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HENTI.ELAK.BASMI.ASAP.TEMBAKAU (HEBAT) AND STOP NICOTINE ADDICTION AMONG SECONDARY SCHOOL STUDENTS (SNAASSS) 2024

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In line with Malaysia's goal of becoming a Smoke-Free Nation by 2040, serious youth advocacy must be initiated and fully implemented. The evidence to support peer-led intervention and advocacy approaches is abundant and highly effective. This approach, with targeted youth advocacy, is key to nurturing a new generation toward a smoke-free and vape-free culture.

Henti.Elak.Basmi.Asap.Tembakau (H.E.B.A.T) and Stop Nicotine Addiction Among Secondary School Students (SNAASSS) was held on 9th August 2024 in SMK SIERRAMAS was a program organized by the Department of Primary Care Medicine (Quit Smoking Team and Adolescent Team) in collaboration with medical students from the Health Education & Awareness Leaders (HEALx) club, Faculty of Medicine UiTM for the 2023/2024 session.

The implementation of this program aims to raise awareness about the dangers of the nicotine addiction epidemic (cigarettes and vape) among adolescents through advocacy by medical students who act as peer advocates.

Medical students from the Health Education & Awareness Leaders (HEALx) club at the Faculty of Medicine, UiTM Sg. Buloh campus, received training of trainers (TOT) as 'peer advocates' through the adaptation of the Henti.Elak.Basmi.Asap.Tembakau (H.E.B.A.T) module developed by the University Malaya Center for Addiction Sciences (UMCAS).

Equipped with HEBAT, the trained peer advocates were introduced to Stop Nicotine Addiction Among Secondary School Students (SNAASSS©) training module, which is a smoking prevention intervention based on an informal, educational, and peer-led approach created by the Adolescent team of the UiTM Primary Care Medicine Department.

This module consists of training health educators, conducting school awareness campaigns, and peer-led group counseling (peer advocates) among school students who are active smokers/vapers.

Equipped with HEBAT and SNAASSS, the peer advocates executed the intervention program, engaging actively with an equally enthusiastic crowd of 200 Form 2 secondary school students. Chants of HEBAT echoed in the corridors, hallways, basketball courts, and canteen areas, with activities carried out in tandem by the medical students and the school students divided into groups. The students enjoyed the activities while learning and imbibing the strong message passed on through fun and games.

This project aimed to provide new and accurate elements of knowledge, attitude, skills, and aspirations regarding the awareness of the dangers of cigarettes and vaping as well as the awareness of the epidemic of nicotine addiction among adolescents. And all

this was done effectively through advocacy by medical students who assumed the role of peer supporters.

The overall outcome of the half day of the program was measured by the results of a questionnaire distributed to the Form 2 students of SMK Sierramas before and after the program. Results showed a clearly positive response with a rise in elements of knowledge and skill, readiness for change, and change in perception.

In its entirety, this program was the result of hearty collaborative efforts between the university and the school, which has enabled the school to identify at-risk students who smoke cigarettes or vape through active health awareness and to provide counseling and intervention services accordingly. This program will hopefully be expanded to other schools around the Sungai Buloh area.

The Quit Smoking and Adolescent team of Primary Care physicians from the Department of Primary Care Medicine along with our peer advocates from Health Education & Awareness Leaders (HEALx) club wish to thank the Student Affairs Office, Faculty of Medicine, UiTM for unwavering support and to Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani, for officiating the program, on site.

As a follow through, preparations are currently underway for counselling sessions for quit smoking and vaping,

targeting students at risk, conducted by the trained peer advocates and guided by the primary care physician team.

It is our continued mission therefore, to inculcate and empower a smoke and vape free lifestyle among school youth and youth in society, at large.



Figure 1: Opening Ceremony by Assoc. Prof. Dr. Yuhaniza Shafinie Kamsani.



Figure 2 & 3: Karoquiz, the students are asked to connect the lyrics of the song before answering questions about cigarette/vapes.



Figure 4: ACT IT OUT/CHARADES: Students are asked to act out the consequences of smoking and other group members guess the answer for the act.



Figure 5 & 6: GIANT CROSSWORD: The facilitator explains how the station is played.

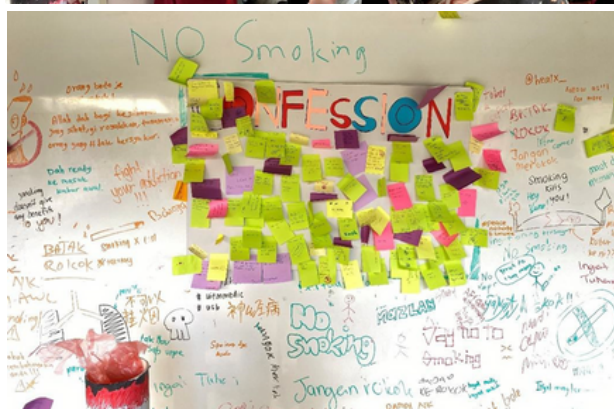


Figure 7 & 8: Students pen their thoughts on cigarette and vape.



Figure 9: Peer advocates explain the hazards of smoke aided by picture board displays.