

# Na Joomelah



**NA JOOMELAH**  
Tackling Indigenous Smoking

# About Us

Na Joomelah is operated by the La Perouse Local Aboriginal Land Council, servicing the Sydney/Illawarra region.

**Na Joomelah (Na Joom – eh – lah)**

**translates to 'no smoking' in our language**



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# Engagement

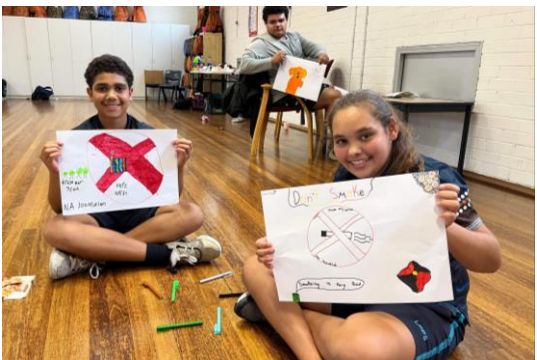
- Engagement Officer
- Initial consult and bookings
- Location focused per term
- Four-week program





# Education

- Building trust
- Fun and engaging
- History of Tobacco
- Benefits of living a smoke/vape-free lifestyle
- Harms of second and third-hand smoke and vape
- Identifying withdrawal symptoms and cessation support





# Activations

- Tree of Life
- Scenarios – dealing with peer pressure
- Physical Activity and mindfulness
- General Knowledge Quiz
- Poster Making
- Utilising tools – Kahoot! and Mentimeter





# Challenges



- Providing for whole school
- One-on-one consultation
- Mis-information
- Effective Impact



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# Connect With Us!



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najoomelah.org



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