



Smarter than Smoking Information Sheet

Background Information

Strategies to integrate the Smarter than Smoking message

At the beginning and end of each session you can acknowledge Healthway as a funding partner and promote the Smarter than Smoking message, see some examples below:

- *“Healthway provides funding for today’s PROGRAM/EVENT which enables WA Squash to come out and teach you squash. There is an important health message that I would like to talk to you about, can anyone tell me what they might be?”*
 - encourage the children to answer... ask them to look at your clothing/hat/signage for clues. If they still don’t know, ask them to look at signage.
- *“Can anyone tell me why this is an important message?”*
 - Take the opportunity to talk about the harmful effects of smoking.
- *“Does anyone know the side effects of smoking?”*
- *“What is passive smoking, Does anyone know”*
 - Passive smoking is more harmful to young children than adults as their respiratory systems are still developing.

Smarter than Smoking key messages:

- Keeping fit is a lot harder if you smoke. Those who smoke are more easily exhausted, suffer shortness of breath, have reduced endurance, and are slower to react, making it harder to keep up on the court!
- If you don’t smoke, you’ll never have to worry about bad breath and hair and clothes that stink. Are you Smarter than Smoking?
- At around \$30 a pack, spending your money on cigarettes means you’ll have a lot less to spend on other stuff. Smoking – You’re Smarter than that!
- The majority of adult smokers wish they’d never started and say they’d like to stop smoking. Wouldn’t it be easier to quit smoking before you start?
- Smoking gives you bad breath, stained teeth, yucky skin and smelly hair. Just a few of the many reasons why smoking is not a smart move.
- If you smoke how do you reckon you’ll keep up the pace? Smoke and you miss out.
- Is coughing up chunks the way you want to start your mornings? Wouldn’t it be easier to quit smoking before you started?
- More than 95% of young people aged 12-17 years don’t smoke regularly. This means the majority of young people really are Smarter than Smoking.



Integration of Smarter than Smoking into games/drills/activities:

- Use the Smarter than Smoking signage as part of the warm up/warm down activities and games e.g. run to the Smarter than Smoking sign and back, weave around the Smarter than Smoking signs and the goals (or sport equivalent) in the warm up run etc.
- IF SPORT INVOLVES THROWING OR PASSING SKILL DEVELOPMENT – When doing throwing or passing drills, put the sign in the distance or positioned where the children can aim for or throw/pass over (signage not to be damaged).
- If splitting children into teams, give the teams an opportunity to name their team either a negative effect or positive effect of smoking e.g. emphysema vs lung cancer (negative) or healthy lungs vs nice breath (positive). Always remember to refer to the teams as these names.
- **If the participants are quite puffed after any games/drills/activities/game or match practice, mention how it might feel if they were a smoker.**
- With younger children, get them to yell out at the end of the lesson – “What is the health message? and/or “Give smoking the flick” I can’t hear you? and/or “What is the nearest club or school you may want to join or play (SPORT)?” I can’t hear you? “What is the health message again?” etc.

CHEMICAL OR POISON	ALSO USED IN
acetone	paint stripper, nail polish remover
ammonia	window, floor or toilet cleaner
cadmium, lead	batteries
butane	lighter fluid
naphthalene	moth balls, toilet deodoriser
methoprene	flea, ant or cockroach killer
formaldehyde	preserving dead bodies
arsenic	white ant poison, rat poison
nicotine	pesticide