Information for teachers

The No Smokes Stories section features video interviews with a wide range of people about smoking. They feature personal and inspirational messages from smokers, non-smokers, successful quitters and health workers, with the majority of the videos featuring Aboriginal and Torres Strait Islanders.

The Stories section is a great introduction to the issues surrounding smoking cigarettes. It introduces young people to topics such as the health effects of smoking, the reasons people start smoking, why people quit, ways to quit and the effects of passive smoking. Most of the stories contain encouraging messages for young people who smoke or are thinking of smoking. This study guide could be an appropriate starting point for the units of work on smoking, it could be referred to throughout other units of work, or could be a good way to conclude the units of work, by relating everything the students have learnt to people’s personal stories.

The No Smokes website contains more than 60 stories, whereas the DVD has a selection of 12 stories. These 12 videos are summarised below. If your students can access the full stories section either on the internet or the offline version of the website on the DVD, they can explore and choose stories they are interested in using the left navigation menu. Stories can also be viewed and discussed as a class.
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<th>Study Guide</th>
<th>Overview of Subject Areas</th>
<th>Summary of Learning Activities</th>
<th>Links to the Australian Curriculum V.3.0</th>
<th>Links to the Northern Territory Curriculum Framework (NTCF) 2009</th>
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| Stories Study Guide | English | Summarise personal stories and present to the class, conduct interviews using video camera/sound recorder/note-taking; listen to personal stories and put information in summary table. | English (Literacy)  
Sub-strand: Interpreting, analysing, evaluating  
Focus of thread within the sub-strand: Reading processes and comprehension strategies  
Sub-strand: Creating texts  
Focus of thread within the sub-strand: Creating texts, editing, handwriting, use of software  
Sub-strand: Interacting with others  
Focus of thread within the sub-strand: Listening and speaking interactions, oral presentations  
Yrs 7-10 | ESL Secondary Learners  
The educational material in the No Smokes Study Guides would work best for students within ESL Levels 4-7, however activities can be modified to suit students within lower levels.  
Listening  
L L 4.1-7.1: Communication  
L L 4.3-7.3: Language structures and features  
L L 4.4-7.4: Learning-how-to-learn  
Speaking  
S L 4.1-7.1: Communication  
S L 4.3-7.3: Language structures and features  
S L 4.4-7.4: Learning-how-to-learn  
Reading  
R L 4.1-7.1: Communication  
R L 4.3-7.3: Language structures and features  
R L 4.4-7.4: Learning-how-to-learn  
Writing  
W L 4.1-7.1: Communication  
W L 4.3-7.3: Language structures and features  
W L 4.4-7.4: Learning-how-to-learn |
Summary of stories on the DVD

Rarriwuy Hick is a dancer and performer from NE Arnhem land. She talks about her journey to quit smoking with the support of her friends, and how smoking affected her as a performer.

Sean Choolburra, a comedian, dancer and performer from Townsville has never been a smoker, although many of his friends and family smoke. He tells young people who feel pressured to smoke to “just say no”.

Shellie Morris is a singer songwriter from Darwin, NT. Shellie started smoking when she was very young. She has given up smoking once, but started smoking again during a hard time in her life. She talks about how smoking has affected her voice and about how hard it is to quit. She recommends never starting smoking.

Dr Jaqui Hughes is a researcher and kidney specialist in Darwin, NT. She has never smoked cigarettes. Dr Hughes suggests that encouraging someone to give up smoking, or choosing to never smoke has massive life-saving consequences.

Warren H Williams is a radio broadcaster and musician from Hermannsberg near Alice Springs. He is an ex-smoker. Giving up smokes has changed his life. He talks about the impact of smoking on your mental health and also on people around you. He knows a family member who has cancer from passive smoking.

Shari is a non-smoker from Tweed Heads. She talks about how her Mum’s smoking made her a passive smoker. Her Mum has since quit smoking, and Shari talks about the benefits of quitting.

Kalinda Griffiths is a cancer researcher from the NT. She talks about the relationship between smoking and cancer rates. Kalinda is an ex-smoker. She started smoking when she was 12. Almost everyone in her family smokes cigarettes so it has been very hard to quit smoking. She has quit smoking for the fourth time and this time she has chosen to quit for her own health, not for her children’s health.
Summary of stories on the DVD

**Phoebe** is a smoker from Melbourne. She has always wanted to quit. She thinks smoking is a disgusting habit that makes it hard to save money. She talks about the effects of smoking on her fitness. She has tried giving up using nicotine gum. Her advice is to never start smoking.

![Image of Phoebe](image1)

**Ursula Yovich** is a singer, songwriter and actor from Sydney. She is a non-smoker. She talks about first trying cigarettes and not liking the experience. She gets turned off by the look of smokers. She talks about the negative effects of smoking, especially if you are a singer or performer.

![Image of Ursula Yovich](image2)

**Lionel Austin** is a tobacco action worker from Victoria. He gives advice to smokers who want to quit smoking. He tells young people that it is best to quit as soon as possible to avoid the health effects of smoking, and to save money. “Never give up giving up”, says Lionel.

![Image of Lionel Austin](image3)

**Damien**, from Nhulunbuy started smoking at 16. He has found it difficult to give up smoking, especially when he is out and drinking alcohol. He wants to give up smoking so he can be a role model in his community.

![Image of Damien](image4)

**Cindy** is a Bunjalung woman from NSW. She is an ex-smoker who has personally felt the negative effects of smoking. She gave up when she was pregnant, and experienced withdrawal from smoking. She wants to be a positive influence on her children. She encourages young people to be a positive role model for the younger ones by not smoking.

![Image of Cindy](image5)
Pre-viewing activities

The teacher can introduce the idea of interviewing someone on a topic. Model an interview in which a student or students use their own questions or the vox pops questions provided on the topic of smoking cigarettes. This will introduce students to the idea of telling stories about their own experiences of smoking or being around smokers.

Viewing activities

Show the Stories section of the No Smokes website or DVD and explain that these stories have been edited from interviews on the topic of smoking. Play some selected stories and summarise the information using the table provided, and model writing a summary of the story on the board.

Post-viewing activities

- Students work individually or in small groups. Students watch chosen stories and complete the attached table.
- Students graph the information in the stories. For example, how many smokers, non-smokers, ex-smokers.
- Students choose a video story and watch it a few times until they can write a summary of the story. Students report back to the class about the person’s story.
- Students choose one of the topics (ie Peer pressure, Effects on performance, Quitting stories, Ways to quit, History of smoking, or Smoking in pregnancy) and watch the stories in this topic.
- Make a mind map for each topic from information in the stories.

Extension activities

- Students conduct an interview with a classmate, friend or family member using the interview questions provided, or write their own questions. Interviews can be recorded using a video camera, sound recorder, or using simple note-taking.
- Interviews are edited if possible. Stories are presented to the class.
- Interviews could be written into story form.

Peer pressure –

- Students discuss the topic of peer pressure and watch the Stories about peer pressure. Students brainstorm different ways to deal with peer pressure.
- Play the What’s your comeback game from the Fun/Games section
- Students write a personal account about how smoking has affected their lives (through being a smoker, passive smoker or having family and friends around them who smoke). This could be done as a letter or a story.
Vox Pops & Stories interview questions

Context:

These interviews will be a combination of very short questions (vox pops) to illicit a range of opinions on one topic to short interviews containing up to six questions.

All people participating in recorded interviews will need to sign a release form if the material is to be submitted to NoSmokes.com.au for inclusion in the website. Teachers can download a release form from the Teachers section of the No Smokes website or the DVD.

General brief (vox pop) questions:

What's the worst thing about smoking tobacco?
What do you think of smoking?
Have you ever tried smoking? Or have you been in situations where you are a passive smoker?
Do your family and/or friends smoke? If yes, how do you feel about that?
Can you think of positive reasons to stop smoking or not smoke in the first place?
Name one thing that would be most likely to make you or a smoker give up?
  ie increased cost, friend/relative with smoking-related health problems, parent’s/friend’s encouragement to give up, other?
Do you have a message for someone who wants to, or is trying to, give up smoking?

More detailed questions for a longer interview:

If smoker – past or present:

Why did you start? Peer pressure, taste, looks, family, other?
Do you still smoke? How much, how often?
In what ways do you think smoking is affecting your health?
Do you want to give up? Why/why not?
Have you tried to give up before? How? What happened?

If past smoker but now quit:

How did smoking effect your health?
What puts you off smoking again? Cost, smell, health-effects, family/friends disapproval?
How did you quit smoking? Why?

If never smoked:

Why don’t you smoke? Cost, health, smell, taste?
Have your friends or family ever tried to get you to smoke? ie peer pressure

Final question for all interviews:

Do you have a message for someone who wants to or is trying to give up smoking?
<table>
<thead>
<tr>
<th>Name</th>
<th>From</th>
<th>Smoker/ non-smoker/ ex-smoker</th>
<th>If Smoker - How long smoked for?</th>
<th>Reason for smoking</th>
<th>Quit?</th>
<th>Quitting method</th>
<th>Main message</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rarriwuy Hick</td>
<td>NE Arnhem, NT</td>
<td>Ex-smoker</td>
<td>2 years</td>
<td>Family and friends smoked</td>
<td>YES</td>
<td>Cold turkey support from friends, motivation and drive</td>
<td>You don't have to smoke – it's better to stay healthy</td>
</tr>
</tbody>
</table>