



# Smoking cessation and anti-smoking promotion

## Action-based guidance process 1

### **Purpose and goal**

The aim is to provide information about smoking, its health effects and smoking cessation, increase young people's awareness of issues related to smoking and offer practical tips and motivation to quit.

### **Target group, group size, time use**

The target group was 20 secondary school students ages 14-17, including sixteen smokers. We gave three guidance sessions which ran from 8:45AM-10:45AM. We started at 8:00AM to prepare for the sessions and stayed for around 15 minutes after each session to discuss it within our team. Guidance was provided by three UAS health and social care students and four practical nursing students.

### **Preparation, supplies, facilities and equipment:**

The preparations include the Seppo game, the Kahoot game, the smoking-related questions for the Alias game, and the session plans. Before the session, we reviewed the plan, agreed who would do what, and set up the websites for the sessions (YouTube videos etc.). We also prepared the table computers by setting up the Seppo game and the smoking dependence test. The equipment and supplies included tablet computers, a laptop, the motivation meter form, straws, notes for the word game, and the Työkälypakki slides. The session was held in a school classroom.

### **Process description / Method description / Task and work instructions**



## SESSION 1

1. **We introduce ourselves** and explain why we're here.
2. **Each team comes up with a name** (which will also be entered as each team's username in the Seppo game) and writes it down along with each team member's name on a piece of paper
3. Next we lead some **meet and greet games** to find out how much the customers smoke and get some information about them. We start with a question session in which the customers move around the room based on yes/no questions. One wall is for those who answer "Yes" and the opposite wall for those who answer "No".

Our questions:

Do you smoke?

Do you smoke more than five cigarettes per day?

Did you start smoking before secondary school?

Did you start smoking with friends?

Have you encouraged anyone to smoke?

Have you been encouraged to smoke by anyone?

Do you have non-smoking friends?

Do you have more than five friends who do not smoke?

Have you thought about cutting down on smoking?

Have you thought about quitting?

4. Next we hand out **paper** and ask the participants to write down their answer to the question "How many cigarettes do you smoke a day on average?" Non-smokers should come up with as many reasons not to smoke as they can think of. The number determines how many facts about themselves the customer should tell the group.

5. **Tupakkalakko video** (youtube, uuno turhapuro, tupakkalakko)

### 6. Word explanation game

Implementation

Like the Alias game but on the topic of smoking. The customers work in small teams. Each team is given a paper with approx. seven words which they have to explain. One team member explains the word and the others try to guess it. The contestant explains as many words as he/she can without using the words written on the paper. The time is limited. The teams take turns playing while the others watch. The winner is the team that guesses the most words. At the end, the key terms are discussed with the whole group.



## Words

- Dependence
- Carbon monoxide
- Nicotine
- Passive smoking
- Tar
- COPD
- A smoke-free school
- Tobacco Act
- Cancer
- Withdrawal symptoms
- Nicotine gum
- Tobacco advertising
- Hidden advertising
- Snuff tobacco
- Health impacts
- Bloodstream
- Intoxicant
- Cigar
- Ashtray
- Smoking cessation
- Non-smoker
- Smoker's cough
- Physical dependence
- Psychological dependence
- Social dependence
- Tobacco industry
- Climate change
- Acne
- Fitness
- Smoking ban
- Advertising ban
- Electronic cigarette
- R18
- Shisha
- Pregnancy
- Death
- Diseases
- Lungs

**7. Dependence test** (Päihdelinkki.fi)

The customers take the dependence test on tablet computers

**8. PowerPoint slides** (tyokalupakki.net):

Smoking dependence

Effects on well-being

Smoking, relationships and sex



## SESSION 2: Seppo game

The users (team names) are created in the game

### The background story:

*You are a 35-year-old professional lorry driver. Your name is Seppo and you have smoked since you were twelve. When you first started, you only smoked when someone offered you one. Now you're up to two packs a day. You drive a lorry in your day job, and cigarettes accompany you on long journeys. You never went to school as you weren't interested in studying, and you got a job with your dad's company because you knew how to drive. Since then, you have had to take professional courses and obtain new types of licences to keep your job. You have thought about studying and changing jobs, but you wonder if you'd be able to smoke at another job. It will be difficult to smoke as many workplaces are completely smoke-free.*

*You never thought about quitting until a doctor said that you have the early signs of COPD. According to the doctor, it could be prevented if you quit now. You wonder if the doctor might be right; lately you have noticed changes in your fitness level and the way you feel. The doctor's words reminded you of your father who died of COPD and lung cancer six months ago at the age of 54. Even then, you're doubtful since you've been quite healthy in the past year or so, even though your friends say that you're often ill and you always cough. You have noticed that your waistline has expanded. You got on the scale last year and discovered you weighed 110kg. Eating can be irregular on the road, and you're well acquainted with fast food joints. You have never had any good reason to quit smoking, and you're still not sure whether you want to kick a habit that you've had for a couple of decades.*

*You divorced three years ago, and you have two children with your ex-wife. You would like to find a new relationship, but the women you have met have mentioned your smoking. You sometimes smoke indoors at your home, and they say it smells. Others say your breath stinks, though you don't notice it.*

You have thought about asking for assistance from social services as your financial situation is dire. Child support and payday loan repayments eat up most of your income and you have no money to spend on healthy food or physical activities. You've taken payday loans when money has run out - you're happy to go without food, but you always need to buy cigarettes. You have started to wonder how much of your salary goes to cigarettes.

### Seppo game rules:

- The game is played in the numbered order from one to two, etc.
- Complete each task carefully



- The tasks will be scored based on accuracy and the quality of the answers, and the winning team will be rewarded handsomely!

Happy gaming!

### Seppo game tasks:

#### 1. First date

You have met a nice lady named Tiina online and agreed to meet up at a cafe. You stop outside for a cigarette to calm the nerves. You wonder if Tiina will notice that you've just smoked.

Visit [www.röökikroppa.fi](http://www.röökikroppa.fi) and think about how smoking can affect dating. (First impressions)

#### 2. Money like water

You're visiting social services to discuss your money problems. After paying the rent and bills this month, you will have 100 euros left, which will not get you far. The social worker talks about cutting back on your spending, and you wonder how you could save money.

Work out how much you (Seppo) spend on cigarettes per month when you smoke 2 packs per day, each costing six euros.

#### 3. Stub it out

- Use the calculator to work out how much each team member spends on smoking per year (everyone calculates their own spending).
- Think about what you could buy with that money if you didn't smoke. Would you rather spend that money on cigarettes or something else?
- Use the calculator (Rahaa savuna ilmaan?) to work out how much money each member has spent on cigarettes in total (everyone calculates their own spending).

You can use the calculator at

[www.stumppi.fi/portal/stumppi/harkitsijalle/testaa\\_itsesi/](http://www.stumppi.fi/portal/stumppi/harkitsijalle/testaa_itsesi/)

#### 4. Wheezy lungs

Earlier you met Tiina for coffee and she asked you to go jogging with her tonight. You are excited but worried about your fitness and possible COPD. You will meet Tiina tonight at Radiomäki.

COPD is almost always caused by smoking. Over 90% of sufferers are smokers. Lung sensitivity to cigarette smoke varies, which is why some people are more prone to COPD. Cigarette smoke damages the bronchi and they begin to harbour bacteria. The disease is often preceded by chronic (long-term) bronchitis with coughing and phlegm that can last several months at a time. The disease advances slowly over time.



In this task, we will simulate COPD and what it is like to live with the disease. Each team member puts a straw in their mouth. Breathe through the straw while pinching your nostrils. Attempt the following exercises (min. 10 m) and describe your feelings in the text field.

Attach an image of all of you doing the exercise.

1. Walking
2. Jogging
3. Jumping jacks
4. Squat walking

Submit the photo with the exercise.

#### 5. At the hospital

You are at the hospital for a consultation about your possible COPD and your smoking in general. The doctor wants to ask some questions to give you a wake-up call.

The exercise consists of six multiple choice questions about the risks of smoking, including lung cancer, withdrawal symptoms and mortality.

#### 6. COPD

After you went for a jog, you started to think about what the doctor said. You spotted some COPD symptoms when you were jogging.

The exercise includes two multiple choice questions about COPD.

#### 7. Passive smoking

You and Tiina have started going out with each other. You have already cut down on smoking as Tiina dislikes the habit. You still continue to smoke, occasionally in Tiina's company. Tiina finds the smell disgusting and doesn't want to be near you when you smoke.

1. What does secondhand smoke mean?
2. What impacts does smoking have on other people in addition to the bad smell?
3. Is it equally possible for Tiina to get a smoking-related disease even though it is you who smokes and not her?

#### 8. Feeling broody

Tiina is feeling broody and you have discussed having a child together. You wonder about the effects of your smoking on conception and how it could affect the child. You can use the following link to find the answers:

<http://www.tupakkakoulutus.fi/fi/tupakkakoulutus/>

Answer in your own words!



1. How does smoking affect male fertility (urology)?
2. How would Tiina's passive smoking affect the pregnancy (reproductive health)?
3. How would Tiina's passive smoking affect the child's development (child health)?

#### 9. Motivation meter

You are at a point in your life where you want to lead a healthier lifestyle with Tiina. You have decided to quit smoking.

1. You have thought about your reasons for smoking and wanting to quit. Explain your own reasons why you want to smoke and why you should perhaps quit. Write your reasons in the motivation meter (ask the instructor). Each team member returns this assignment to the instructor.

#### 10. The quitting song

You have quit smoking and want to write an ode to celebrate your success!

Write a song or a rap about quitting and shoot a video with all group members appearing in it.

- **Flash exercise** (Seppo gets fit) done during the break

SPECIAL TASK! A good job can get you a very high score.

You've realised that you're very out of shape. Inspired by your new love, you have decided to start exercising.

Do the following exercise with your team: Get dressed, go outside, run to the post box and shoot a video (30-60 sec) about a fitness activity.

Make sure that each team member appears on the video. You have 15 minutes to complete the exercise. Attach the video to the next exercise (exercise title: video submission)



## SESSION 3

The motivation meter answers are collected in a Word file before the third session.

1. **"isä ja poika" and "paha tapa" videos**, available on Työkalupakki

2. **Review of the motivation meter** in groups of four people

3. **Quiz** (Kahoot)

We have created a quiz to test customers' knowledge about smoking. The quiz is completed on smartphones. It consists of ten questions.

4. **PowerPoint presentation** (tyokalupakki.net):  
Smoking cessation

5. **Smoking cessation motivation**

The Fressis.fi website and videos. The students explore the website themselves on tablets.

6. **Feedback chat** (in small groups, the instructor takes notes)

### Sources

- [www.tyokalupakki.net](http://www.tyokalupakki.net)
- [www.fressis.fi](http://www.fressis.fi)
- [seppo.io](http://seppo.io)
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