



We have been doing smoking prevention visits with primary schools and high schools in the region where we give a presentation to the students and then finish off with activities which involve what they have learnt from the presentation





We also do a presentation for the general public at different event days such as diabetes day, brother days and world no tobacco day, just to name a few



TACKLING INDIGENOUS
SMOKING THROUGHOUT
GIPPSLAND AND THE WIDER
COMMUNITY

Quitline[®]
13 70 40



Smoking Are you kidding?
I've got too much to live for !!!!!

Acknowledgement to Country

We Acknowledge the Traditional
owners of this land which we are
meeting on today,
Gunai Kurnai People.
To all elders past and present
To any Aboriginal people here today
and to our future leaders,
which is you guys





Primary Schools

WHAT IS IN A CIGARETTE?

Fly Spray



Ammonia



Poisonous chemicals



**OVER 5,000
Harmful
Chemicals**

arsenic!
that's rat
poison!



Toilet Cleaner

Second-hand smoke:
Breathing in the
cigarette smoke in the
room

WHAT IS SECOND
HAND SMOKE?

2nd hand
smoke



Pregnancy & Secondhand Smoke



PUFF!!

PUFF!!

2nd hand
smoke

PUFF!!

PUFF!!



What about our Environment, waterways, wild life



That cigarette butt you just tossed on the ground can take 10-15 years to break down, killing wildlife and contaminating our water in the meantime.



WHAT IS THIRD HAND SMOKE?

Smoke

Third-hand smoke is
Smoke that lands on
furniture, floors,
curtains, clothes,
toys and much more

The smoke from
cigarettes float
around the room



Smoke in the
room lands on
toys





SMOKE

SMOKE

WHY IS SECOND-HAND
TOBACCO SMOKE ESPECIALLY
HARMFUL TO CHILDREN?

Because you
breathe faster than
adults so you
breathe in more
smoke.

Because your
bodies are still
growing

Your lungs are very
sensitive to harmful
chemicals.



Smoking is not good for our teeth



A Healthy tooth



When our baby teeth fall out we get adult teeth



When people smoke their teeth get covered in Tar...



Smokers teeth get stained brown from tobacco smoke



BE STRONG and HEALTHY

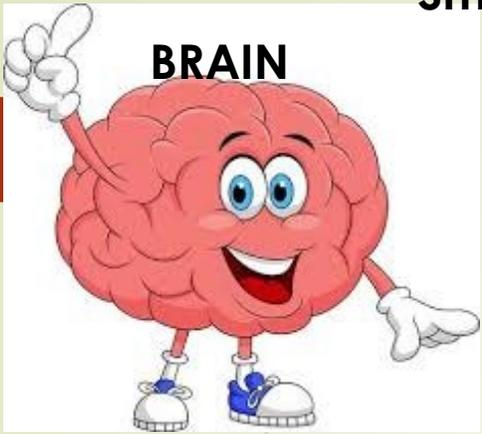


Say 'NO' to smoking

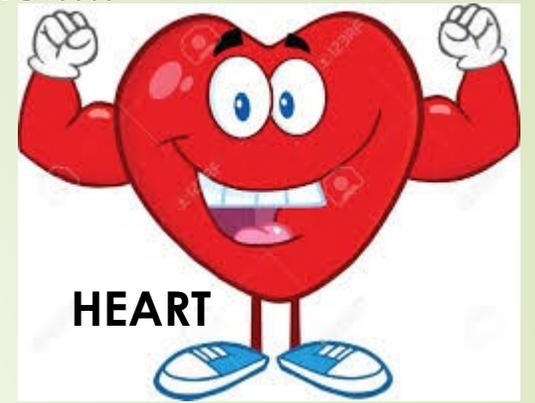


HERE WE PLAY THE DOPAMINE VIDEO

Smoking can affect many parts of the body, here is a couple



BRAIN



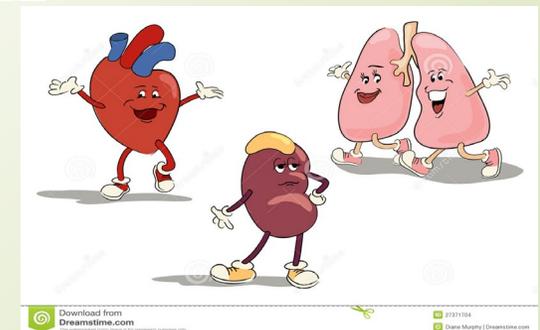
HEART



LUNGS



KIDNEY'S





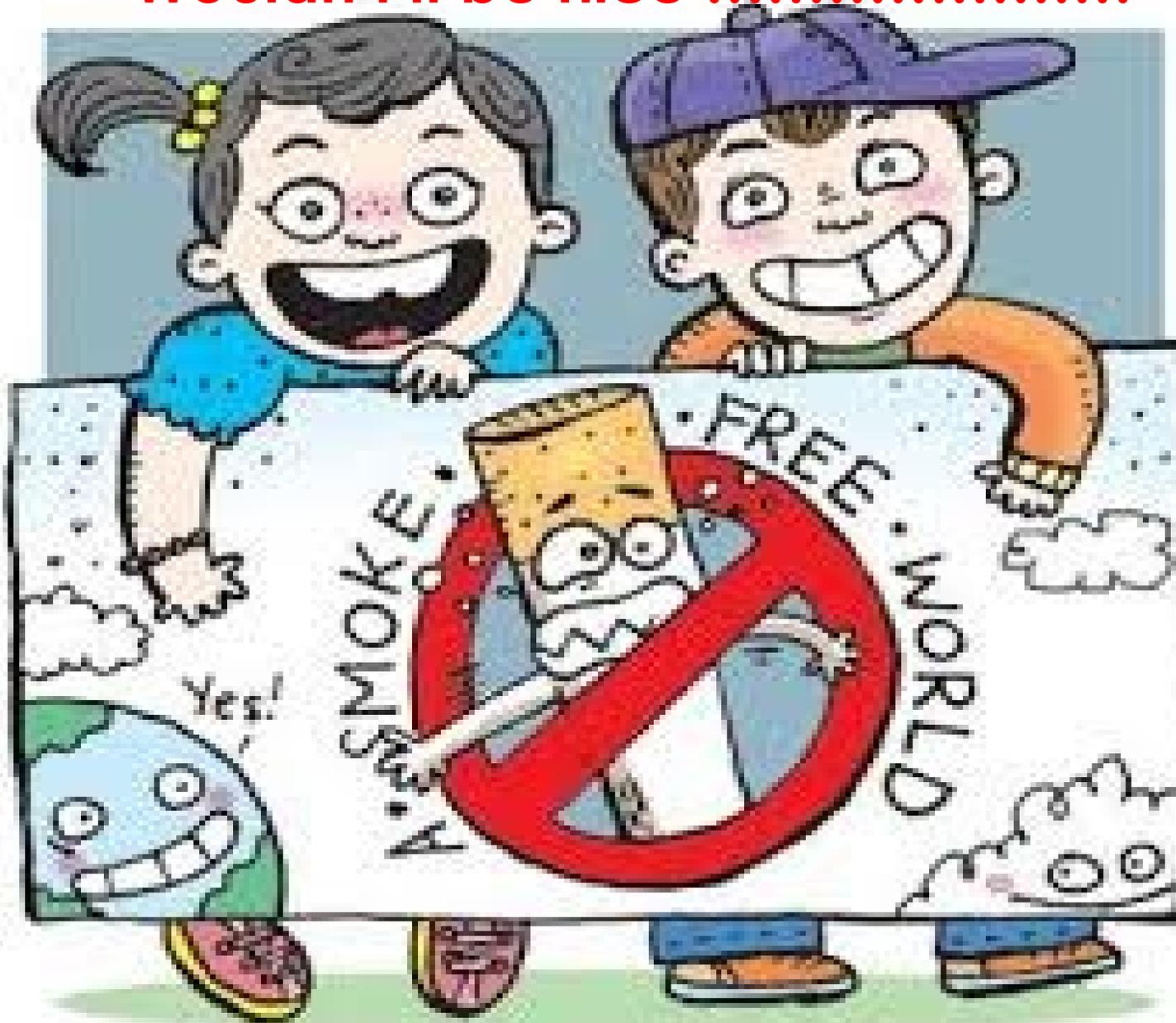
HERE WE PLAY THE DEADLY DAN VIDEO



Karate chop cigarettes !!!!



Wouldn't it be nice









High Schools and Events



“Smoking Are you kidding?”

I've got too much to live for !!!!!

Generally: Students who smoke are more likely to

**Feel negative
about school ..**

Wag Classes

Have lower grades

Misbehave ...

**Drop out of school more often
than non smokers ...**

2011/12 – 6.7% of 17year old's were smoking

**Who is
MOST AT RISK?**

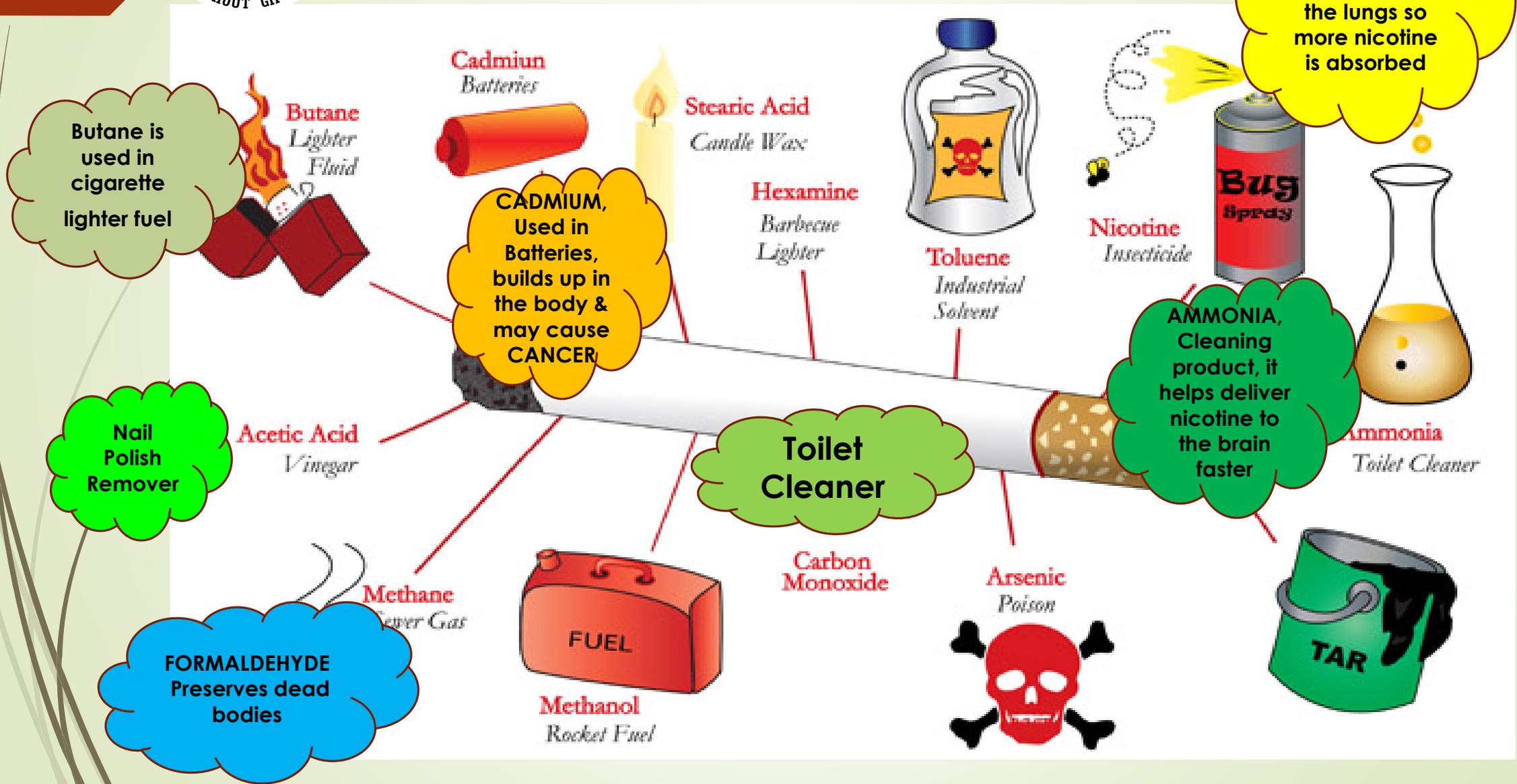
**Everyone who smokes and
everyone who is around
people who smoke**





“Smoking Are you kidding?”
I’ve got too much to live for !!!!!

WHAT'S IN A CIGARETTE?





“Smoking Are you kidding?”
I've got too much to live for !!!!!

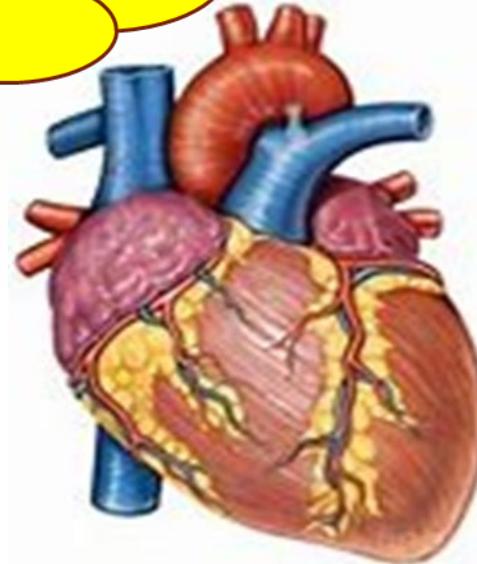
Carbon Monoxide (CO) is a colourless, odourless and tasteless gas

SMOKERLYZER



The Smokerlyzer measures how much CO is in the lungs in the last 12 hours

Oxygen can't attach to red blood cells because of the carbon monoxide



Heart

Smoking can damage both the heart as well as the blood circulation of one's body. This can increase the risk of heart stroke, coronary heart disease, cerebrovascular disease etc.



CO goes from your lungs into your blood stream and attaches to red blood cells



“Smoking Are you kidding?”

I've got too much to live for !!!!!

Nicotine is the reason people continue to smoke

**Smoke in your mouth goes to your lungs
then into your bloodstream**

Your Brain's feelgood sensation is from Nicotine

Smoking kills 2 in 3 long term smokers

**The smoke from
Cigarettes
is what kills you**

**There is over 5,000 chemicals
in each cigarette**

Smoking effects almost every part of the body

“Smoking Are you kidding?”

I've got too much to live for !!!!

Cabbage leaves

Grass clippings

Misconception: Chop Chop and pouch tobacco is natural and therefore better for you than commercial cigarettes..

The Truth: contaminants and additives are not controlled so rarely are 2 batches the same; contaminants include:

Mould spores

Pesticides and insecticides

Dead insects

Bleach





“Smoking Are you kidding?”
I've got too much to live for !!!!!

The brain is important because it helps us make decisions that keep us strong, happy & healthy

Dopamine is like a reward for the brain. When we make healthy lifestyle choices it thanks us by making us feel good

Learning something new

Eating Healthy

Being with Family & friends

Getting enough sleep

Continue to play your favourite sport



When we do things that are healthy for our body & mind the brain makes a natural chemical called Dopamine

Things that make us feel good

There are also unhealthy things we can do that feed dopamine in the brain, then the brain gets tricked into wanting to do unhealthy things over & over again. Smoking cigarettes is one of them

When we do things that are healthy for our body & mind the brain makes a natural chemical called dopamine. Dopamine makes the brain feel good and happy.



"Smoking Are you kidding?" I've got too much to live for !!!!!

To QUIT smoking, it's necessary to break the addiction

..QUITTING is hard

..even when they want to QUIT ..

..and can make people go back to smoking..

..the brain has forgotten how to feel good without cigarettes

This can be painful..

This is hard because the brain feels like it needs the Nicotine from cigarettes to feel good ..

Quitting

CRAVINGS, a strong desire or urge to smoke-all you think about is having a Ciggy !!



When someone stops smoking, the brain and body are not used to the change. This is called withdrawal. The brain has forgotten how to feel good without cigarettes. The brain is so used to nicotine that it needs it to feel good.

Let the brain learn to make Dopamine on it's own

The Good News is that withdrawal gets easier, you get past the cravings...

..You might start eating more than before

..Even depressed.

..Probably cranky..

Weight gain ..

..Frustrated..

..You may start waking up more through the night.

..Anxious..

..Angry..

..Sad..

Changes in the way you sleep ..

Change in Feelings ..

**“Smoking Are you kidding?”
I’ve got too much to live for !!!!!**

**When you smoke. The brain makes
A lot more dopamine than it needs**

**This can make you feel good for a short time. It may
even help you concentrate and have more energy**

**But when people smoke cigarettes for a long time,
the brain starts to think it needs even more
dopamine to make it happy. This means smokers
want to smoke more and only another smoke will
make them feel better**

This is called addiction or getting addicted to cigarettes

**Being addicted to cigarettes means that people
can’t stop smoking even when they know it isn’t
good for them and it might make them sick or even
kill them**

**Addiction is a powerful thing, it can force the brain to
make decisions that are unhealthy**

**That’s why it’s important to help the brain to
remember how to be happy and healthy
without cigarettes.**





HERE WE PLAY THE
LITTLE GREEN
MONSTER VIDEO



“Smoking Are you kidding?”
I've got too much to live for !!!!

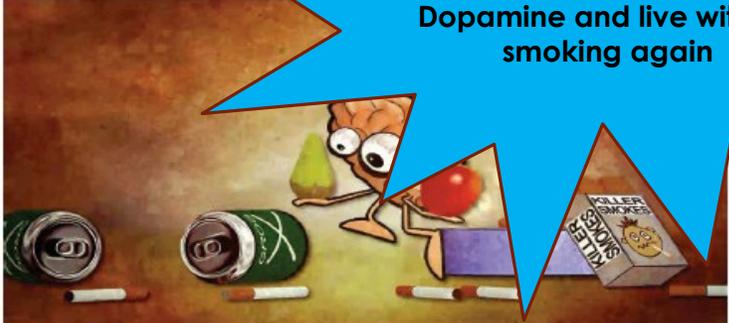
NRT'S



When people get through these cravings they will feel good again, This may take awhile

It is important to deal with the cravings and get through the withdrawal, so the brain can learn to make its own Dopamine and live without smoking again

To quit, you must deal with the withdrawal, so the brain can learn to live without smoking again

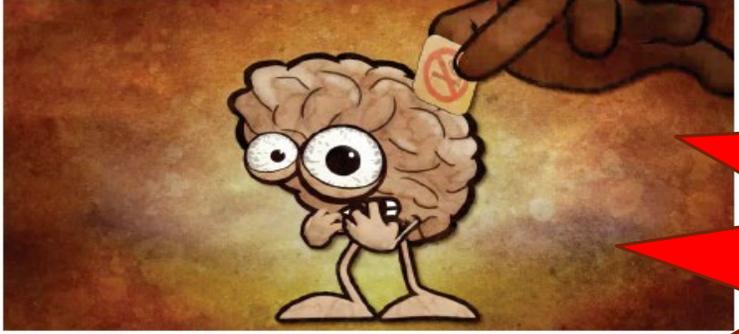


Doing exercise and eating healthy food.

Exercise

Eating healthy

There are some things that can help teach the brain to make its own Dopamine and feel good again without smoking, like:



Nicotine Replacement Therapy (NRT) products like patches, lozenges, and gum.



Beating addiction is one of the most difficult things smokers will ever have to do. They will have to make hard choices every single day
Choosing to stay away from places & situations that make you want to smoke



“Smoking Are you kidding?”

I've got too much to live for !!!!!

Why do people keep smoking and making excuses????

**People come up
with many
excuses**

**I concentrate
better after a
smoke**

**I feel more
relaxed when I
smoke !!**

**I know a lot of
smokers, It's
the Norm !!**

**I don't
smoke a lot
so it won't
effect me!**

**When I get
stressed,
smoking calms
me down !!**

**I don't get sick,
it won't happen
to me**



“Smoking Are you kidding?”

I've got too much to live for !!!!!

Your teeth and mouth



Smoking stains your teeth



Bad Breath

Smoking damages your teeth

Gum Disease

Tooth Loss

Smoking may cause mouth cancer!

Smoking Causes

- Stained teeth
- Plaque build-up
- Bad breath
- Mouth sores
- Gum disease
- Tooth loss



Greater chance for oral cancer

SMOKING CAUSES MOUTH AND THROAT CANCER
Health Authority Warning



Mouth Sores

“Smoking Are you kidding?”
I've got too much to live for !!!!!



It's not going to kill you ... REALLY??



One is not going to hurt...

Come on just one!
...

Lets all meet behind the school for a smoke !!



**PEER PRESSURE,
GO ALONG WITH THE CROWD**



If you want to hang around us, have a smoke

No way you will get hooked...



HERE WE PLAY A VIDEO
OF TEENS REACTING TO
SMOKING ADVERTISING





“Smoking Are you kidding?”
I've got too much to live for !!!!!

People at Risk

Aboriginal people have a higher risk of chronic diseases



unborn babies, when mum smokes while pregnant



Babies are affected by tobacco smoke even after they are born



Everyone

This is 2nd hand smoke!!!

"Smoking Are you kidding?" I've got too much to live for !!!!!

2nd and 3rd hand smoke

Smoking in a confined space puts people at higher risk of exposure of 2nd hand smoke



In this picture the lady isn't smoking, but the room is filled with smoke

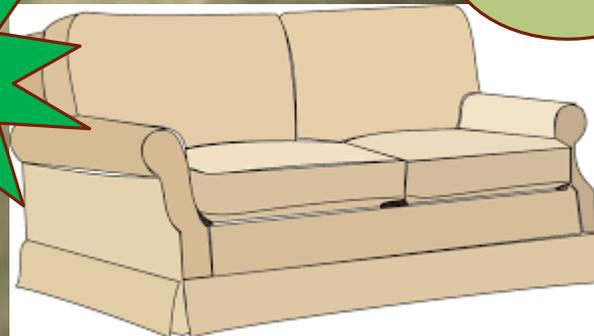
Do you think baby will pick up 3rd hand smoke from crawling on the carpet



The baby is breathing in the smoke, his clothes are covered in the smoke, his hands, his mum, the dangerous chemicals are now everywhere



3rd hand Smoke sticks to the curtains



Everything smells of smoke, chemicals are embedded in the furniture



“Smoking Are you kidding?” I’ve got too much to live for !!!!!



What could you buy with \$9464 a year or \$91 a week

Cost of buying cigarettes

**When I buy cigarettes I normally get 20 in a pack
The cost at the moment is \$26 a packet
On a normal day I smoke 10 cigarettes
I’ve been smoking for 1 year
= 3650 cigarettes in 365 per year
= \$91 a week
= \$364 every four weeks
= \$9,464 every year
= I inhaled 30 grams of Tar**

**20 Pack
\$26 a pack
20 cigarettes a day
Smoking for 1 year
= 7300 cigarettes per year
= \$182 a week
= \$728 every 4 weeks
= \$18,928 every year
= 45 grams of Tar**

New Shoes

Holidays

Xbox games

Credit for your phone

Go to the Movies

New Clothes

New Phone



**“Smoking Are you kidding?”
I’ve got too much to live for !!!!!**

**AFTER 12 hours: almost all nicotine is out of the blood
more oxygen gets to the heart and muscles**

AFTER 1 WEEK: Lungs feel better, blood is healthier, sense of smell improves

AFTER 2 MONTHS: Immune system improves, heart and organs work better

AFTER 6 MONTHS: More air gets in the lungs, exercise gets easier

AFTER 1 YEAR: Blood pressure back to normal, risk of heart disease halves

AFTER 5 YEARS: Less chance of having a heart attack or stroke

AFTER 10 YEARS: Less chance of getting lung cancer

**AFTER 15 YEARS: Risk of heart attack and stroke is almost
the same as a non smoker**

YOUR HEALTH
Getting better after quitting

After 12 hours

- Almost all nicotine is out of the blood
- More oxygen gets to heart and muscles

After 1 week

- Lungs feel better
- Blood is healthier
- Sense of smell improves

After 2 months

- Immune system is better which helps to fight off colds and the flu
- Blood starts moving through the body and helps the heart and organs to work better

After 6 months

- More air gets in the lungs
- Exercise gets easier

After 1 year

- Blood pressure back to normal
- Risk of heart disease halves

After 5 years

- Less chance of getting a heart attack or stroke

After 10 years

- Less chance of getting lung cancer

After 15 years

- Risk of heart attack and stroke is almost the same as non-smoker



“Smoking Are you kidding?”
I’ve got too much to live for !!!!!

**To help with cravings during quitting
...TRY the 4D’s**

DELAY for at least five minutes, the urge will pass

DEEP BREATHE ... breathe slowly and deeply

DO SOMETHING ELSE ... keep your hands busy

DRINK WATER ... take ‘time out’ sip slowly

Choosing to stay away from places &
situations that make you want to smoke

Smoking...are you kidding?

I've got too much to live for!



ABORIGINAL Call Today
Quitline 137848

For help to quit, call **5155 8465**

This Tackling Indigenous Smoking and Healthy Lifestyle initiative was funded by the Australian Government Department of Health

