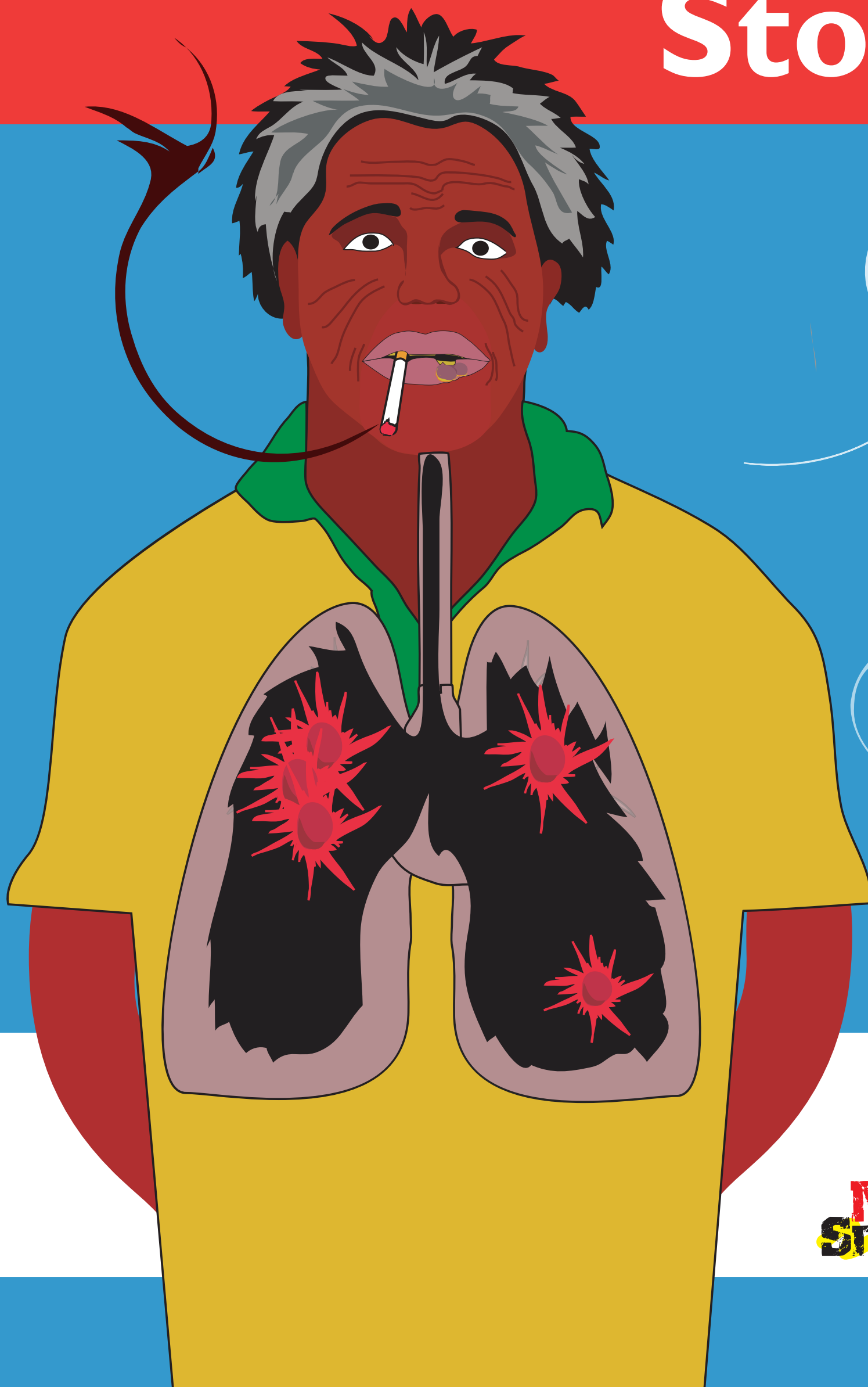


The

Tobacco

Story



**No
Smokes**

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Objective

This flipchart is designed for use by health professionals, tobacco workers, community workers, educators, mental health workers, alcohol and other drug workers, students and community members. It is not a treatment guide; instead, it is an education and information resource.

It is presented in three sections (quitting, your health and the facts) to correspond with sections on the *No Smokes* website (www.nosmokes.com.au), where the pages are also available as separate fact sheets.

It is designed for use mainly with young Aboriginal and Torres Strait Islander people in urban, rural and remote settings. The flipchart uses plain English language and informative images to provide straightforward information about:

- how to quit smoking cigarettes
- the effects of smoking cigarettes on your health
- the history of and facts related to smoking cigarettes among Aboriginal and Torres Strait Islander people.

Facilitators can choose to use this resource as a whole, or select sections of the flipchart to focus on, depending on the needs of their students, clients or personal uses.

Acknowledgements

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Tips for facilitators

- Read the flipchart a couple of times before you use it with others. This will help you to educate yourself and/or refresh your knowledge.
- Ask a doctor or nurse to explain anything that you do not understand.
- You may need an interpreter if using the flipchart with different language groups.
- When using the flipchart, the image page faces the clients or students and the text page faces the facilitator.
- The text is a guide to the images.
- Refer to the images regularly.
- Feel free to elaborate or add familiar examples and stories.
- Encourage comments and questions from the clients/ students.
- You may choose to select certain parts of the flipchart to focus on if you prefer, rather than going through the whole resource in one go.