



THINKING ABOUT QUITTING

Information and resources

As health workers, tobacco workers, or educators we are in an ideal position to be able to discuss tobacco use each time we have contact with a young person. When a person is considering quitting this is a good time to offer them appropriate information, encouragement and support.

Most people are aware that smoking is bad for them however this awareness is generally only a superficial understanding of the harmful effects of their tobacco use. People who are thinking about quitting (contemplation stage) may have concerns about stopping smoking. They may be unsure if they will succeed and may not yet be ready to stop smoking. They may be interested in discussing their smoking patterns and to be given information about quitting and motivation to quit.



One way to approach someone who is considering quitting is by using the 5A's approach. You can **A**ssist your client here by asking them their thoughts on the pros and cons of smoking. Suggested questions to explore with your client are:

- What do you see as the good things about smoking?
- What do you see as the not so good things about smoking?
- What do you see as the good things about quitting?
- What do you see as not so good things about quitting?

The answers given may provide you with an opportunity to assist them in identifying any barriers to them stopping smoking and ways to overcome these barriers.

The following No Smokes resources could be used to help inform and motivate people who are thinking about quitting 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](#).

Individual sections of The Tobacco Story can also be used alone as [fact sheets](#).

For people who currently smoke and are considering quitting the following fact sheets may be particularly useful.

Recommended FACT SHEETS

- [What's in a cigarette?](#)
- [Getting better after quitting](#)
- [Smoking and the body](#)
- [Smoking and the lungs](#)
- [Smoking and the heart](#)
- [Smoking and cancer](#)
- [Smoking and diabetes](#)
- [Men's health](#)
- [Womens's health](#)
- [Ways to quit](#)
- [Change your thinking](#)



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No Smokes website resources

People who are considering quitting may be interested in different sections of the No Smokes website. They may find that interacting with others on the No Smokes [blog](#), [Twitter](#) or [Facebook](#) sites gives them extra motivation to quit.

Your health:

You could show a person who is considering quitting the [Body map](#) which shows the different ways that smoking is affecting their body and also links to the [Benefits of quitting](#) to illustrate the many advantages of quitting smoking.

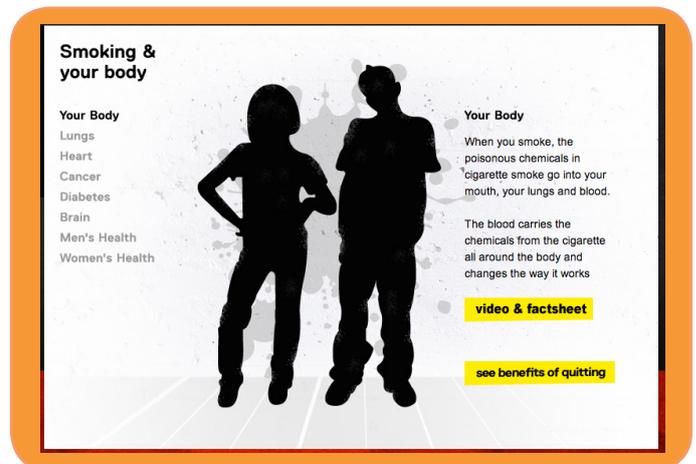
The [Health Effects Mash Up](#) is a two minute video which you can use to enhance knowledge of the health effects of tobacco use. It could help to boost the motivation of someone who is considering quitting.

Quitting:

The [Quitting Mash Up](#) video combines inspirational messages with practical advice and briefly identifies the range of quitting methods people use.

Stories:

This section includes over 70 videos of mostly Indigenous Australians talking about their experiences with smoking. This is a good place for people to explore and to select which story they are interested to listen in watching and learning about. [Health experts](#) discuss smoking prevalence and tobacco related disease specific to Aboriginal and Torres Strait Islander people. Yothu Yindi singer [Mandiwuy Yunupingu](#) compares his life as a non-smoker to when he was a smoker. Elder [Michele Maloney](#) discusses her experience with smoking, quitting smoking and Aboriginal and Torres Strait Islander people's use of tobacco. In [Your stories](#) young people discuss their or their family's experiences with smoking. Other videos in the stories section which may interest young people are [Juanita Duncan](#) discussing the effect of smoking on her performance and the videos about [Peer pressure](#).



Let people know that if they want to contribute their own story to the No Smokes website, they can contact No Smokes at info@nosmokes.com.au or go to the No Smokes [blog](#).

The [Smoking Calculator](#) may assist a person with motivation to quit or cut down as it can be used to show how much money could be saved if they change their smoking habits.