

Fast Forward Programme Overview

**Scottish Guidance Association
21st Sept 2024**

Fast Forward

Fast Forward uses the lens of risk-taking behaviours to support children and young people to better understand their decision-making processes, toward more informed choices, improved physical, mental and emotional health and positive destinations.

A harm-reduction approach to better informed decision making.

Fast Forward Programmes

- Going Forward – all risk taking behaviours – Lothians
- Ask Dad – working with parents / caregivers – Lothians
- Vaping / E-cigarettes - Lothians
- Scottish Gambling Education Hub – National
- Theatre & Art Projects – National
- Peer Inspiration Projects Scotland – National

Going Forward – Lothians (other areas at cost)

- All risk-taking behaviours
- Children & young people aged 8 – 24
- Schools, youth groups, sports clubs, employability programmes, colleges
- Own It! programme
- <https://www.fastforward.org.uk/projects/going-forward/>

Ask Dad – Lothians (other areas at cost)

- Supporting partners organisations in their work with working with parents / caregivers, specifically Dads / men in parenting roles
- Good Conversations – how to have awkward, embarrassing, difficult conversations
- Dad: the Invisible Parent
- <https://www.fastforward.org.uk/projects/ask-dad/>

Scottish Gambling Education Hub – National

- Gambling in all forms – young people, parents, practitioners
- Gaming – intro to gambling younger children – i.e. loot boxes
- Schools, Colleges, Universities, Youth clubs / groups, parents / caregivers
- Quarterly Scottish Gambling Education Network meetings
- Trust Me & Billie – Theatre in Education > films on website
- Youth Survey completed in 2024, results pending
- <https://gamblineducationhub.fastforward.org.uk/>

“I spend money on my mums bank card without her knowing.”

**“It has made me happier and has connected me
with people i wouldn't have spoken to otherwise”**

**“I used to play every night instead of
prioritising my family, friends and school work”**

**“It's helped me develop my social skills
and confidence talking to new people.”**

**“I forget to eat, I forget to do my homework, I forget to shower
and do other tasks that my parents set me.”**

**“It has not affected me badly, I do feel it actually
helps me escape reality for a short time!”**



<https://www.youtube.com/watch?v=ioZsXk4wLqs>

Peer Inspiration Projects Scotland - National

- Previously Scottish Peer Education Network (SPEN)
- Quarterly PIPS Network meetings, showcasing good practice
- Supporting organisations in their peer education / inspiration work
- <https://www.fastforward.org.uk/pips> - holds resources & info about projects

Theatre & Art Projects – National

- Theatre in Education
- Plays focusing on consent, alcohol, knife crime, gambling
- Developing to include other creative interventions, digital games, short films, animations
- Trust Me & Billie
- <https://www.fastforward.org.uk/projects/arts-and-theatre-projects/>

Vaping / E-cigarettes

- Awareness raising on Vaping with children, young people, parents and practitioners since 2020
- Young people who vape are 3 x more likely to start smoking
- We are delivering sessions to P4 pupils
- CEC smoking & vaping in schools policy
- <https://www.fastforward.org.uk/projects/e-cigarette-vaping-education/>



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- ▶ suffering from cardiovascular or respiratory diseases
- ▶ younger than 18 years old or non-smokers
- ▶ suffering from heart diseases, diabetes or using anti-depressants or asthma medication
- ▶ have a history of heart disease, liver or kidney problems
- ▶ have a Nicotine, Nut, Citrus, Propylene Glycol allergy

Adverse Effects
Nicotine is a highly addictive toxic substance when inhaled, ingested or in contact with skin. Nicotine may increase heart rate and blood pressure, cause sleepiness, nausea and stomach pains. Inhaling nicotine may reduce efficiency of

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Pac-Man on a vape: electronic cigarettes that target youth as handheld multimedia and gaming devices

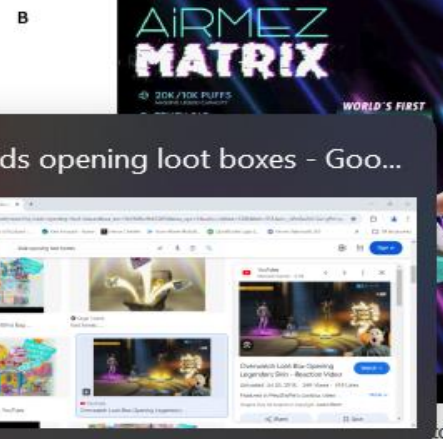
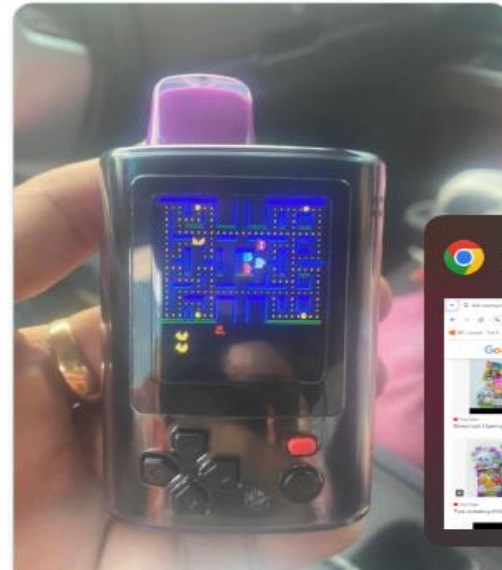
Man Wong , Prue Talbot 

Electronic cigarette (EC) manufacturers are now turning fourth-generation ECs into functional gaming devices. Emerging ECs have high-definition (HD) displays with built-in digital games, such as Pac-Man (figures 1–3). These ECs are of particular concern, as they are user-friendly, attractive to youth and may couple nicotine addiction with gaming disorders. One of these products has gone viral on social media and currently has over 12 million views (figure 1). Some emerging ECs also have features found in smart devices (phones, tablets and watches), such as HD touchscreens, photo

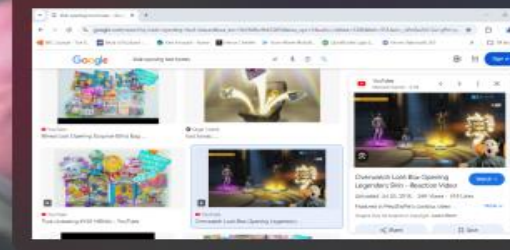


Follow

pac man on a vape is insane 🤔🤔



kids opening loot boxes - Goo...



selling Craftbox V-Play and AiRMEZ Matrix disposable

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