

## Case Story Template



**Program indicator that this case story relates to: 3,6**

**Who is the story about and what is the story of change? E.g. Achieving a smokefree home, implementing a smokefree policy, individual story of quitting?**

This is Jean's quit story. Jean is an artist from (community X) and mum to three very energetic teenage boys. Jean started smoking about 20 years ago at the age of 15. She told us that she started smoking because many of her friends and family were smokers and it just seemed like the thing to do to fit in. Jean says she was mainly a social smoker, smoking around 15 cigarettes a day. She has tried to quit several times before, but this time she says she has quit for good.

**What helped the person/organisation decide to make this change?**

Jean told us she had known for a while that it was time to quit. Her health was suffering and she was getting short of breathe even doing everyday things like walking to the supermarket or up the stairs at home. But that wasn't her main motivator. What really made her want to quit was when she realised the effect that her smoking was having on her kids. Jean said 'My home was already smoke free, and I had not smoked in front of the kids for quite a while. So I thought we were all good on that front. But then the youngest came home from school and told me about a visit they had from you mob [TIS Team] and how he'd learnt that the poisons from cigarette smoke gets into your clothes and rubs off on others. Well that really made me think – just smoking away from the house wasn't enough to protect them from my smoke.....'

**What supports did they use to make this change?**

Jean used NRT patches that she got through her local AMS. She also got in touch with the Aboriginal Quitline. Talking to one of the Aboriginal counsellors really helped her plan her journey and stick to that plan when the going was tough. 'Just being able to have a yarn with someone who understands my situation – that really helped a lot' Jean told us. A keen AFL fan, Jean also felt encouraged by the 'Smokes are not my story' information in the ad breaks on TV. 'They kept me motivated' she said.

**How did your TIS activities help in this journey?**

We met Jean at our World No Tobacco Day Community Carnival in May 2019 not long after her son had taken part in the school's program. She came to have a yarn and we were able to give her more information and put her in touch with her local Quit Smoking Yarning Group. We are pleased that the school's education program we run is having a positive impact on parents as well as the kids.

**Summary and Conclusion.**

Can you sum up what has been achieved and what is next for the person/organisation featured in this case study?

Jean has now been completely smoke free for four months. This is the longest time she has been quit and she is confident that she has quit the smokes for good because this time she feels supported by those around her. Jean says she has some great support from several people she met through the Yarning Group knows that there will always be someone to turn to her if she is tempted to take up the smokes again. However her kids are and always will be her greatest motivator she says. We thank Jean for sharing her story and wish her all the best as she continues on her smoke free journey.