



SMOKING IS  
DEADLY...  
NOT DEADLY

Take the first step in your quit journey

## Butt out Boondah Pledge

The Grand Pacific Health team would like communities to Butt out the Boondah for good! Be a deadly role model to your family, community, sporting club or workplace and remember that Smoking is deadly...**Not deadly.**

### I am currently a:

Smoker       Trying to Quit       Non-Smoker       Ex-Smoker

My name is:

My age is:

Phone Number:

Postcode of where I live:

### I am:

Aboriginal       Torres Strait Islander       Both       Non-Indigenous

### I pledge that I will:

- Never start smoking       Continue my quit journey
- Be a positive role model for my community by choosing smoke-free living.
- Begin my journey to quit smoking       Make my car smoke free
- Make my home smoke free       Protect others from passive smoking
- Support smoke free pregnancies       Support others on their quit journey

I would like extra resources and would like a Tackling Indigenous Smoking team member to contact me.

All identifying information gathered by this pledge will remain private and confidential. Grand Pacific Health's Tackling Indigenous Smoking team will not use names or contact details of persons without pledge permission. Pledge information will only be used for statistical purposes unless you indicated that you would like more information.

