Area
3. Distribute the revised program to all youth services within the Campbelltown Local Government Area
4. The aims for participants in the Youth Smoking Cessation program are to:
 - a. Quit smoking during the program
 - b. Remain non-smokers
 - c. Gain knowledge and experience that will enable them to quit at a later date if they do not do so during the program
 - d. Increase their knowledge of smoking related harms

Reference Group

The project will be guided by a Reference Group which will meet quarterly. The Reference Group consists of representatives from:

- Ambarvale High School
- Association of Children's Welfare Agencies (ACWA)
- UWS School of Biomedical and Health Sciences
- Traxside Youth Health Service
- Youth Solutions

