

CLASS TWO – SMOKING & YOUR BODY

PURPOSE

To increase participants' awareness of their smoking habits and build their motivation and confidence in quitting.

AGENDA

Item	Time
2.1 Welcome and Review Agenda	5
2.2 Paired Sharing	10
2.3 Pack Track and Plan Ahead Part 1	20
2.4 CDC Booklet-Effects of Nicotine and Smoking Deadly Risk	10
2.5 Media Presentation and Discussion	20
2.6 Tools for Change and Reasons to be Tobacco Free	20
2.7 Your Tobacco-Free Quit Date & Method Plus Nicotine Replacement Therapy Review	20
2.8 Closing Activity- Deep Breathing & Wrap Up	10

MATERIALS

Each Class:

- Sign In Sheet
- Water
- Blank flipchart/easel
- Purell Hand Sanitizer
- Container of Miscellaneous Supplies
- Pens
- Whiteboard Markers
- Box of Tissues
- Cinnamon Sticks

Class 2 Materials

- How Tobacco Causes Disease
- US Surgeon General 2010
- What's in cigarette smoke
- How Your Body Improves
- Media Presentation
- NRT Hand Outs
- 5 D cards,
- "Why" cards
- Deep breathing cards
- Plan Ahead – Part 1
- Symptoms of recovery
- Paired Shared Exercise

PREPARE AHEAD:

- Display board or flip charts:
 - Diseases caused by smoking
 - Chemicals in cigarettes
 - 5 D's
- Incentives: Emery boards or lung rulers, "No Smoking" signs, golf pencils



CLASS CONTENT

2.1 Welcome (5 minutes)

- Give positive feedback for attending
- Explain purpose of session
- Review agenda

Facilitator Script:

“The purpose of this session is to increase your awareness of your smoking habit and build your motivation and confidence in becoming tobacco-free. You might be having doubts about your ability to be free from tobacco, but we know you can do it by following this program every day. We’re going to give you tools and support.”

2.2 Paired sharing (15 minutes)

- Pass out handouts
- Pair up participants (A & B) and explain that this is a listening exercise:
 - When person “A” talks, person “B” listens
 - After 5 minutes, person “B” will talk and person “A” will listen.
- Give each person 5-7 minutes to share.
- Facilitator will say “Switch” to indicate when person “B” should start talking.



2.3 (a) Review Pack Track (20 minutes)

Facilitator Script:

Let’s review the Pack Track activity you did at home last week to see what you’ve learned about your smoking habit. How many of you worked with Pack Track last week? What did you learn about your habit? Do you smoke more or less than you thought? Did the pack tracking lead you to cut down? Were most of your cigarettes high, medium or low need?

Facilitator Note: Participants will share how the process went for them. Not all will have tried the Pack Track. As some share, use the notes below to deepen the conversation about creating a plan for their tobacco-free future.

(1) If you circled mostly happy faces, you probably smoke to enjoy good times and relax. Think about when and where you smoke.

Questions: What might you do instead?

Ex. Spend more time with non-smokers, cut down on alcohol, go places where smoking isn’t allowed with friends such as the movies.

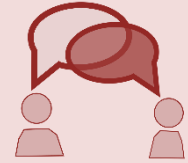
If you’re going to be with smokers, what is your plan?



(2) If you circled mostly blah faces, you probably smoke out of boredom or habit.

Question: What can you do instead?

Ex. Walk, do a puzzle, hold cinnamon stick, chew gum, call or visit a friend, do a hobby that keeps hands busy, say “I’m a non-smoker-I’m in charge.” Carry a book, notepad, deck of cards instead of pack of cigarettes.

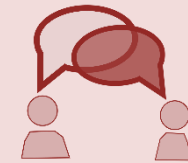


(3) If you circled mostly unhappy faces, you probably smoke mostly when you are sad, stressed or upset.

These may be the hardest to give up – but you can do it! Realize that smoking never actually solved a problem or made a situation different. In the coming weeks we’ll help you find better ways to deal with things like stress and anger.

Question: What can you do instead?

Ex. Squeeze a ball, walk, deep breathe, talk or write about your feelings



Facilitator Script: This week you’ll continue working with Pack Track at home. Those of you who didn’t try to do this activity, try it!

2.3 (b) Plan Ahead – Part 1 (5-7 minutes)

Distribute “Plan Ahead Part 1” handout. Review with participants.

Facilitator Script:

Notice the cigarettes where you wrote YES in large letters. Pick the cigarettes that were most important to you and write down what you could do instead.

- Talk participants through the Plan Ahead Part 1 Sheet
- Give participants 5- 7 minutes to fill it out
- Encourage them to finish the handout at home

2.4 Effects of smoking and CDC Booklet (10 minutes)

Facilitator Note: *Review the handouts and use the flip chart showing nicotine levels in the bloodstream while discussing how nicotine affects the body from head to toe.*

Facilitator Key Points

- There are over 7,000 possible chemicals in cigarettes. Many are poisons that can lead to disease. 70 of them are known to cause cancer. The more you smoke the more damage it can have on your body
- Nicotine is the highly addictive, psychoactive substance in tobacco. Cigarettes were designed by the Tobacco companies to be addictive. Nicotine goes from your lungs to your heart and brain within 7 seconds.
- Poisons in cigarettes weaken your body’s ability to fight cancer and can even encourage cancer cells to grow.



- Smoking changes your blood by making it stick together and form clots which can be deadly. Smoking also causes plaque buildup in your arteries which then can lead to a heart attack
- Smoking harms your respiratory system from your mouth all the way to your lung. Smoking causes lung emphysema and chronic bronchitis.
- Cigarette smoke replaces oxygen with carbon monoxide, so smokers have less oxygen delivered to the cells of the body. That is one reason that deep breathing is an important tool for you.
- Smoking increases your chance for type 2 diabetes and makes it harder for people who have diabetes
- Even though smoking is harmful, your body adapts to smoking and becomes addicted due to nicotine. When you don't smoke, withdrawal begins and you feel a craving. When you get below the comfort level of nicotine molecules in the blood, cravings grow. This explains why smokers feel "relaxed" when they smoke - smoking stops the nicotine withdrawal symptoms. That's why the first cigarette of the day is often "the best" - it's stopping withdrawal symptoms.
- The brain "learned" to respond to nicotine. Now it can learn to respond to new, addiction-free cues and feel good. Moving your body, eating something yummy and healthy and trying something new and exciting are some good ways to stimulate "feel good" receptors in the brain."



Facilitator Note:

Inevitably someone will ask: "Why are these chemicals in cigarettes?" or "Why doesn't the government make cigarettes illegal?"

- *Point out that when they quit they will be denying the tobacco companies control over their lives; taking action and putting them-selves first will be their way of taking their lives back.*
- *One option is to have them say in unison: "I'm turning my anger into ACTION." Have the class create and say out loud positive affirmations here.*



2.5 Media Presentation (20 minutes)

Facilitator Key Points:

- Use PSA videos from various Health Departments, Center for Disease Control, or other reputable sources.
- Explain that the videos are fact-based depictions of what happens to your body when you smoke. The videos may be graphic and shocking. Tell the participants that there will be time to discuss the videos afterwards.
- Give people permission to take a bathroom break if they do not want to watch these videos
- After the videos allow them to ask questions. Remember to validate and empathize with their feelings.



2.6 Tools and Reasons to Be Tobacco-Free: 5 D, Deep Breathing Cards, Symptoms of Recovery (20 minutes)

5 D Cards

Introduce the 5 D's and discuss trying them when they feel the urge to smoke. Tell the participants to keep the card with their cigarette pack and to break the connection between having a thought, or feeling, that they would like to smoke and the action of lighting up



Deep Breathing Card

- Discuss the benefits of deep breathing (relaxation and physical well-being). Point out the deep breathing card in their folder and review. Lead the group in a deep breathing exercise, emphasizing the importance of abdominal breathing.

Symptoms of recovery

Review materials on symptoms of recovery and how to cope with these symptoms, such as insomnia.

Facilitator Script:

Keep in mind that these symptoms are positive signs that your body is healing and recovering from many years of smoking.

Group Discussion Question:

Staying focused on your desire to quit will help you overcome the urge to smoke. Last week you wrote down some reasons you want to quit. Would some of you share some reasons with the group?



2.7 Tobacco-Free Date & Quit Methods/NRTs (20 minutes)

- Ask each participant what their tobacco-free date is and their chosen method

Facilitator Note: record these for yourself - write on sign in sheet next to their names. This information will come in handy if you are doing follow-up calls, if you are adding the information to their patient chart, or if you interact with the participants outside of class.

- Distribute the handouts on the patch, gum, lozenge and medications.
- NRT is meant to ease the physical discomfort of nicotine withdrawal but it will not do the work for you. It takes care of the physical addiction but does not address habit and psychological dependence of smoking.
- Give an overview of how the nicotine replacement and medications work.
- Emphasize that with or without NRT, they need to pay a lot of attention to changing their behaviors to successfully stop smoking.

Positive statement: *Have everyone stand tall with feet firmly on the ground and say, "I am a Non-Smoker!"*

2.8 Deep Breathing Exercise & Wrap UP (10 minutes)

- To end, lead the class in the deep breathing exercise and refer the participants to the card in their folders for practicing at home.
- Review homework and emphasize the importance of reviewing their folders and the week to help them learn.
- Applaud them for hanging in there, and remind them to come to every class no matter what.
- Repeat positive statement.
- Say other affirmations and thank them for coming. Remind them to prep for pack track activity and to track for three or more days.

Take-home Activities:

- Complete “Plan Ahead – Part 1”; what will you do instead of smoking cigarettes?
- Read “Preparing to Quit” carefully and try some of the techniques
- Use each of the 5D’s and practice deep breathing.
- Complete the “Why” cards
- Practice positive statements: *I’m on my way to becoming tobacco-free. I can do it! I deserve it!*