

Kids quit

Smoking Cessation Brief
Intervention E-learning



the children's hospital at Westmead



The Sydney children's Hospitals Network

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Far too often we see the effects that smoking tobacco has on the health of adolescents, children and their parents. You have the ability to assist them to quit smoking and benefit the health of their family.

The **KidsQuit Smoking Cessation Brief Intervention E-learning** is proven to increase knowledge of smoking cessation and increase confidence in performing brief interventions. This training has been developed with a focus on adolescents and their parents or carers. It provides additional information for high risk groups including those with a mental health diagnosis, pregnant youth and young Aboriginal people.

This evidence-based online training is now available

FREE FOR ALL PROFESSIONALS

and only takes approximately **30 minutes** to complete.

A certificate will be generated upon completion of the E-learning which may be used for continuing professional development (CPD).



95.7% of KidsQuit participants **increased** their overall knowledge of smoking cessation



Most adolescents who smoke start smoking between **12-16 years**



Smoking cessation brief interventions can **double quit rates**



Children of smokers are **twice as likely** to smoke tobacco

Visit kidsquit.org.au to access the training and learn more about smoking cessation.

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