**Sensitivity Guidance for Staff**

The NHS Lanarkshire Smoke in your Eyes Resource deals with a number of sensitive issues relating to tobacco use. As a teaching professional you will know the young people in your care and their families and may also be aware of the smoking status within their household.

In our evaluation feedback of the original Smoke in your Eyes pack, there was some reference made to feeling uncomfortable whilst delivering elements of this subject within their class, we would ask that you keep in mind the benefits to health and society as a whole by not smoking.

Our young people are growing up in a culture where to smoke is not the ‘norm’. Scotland is moving towards becoming a tobacco free country by 2034\*. By using the Smoke in your Eyes Resource pack, you are providing the young people in your care with age and stage appropriate information around tobacco to allow them to make informed choices. (The Scottish Government : Creating a Tobacco Free Generation document can be accessed from: <http://www.gov.scot/Publications/2013/03/3766>

In the Second Level we explore knowledge of tobacco and its effects, e-cigarettes, media influences, peer pressure and stopping smoking support. The messages are not about asking parents/carers to stop smoking but rather to think about where and when they smoke.

Children are more vulnerable to the effects of second hand smoke. In 2012 one in five (19%) of children in Scotland under the age of 16 were living in households where someone smokes within the home. It is estimated that second hand smoke exposure in UK children cause over 20,000 cases of lower respiratory tract infection, 120,000 cases of middle ear disease, at least 22,000 new cases of wheeze and asthma, 200 cases of bacterial meningitis and 40 sudden infant deaths – one in five of all cot deaths. (Source: ASH Scotland, Fast Facts – Second Hand Smoke is harmful to others No. 2 September 2013).

If a child’s parents/carers smoke they are three times more likely to smoke themselves. (Source: ASH Scotland, Fast Facts – Young People and Tobacco No.5 March 2015).

The Smoke in Your Eyes Early Years Resource provides you with lots of ideas for discussing some of these issues in an age and stage appropriate way with children.

Regards,

NHS Lanarkshire Child Healthy Lifestyle Team