



# Nunkuwarrin Yunti



MEN'S YARNING CIRCLE



# ACKNOWLEDGEMENT OF COUNTRY

I want to acknowledge that we are meeting on the traditional land of the Kurna people, we pay our respect to Elders past, present and emerging.

We recognize and respect their cultural heritage, beliefs, and relationship with their land.

We also extend that respect to other First Nations individuals in the audience today.



# WHO AM I?







# OUTLINE

- Yarning Circles
- Cultural Connection To Smoke
- Introduction To Tobacco
- Aspects To Nicotine Addiction
- Nicotine Replacement Therapy
- Second-Hand and Third-Hand Smoke
- Men's Role
- Support Services





# Yarning Circles

Why are they effective?





# Yarning Circles

Two-way Learning

Platform to provide shared experience/expertise

Accountability

Culturally appropriate





# Cultural connection to smoke

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What is our experience?

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Healing

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Cleansing

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Ceremony







# Introduction to Tobacco

Maccassan's  
introduction

Colonisation and  
systemic use of  
tobacco

Modern day  
tobacco use





# Aspects To Nicotine Addiction





# Nicotine Replacement Therapy

What do we know?





# Nicotine Replacement Therapy

What is it?

Why use it?

When can and should you use it?

How can you access and use it?





# Nicotine Replacement Therapy





# Second and Third-Hand Smoke

What do we know about it?





# Second and Third-Hand smoke

What is it?

Is it dangerous?

How does it affect our Families?





# Men's Role

Who's responsibility is it to provide a smoke-free environment for?

- Unborn babies
- Newborns
- Children
- Families







# First Aid For Smoking

- Contact your local TIS Team – Nunkuwarrin Yunti
- Contact your local ACCHO/AMS and book an appointment with your health worker and GP
- There are many forms of NRT (Nicotine Replacement Therapy) from single-use to combination therapy – depending on your level of nicotine dependence
- Quitline 13 7848
- Family Support



**Nunkuwarrin Yunti**  
of South Australia Inc.





# Summary

The Yarning Circles are designed to:

Encourage self-determination and leave our clients feeling empowered.

