



NOT THINKING ABOUT QUITTING

Information and resources

When working with people who smoke and who are not thinking about quitting, there may still be an opportunity to inspire them to start reflecting about their smoking behaviour. Your interaction with them may be the beginning of them thinking about quitting.

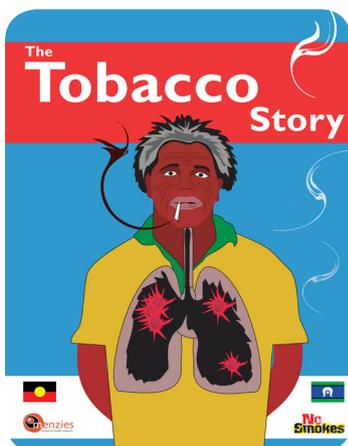


An ideal opportunity for potential engagement and discussion is when someone presents with an illness that is related to smoking. It is also useful to think of every appointment or educational presentation as an opportunity to initiate a discussion about smoking. You can encourage people who are not thinking about quitting to discuss their cigarette use with you, but don't push if they are not willing. It may be enough to start a general conversation around smoking, instead of talking about individual habits.

Your discussion will be guided by each person's specific needs and interests. Have a think about what would engage the young person – it can be entertaining and funny while having a serious message about smoking. Use your judgement as you will know the best approach to engage the client you are working with.

Start by looking through the following suggested No Smokes resources that may help people look at their smoking. You can access all of these resources via the hyperlinks or on <http://www.nosmokes.com.au>.

[The Tobacco Story flipchart](#) is available as a free downloadable [PDF](#) or [PowerPoint](#) on the No Smokes website. You can order a hardcopy version of the Tobacco Story Flipchart [here](#).



The following fact sheets may be useful for smokers who are not currently considering quitting.

Recommended FACT SHEETS

[Smoking Story](#)
[History of Smoking](#)
[Healthy brain](#)
[Addiction to smoking](#)
[What's in a cigarette?](#)
[Smoking and the body](#)
[Passive smoking](#)



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No Smokes website resources

People who smoke and are not thinking about quitting may be interested in different sections of the No Smokes website. There is also a social media component of No Smokes including a [Facebook](#), [blog](#), and [Twitter](#) account. They may be able to explore and interact with these sites outside of their visit with you.

[The Smoking Calculator](#) could be an effective, non-threatening way to start a conversation about smoking with someone who is not considering quitting. It is a fun tool to get people who currently smoke to calculate the cost of their smoking in terms of both their budget and their health.

The facts:

The *Facts About Smoking animation* on the [Smoking story](#) page is an animation about tobacco use by Aboriginal and Torres Strait Islander people and has the message that when individuals are hurt from their own smoking so is their culture. The [History of Smoking](#) video explains how the Maccassans introduced tobacco to Aboriginal and Torres Strait Islander people. We can remind people that smoking is not a traditional part of Aboriginal culture but was introduced and then later given as rations by white people.



Your health:

This section of the website looks at the effects of smoking on all body systems. [Your body](#) and [Passive smoking](#) may be useful to people who are not yet thinking about quitting. Most young people care about their appearance and want to look good so a discussion about smoking could include the negative effects it can have on your looks. Under [How you look](#) young people can explore the *Effects of Smoking game* where they can apply the health effects of smoking to a photo of themselves or someone they know.



Quitting:

This section has an animation [The Tobacco Addiction Story](#) about the effect addiction has on a person's brain. In addition to English, this animation has been translated into Central Arrente, Pitjantjara and Walpiri.

Fun:

If a young person appears reluctant to discuss their smoking with you then the [Fun section](#) could be a more gentle way to approach the topic. It could be useful for a group of young people in an educational setting, or with an individual who is less interested in smoking facts. There are several games to

explore including the [Hip hop dance off](#) which illustrates the difference in abilities and fitness of people who smoke compared to people who don't smoke. There is an option for the user to personalise the game by inserting a photo of them or someone they know so that they become one of the dancers. The dance off can also be downloaded as an [app](#) for a mobile device.

Encourage your clients who smoke to return to the No Smokes website if they would like further information about smoking and tobacco use.