

# CLASS ONE – GETTING STARTED

## PURPOSE

For facilitators to set a positive tone, lay the foundation for subsequent sessions. In addition, the class will build participants’ motivation to stop smoking and increase awareness of their personal smoking habits.

## AGENDA

Item	Time
1.1 Facilitator introductions, housekeeping (bathrooms, water) and history	10
1.2 Review agenda and give overview of upcoming sessions	15
1.3 Purpose of the session	5
1.4 Support group profile and pre-class survey	10
1.5 Ground rules & participant introductions	30
1.6 How smoking becomes a habit	10
1.7 Pack Track introduction	10
1.8 Closing and take-home activities	5

## MATERIALS

### Each Class:

- |   |   |
|---|---|
| <input type="checkbox"/> Sign In Sheet          | <input type="checkbox"/> Pens               |
| <input type="checkbox"/> Water                  | <input type="checkbox"/> Whiteboard Markers |
| <input type="checkbox"/> Blank flipchart/easel  | <input type="checkbox"/> Box of Tissues     |
| <input type="checkbox"/> Hand Sanitizer         | <input type="checkbox"/> Cinnamon Sticks    |
| <input type="checkbox"/> Miscellaneous Supplies |   |

### Class 1 Materials

- |  |  |
|--|--|
| <input type="checkbox"/> 25-30 Folders             | <input type="checkbox"/> Student Pre-Test and Profiles       |
| <b>Right Side of Folder</b>                        | <b>Left Side of Folder</b>                                   |
| <input type="checkbox"/> Class Calendar or Outline | <input type="checkbox"/> Why I Want to Be A Non-Smoker       |
| <input type="checkbox"/> Ground Rules              | <input type="checkbox"/> ALT Figuring Out Your Smoking Habit |
| <input type="checkbox"/> Preparing to Quit         | <input type="checkbox"/> What Is Smoking Costing You?        |
| <input type="checkbox"/> Actual Quitting           | <input type="checkbox"/> Deadly Risk                         |
| <input type="checkbox"/> Did You Know              | <input type="checkbox"/> How to Get Over the Rough Spots     |
| <input type="checkbox"/> Pack Track Sheet          | <input type="checkbox"/> Cigarettes and Coffee               |

## PREPARE AHEAD

- Class One packets & handouts listed above
- Flip Charts:
  - Program overview and class structure
  - How smoking becomes a habit
  - Ground Rules



## CLASS CONTENT

### 1.3 Welcome (10 Minutes)

- Give brief history of SFGH Stop Smoking Program. Facilitators introduce themselves and talk about their smoking history and how they quit smoking.

### History of Stop Smoking Program Brief

- Tobacco Free Project and the classes at San Francisco General Hospital started in 1988 and has helped many people become smoke/tobacco-free.
- Free program and paid through taxes and by a big settlement by the tobacco companies

### 1.2 Class overview (15 minutes)

- Review agenda and give overview of upcoming sessions
- If available, share the flip chart prepared for the orientation



**Facilitators Note:** Point to the agenda and other resources in the participants' folders for people to follow along

### 1.3 Session Purpose (5 minutes)

- Build your motivation to quit
- Increase your awareness of your smoking habit
- Introduce you to some tools you will be using over the next several weeks.

### 1.4 Pre-Class Survey (10 minutes)

- Tell participants the purpose of the paperwork and how to complete it.
- Class One paperwork: Pre-test and student profile

### 1.5 Ground Rules and Participant Introductions (30 minutes)



- **Ground Rules:** Read out loud from flip chart then ask for agreement to follow them. **Facilitators Note:** Emphasize arriving on time.
- **Participants Introductions:** Have each participant say their name, how long they've smoked, how much they currently smoke, and why they want to quit. Ask them to be specific – i.e. not just “health”, but what specifically about their health.

#### **Facilitators Note:**

Introductions can take a long time since participants generally have a long history of smoking, and like an opportunity to share as well as ask their burning questions at this time. Be aware of the time, and limit sharing to a certain number of minutes per person to avoid running behind schedule for the rest of the class.

## 1.6 How smoking becomes a habit (10 minutes)

### **Facilitator Script:**

Smoking is NOT a natural state. It's a learned behavior that becomes habitual and automatic over time. It feels natural to you now after many years of "practicing" smoking. Think back to when you first had a cigarette. What happened?

If a person smokes a pack a day for 20 years, that amounts to about 1 ½ million drags!

### **"How Smoking Becomes a Habit" Flip Chart**



1 pack = 20 cigarettes

1 cigarette = about 10 inhalations

20 cigarettes x 10 inhalations = 200 times/day of practiced and reinforcement of habit portion

200 x a day x 365 days/year = 73,000 a year "practiced habit"

Smoking for 5 years = 365,000 times practiced the habit

Smoking for 10 years = 730,000 times practiced the habit

Smoking for 20 years = 1.5 million times practiced the habit

### **Facilitator Script:**

That's a lot of this... *mimic hand-to-mouth motion*. It will take concerted effort to learn new, smoke-free habits to replace smoking. With practice, you will succeed. You will become a non-smoker and unlearn the tobacco habit.

We know that with practice, patience and perseverance you can quit and stay quit. We are confident that you can do it, and we are here to do whatever we can to support you.

**Smoking is a triggered behavior.** Over time you have come to associate smoking with other activities or with certain situations.

### **Group Discussion Question: What are some of your triggers?**

Allow 3-4 Participants share about their triggers, compare and contrast triggers. See if people have similar triggers.



**Facilitator Script:**

**It has become automatic for you to light up a cigarette. Those days are over!**

By using the tools and increasing your awareness through an exercise we'll discuss in a minute, your smoking will no longer be automatic. Nonsmoking is a natural state and will become habitual and automatic for you over time.

**1.7 Pack Track Activity (10 minutes)**

**Facilitator Script:**

The object of Pack Track is for you to keep track of how often and why you smoke. You will learn how strong your need for each cigarette is and what moods you're in when you smoke.

Every time you smoke, write down the time, mood, and how much you want the cigarette. This information will be important for you to increase your knowledge of your habit, which will, in turn, help you design your personal quit plan in future classes.

- If you're in a good mood, check the column with the smiling face.
- If you're in a bad mood, check the sad face.
- If you don't feel strongly either way, check the middle face.
- If you REALLY want the cigarette, check capital YES column. If you want it but not a whole lot, check lower case yes column. If you don't particularly want the cigarette but are smoking out of habit, boredom, etc., check the "?" column.

**Do Pack Track for at least 3 days; preferably 5.** Before you come to class next week, look over the chart and see what patterns you noticed. We'll talk about the patterns in class. It's hard to change what you are not aware of, and this exercise can highlight habits that you didn't realize you had.

**Facilitator's Note:** *Emphasize that people often say that this exercise showed them things they did not know, such as how many cigarettes they were really smoking, their most important cigarette etc.*

**1.8 Closing (5 minutes)**

- Review the importance of take home activities.
- Mention that the facilitator will be calling them to see how they are doing.

**Take-home Activities:**

- Fill out the Pack Track cards for at least 3 days
- Read your blue portfolio, especially "Preparing to Quit"