



Shield artwork by Ian Harrison (Gunai Kurnai)

Booklet produced by Dandenong and District Aborigines  
Co-operative Ltd—Tackling Indigenous Smoking Team



HOW TO:

Make Your Home  
Smoke-Free

## Benefits of a Smoke-free Home

- »» You will have a much better chance at quitting smoking successfully in a smoke-free home.
- »» You will be a healthier role model for your kids.
- »» The air in your home will be much fresher, cleaner and will smell better.
- »» You will lower the chances of fire in your home.
- »» Your cooking will taste better because your ingredients have not absorb the smell of second-hand smoke.
- »» You will save time, energy and money by not having to clean your curtains, walls, windows and mirrors as often.
- »» You wont need to paint your walls and ceilings as often.
- »» There wont be any cigarette burn marks on the furniture in your home.
- »» Non-smokers will feel more comfortable in your home.
- »» Your kids and pets will be healthier.

**YOU'RE DOING A DEADLY THING FOR YOUR MOB!**

## HOW TO MANAGE CHALLENGES

### **I'm boarding in one of the rooms but the owners smokes inside**

Have a chat with the owner about your concerns about second-hand smoke. Even as simple as—the smoke gives me headaches. Ask them to consider compromises like not smoking in the kitchen or lounge and build up to being completely smoke-free. If this fails, you may need to find another place to live so you aren't exposed to toxic smoke.

### **I'm living with my sick relative so I can look after her. She smokes and is too frail to go outside to smoke without help**

Your relative probably doesn't like to be sick so reminding them that smoking around the family can make them sick as well may help them understand. Think about how you can support them to reduce their smoking and manage cravings.

Their doctor can help with this. Get support from other members in the home to help take them outside to smoke.

### **Guests arrive to stay for the weekend. They smoke.**

Most people expect that people don't smoke in their homes these days. Just inform them before they come, of your families decision to have a smoke-free home and the comfortable smoking area for them outside.

## STEPS TO MAKE YOUR HOME SMOKE FREE

### STEP 1: HOLD A HOUSEHOLD MEETING

This doesn't have to be formal, perhaps over dinner everyone in the household can discuss how they feel about having the house go smoke-free. Make sure you highlight the dangers of being exposed to second-hand smoke especially if there is children in the home. During the meeting, get everyone's input, even those that may not agree with your decision.

### STEP 2: LIST THE HOUSEHOLD'S REASONS FOR A SMOKE FREE HOME

Use the pledge document to write down the top 5 reasons agreed on by the household. Be supportive but firm about the whole household's right to live in a smoke-free home.

### STEP 3: BE PREPARED FOR CHALLENGES

Discuss as a household any foreseeable difficulties in sticking to this new rule and think of ways to overcome each one.

### STEP 4: SET A DATE AND MAKE A HOUSEHOLD SMOKE-FREE PLEDGE

Fill out the Pledge form . Everyone should have an input. Set a date to go smoke-free. Don't make it too far in the future though, a week after the first meeting is best. It leaves enough time to get organised and prepare the house for the changes.



## STEPS TO MAKE YOUR HOME SMOKE FREE

### STEP 5: TAKE ACTION!

- » Set up your outside smoking area away from entrances, windows and vents
- » Put up smoke-free signs or stickers at the front and back doors and inside the home (e.g. on the fridge).
- » Remove all ashtrays from inside even the ones that you never used.
- » Give your home a good clean and an air out.
- » Put up your smoke-free pledge.



### STEP 6: CELEBRATE!

You have done it! Your home is now smoke free. Plan to celebrate this special occasion by doing something the whole household loves. Pay special attention to those who had a hard time adjusting to the new rule, they deserve a special reward.

### STEP 7: DEALING WITH SETBACKS

It might be worthwhile having another follow-up meeting to discuss the challenges and how to overcome them. Call the Aboriginal Quitline for help and ideas (even if you don't smoke yourself) 137848. If there is serious family conflict, you may want to contact a family councillor from Relationships Victoria 1300 364 277.

## HOW TO MANAGE CHALLENGES

### I have young children who need constant supervision

Wait until the child is having a sleep or get a neighbour to watch them while you smoke outside. Cut down on the amount of cigarettes you smoke. Use NRT (like nicotine patches, spray etc.) or a breath mint to help you deal with the cravings.

Practice the Four D's to help you get through a craving.



••••▶ **Drink water** 

Sip the water slowly and hold it in your mouth awhile.

**Delay** ◀••••



Wait out the urge to smoke. It will pass in a few minutes.

••••▶ **Deep breathing** 

Breathe in slowly and as deeply as you can, then breathe out slowly. Repeat this five times.

**Distract** ◀••••



Talk to a friend, focus on the task you are doing, or get up and move around. Do something that takes your mind off smoking for a few minutes

### An aunty or uncle comes to visit and refuses to smoke outside

Have an open and honest chat with them, get others in your home to back you up. Remind them why it is so important to you to protect the health of your kids. If all else fails offer them a short-term compromise e.g. smoke in the laundry today but next time we need you to smoke completely outside.

## MYTH BUSTING

**MYTH #1: If I smoke in another room, I'm not harming anyone.**

**THE TRUTH:** Second-hand smoke spreads from one room to another even if the door of the smoking area is closed. Potentially toxic chemicals can cling to rugs, curtains, clothes, food, furniture and other materials and usually remains in a room long after someone has smoked there (called third-hand smoke).

**MYTH #2: If I open a window or turn on a fan in my home I can get rid of most of the second-hand smoke.**

**THE TRUTH:** You may think that by opening a window or turning on a fan you are clearing the smoke from the room, but that is not the case. Unfortunately, studies have shown that there is no level of ventilation that will eliminate the harmful effects of second-hand smoke. Also opening a room window can make the air flow back into the room which may cause the smoke to be blown directly back at non-smokers.

**MYTH #3: If I use an air freshener or air filter, my second-hand smoke won't hurt anyone.**

**THE TRUTH:** Air fresheners only mask the smell of the smoke and do not reduce the harm in any way. Even air filters (air purifiers) are not enough. Second-hand smoke is composed of both particles and gases. Most air filters are designed to reduce fine smoke particles in the air, but they do not remove the gases. This means that many of the cancer-causing agents in the gases are still there.