

NO SMOKING DAY
WEDNESDAY 14 MARCH
Take the leap.co.uk



No Smoking Day

No Smoking Day is one of the most cost-effective health awareness campaigns of its kind. It helps smokers who want to stop through positive and upbeat messaging that highlights the diverse support available.

After a merger in 2011 No Smoking Day is now part of the British Heart Foundation.

Getting your students involved

- 1 Use our lesson plans to complement the PHSE curriculum
- 2 Take students out into the community to do a litter pick of cigarette butts. Dress them up in bio-hazard suits to make a great photo for your local press
- 3 Work with students to create an informative display about the dangers of smoking. You could use resources from the No Smoking Day shop



Take the leap with

NO SMOKING DAY 2012

Since the first No Smoking Day in 1984 many schools across the UK have taken part in the campaign.

No Smoking Day is an ideal time to remind pupils, staff and parents of the huge risks of taking up smoking and of the help and support available for quitters. This year's striking theme *Take the Leap* aims to urge smokers to put their health first by placing emphasis on the energy they may gain from giving up.

Shout about it!

No Smoking Day always gets a huge amount of media coverage, so don't forget to let your local newspaper or radio station know what you're doing and get a good news story for your school. See our website for tips on press contacts and writing a press release.

Resources

nosmokingday.org.uk

Our website contains a variety of free resources to download including:

- lesson plans (KS3 & KS4)
- puzzles, quizzes and fact sheets
- links to the BHF's resources for children and young people. See also yheart.net

shop.nosmokingday.org.uk

Go to our online shop where we sell a whole range of merchandise including educational items and giveaways for young people.

Psst! Don't forget to enter our *Organiser of the Year* awards – we have a special category for *Best educational setting activity* with a chance to win £50 of free materials for 2013!

**Got questions?
Get in touch!**

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