**Learning Outcome 4: Understand how to apply models of behaviour change in a brief intervention or conversation with an individual around vaccination programmes**

**Case Study 4**

Sabrina is 18 and is about to go to university. She never had the MMR vaccine as a child, as her parents were unsure as to whether it was safe for her to do so. Having the vaccine is something that she had been thinking about since she covered it in a PSHE lesson in sixth form, but exams and her social life meant that she had just never really gotten around to doing anything about it.

It's been a couple of years since that lesson now and she now isn’t sure just how important it is that she does get the vaccine. Her parents are already worried enough about the idea of her going to live away at university and she doesn’t know if they have changed their mind about vaccinations, She doesn’t want to upset them and to leave on a bad note.