



Aboriginal Health Council of South Australia

May 2021



This story was submitted to the National Best Practice Unit for Tackling Indigenous Smoking (NBPUI TIS) by the Aboriginal Health Council of South Australia (AHCSA). Many thanks to the AHCSA TIS team for sharing their story.



Aboriginal Health Council
of South Australia Ltd.

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What area do you service?

We service all of South Australia apart from Adelaide, Anangu Pitjantjatjara Yankunytjatjara (APY Lands) and Mount Gambier.

Tell us about your recent successful activity.

The AHCSA TIS team partnered with Aboriginal Basketball Academy (ABA) to deliver community basketball clinics during the first week of the April 2021 school holidays. The team delivered five clinics across Port Lincoln, Whyalla, Port Augusta, Port Pirie and Kadina. The clinics included Tim Brenton, the ABA coach running the basketball skills side of the sessions, and our TIS Youth Project Officer running tobacco-related activities. The sessions were structured with Tim teaching the students how to dribble the ball. The TIS Youth Project Officer followed with a tobacco-related activity called Smokers Tag.

Smokers Tag allowed the youth to learn and understand the effects second-hand smoke has on the body and how important it is to reduce your exposure. Smokers Tag enforced the messaging and practice of reducing exposure to second-hand smoke as well as touching on third-hand smoking. These types of messaging promote conversation at home with parents/caregivers about why having a smoke-free home and environment is important. The youth then learnt the skill of shooting, where Tim would go through various shooting drills to teach the correct shooting technique.





Our TIS Youth Project Officer then continued with a shooting specific tobacco activity: Blind Knock-out. Blind Knock-out supports the participants to both understand and experience the effects smoking has on eyesight. There were two sets of goggles that mimicked the effects of macular degeneration, which affects central vision and cataracts and cloudiness in the lens of the eye, leading to decreased vision. The participants had to attempt to shoot their shot with a pair of the goggles on, to understand the types of vision loss and blindness smoking can cause and how this impacts day-to-day activities. To wrap up the session, Tim did a mix of drills combining offence and defence skills, then to finish off the clinic the youth played one last tobacco activity called the Golden Lung. This activity consisted of the running team wearing face masks to mimic the respiratory difficulty smoking places on the body.



Who was the activity designed to reach?

We advertised for Aboriginal and Torres Strait Islander youth aged 8-14. However, we were very lenient with age and numbers. In a couple of our sessions, we also had non-Indigenous youth attend as they had seen the advertised basketball clinic and were unaware it was an Aboriginal and Torres Strait Islander specific clinic. This didn't matter, as it is equally important non-Indigenous youth also understand the effects smoking has on the body and the need for education and cessation, especially within Aboriginal and Torres Strait Islander communities. The tobacco education content was brought to life through basketball-specific activities, while applying impairments into the body, relating it directly to the health effects smoking has on the body. The TIS team also used graphic cards to ensure the youth understood the content, specifically tailoring for the visual learners.



Can you sum up what you have achieved through this activity?

The partnership with ABA was a success, getting both basketball and tobacco education throughout the clinic. The students enjoyed the clinic and were very engaged. It had great feedback from the parents, family members and community leaders. Unfortunately, for two of the sessions, we didn't get the number of participants we would have liked. Next time, we would like the events to be promoted with more lead time before the event and look at including transport to sessions, making them more accessible. There is future planning and interest for the ABA community basketball clinic from an additional four communities and plans to incorporate the sessions as part of school visits.

