

**BECOMING TOBACCO-FREE
A Peer Counseling Approach**



built

BUILDING TRADES
UNIONS
IGNITE
LESS
TOBACCO

**Toxics
& Tobacco
ON THE JOB**
Protecting Your Health

A curriculum for teaching
building trades workers
about toxics and tobacco

INSTRUCTOR'S MANUAL

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This Instructor's Manual is part of a
health and safety education curriculum prepared by

built

BUILDING TRADES UNIONS IGNITE LESS TOBACCO
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OVERVIEW

BUILT has designed this Supplement to be used with our primary curriculum *Toxics & Tobacco on the Job: Protecting Your Health*. The curriculum presents a comprehensive overview of toxic substances that construction workers confront and may be used both for apprentices and for journeyman in upgrade trainings. This supplement helps answer the questions, “How can I stop using tobacco?” and “How can I help friends and family members stop using tobacco?”

This supplement features activities that help students identify the steps to succeed at tobacco cessation. The Supplement is appropriate for all students. Those who have never used tobacco can understand what their friends and co-workers are going through and learn strategies to help them. Those who have stopped using tobacco may reaffirm and renew that effort. Those who use tobacco but do not want to quit may learn strategies for when they are ready. Participating in the activities enables students to become peer counselors for their friends and co-workers who are ready to be tobacco-free.

Extensive pilot testing shows that the activity is very well-received, but when students complete it, they want even more information. The four units in the primary curriculum provide that information.

Unit 1: Threats to Your Health on the Job explains workplace toxics and their effects on the body.

Unit 2: Tobacco Threatens Everyone’s Health gives more information about the chemicals in tobacco, the health effects of tobacco use, and second-hand smoke.

Unit 3: Investigating Chemical Hazards on the Job introduces students to the skills and resources they need to investigate chemical hazards on the job.

Unit 4: Protecting Your Health helps students develop strategies to make the workplace safer.

BUILT has also produced **trade-specific supplements** for **Ironworkers, Cement Masons, Roofers, Insulators, Operating Engineers, Painters, Electricians**, and the **Pipe Trades**, as well as a supplement about **Chewing Tobacco**.

Both the primary curriculum and the supplements utilize the *Construction Workers’ Guide* as a student handbook. In addition, BUILT’s 8-minute video, *No Butts About It*, provides a quick overview of tobacco and toxics and is a good tool to use along with the supplement and primary curriculum.

BECOMING TOBACCO- FREE

A Peer Counseling Approach

THIS SUPPLEMENT COVERS

- The steps leading to successfully breaking free of tobacco addiction.
- The variety of methods available to help one become tobacco-free.
- Ways to avoid relapsing and to remain tobacco-free.

OBJECTIVES

By the end of the lesson, students will be able to:

- Identify at least three reasons to stop using tobacco.
- Identify at least three methods to end addiction to tobacco.
- Explain why so many people relapse and identify two strategies to avoid relapsing.
- Help friends and co-workers in their attempt to become tobacco-free.

BECOMING TOBACCO-FREE Supplement



PLANNING GUIDE

(Total time: 60 minutes)

| ACTIVITIES | ESTIMATED TIME <i>Approximate</i> | MATERIALS |
|---|--------------------------------------|---|
| 1. INTRODUCTORY PRESENTATION Instructor reviews objectives Flip chart with objectives. for training | 5 minutes | Becoming Tobacco-Free Supplement, pg. 7 Give each student: - Guide |
| 2. ACTIVITY 1: I'd Like to Quit | | |
| a. Student volunteers read parts in Handout 1: I'd Like to Quit | 5 minutes | Becoming Tobacco Free Supplement, pg. 8 |
| b. Class discussion of Handout 1: I'd Like to Quit | 20 minutes | - Handout 1: <i>I'd Like to Quit</i> |
| 3. ACTIVITY 2: VOICES FROM THE WORKPLACE: How Can I Quit? | | Becoming Tobacco Free Supplement, pg. 14 |
| a. Students work in pairs to fill out Handout 2: VOICES FROM THE WORKPLACE: <i>How do I Quit?</i> | 5 minutes | - Handout 2: VOICES FROM THE WORKPLACE; <i>How do I Quit?</i> |
| b. Group discussion | 20 minutes | - Student Guide White Board or Flip chart, pen |
| 4. SUM UP: It takes the entire crew! | | Becoming Tobacco Free Supplement, pg. 22 |
| Discussion of resources available for more information and to quit. | 5 minutes | BUILT brochures Other materials: Contact TECC for more BUILT materials and brochures about the California Smokers' Helpline (www.tobaccofreecatalog.org or 1-800-258-9090x230) |



PREPARATION

- 1** READ through **OVERVIEW, INTRODUCTORY PRESENTATION, INSTRUCTIONS, DISCUSSION POINTS, and HANDOUTS** for the lesson before classtime.
- 2** REPRODUCE enough copies of **Handouts** (included with this Supplement) so that each group can have one or two different handouts.
- 3** BRING
 - One **Student Guide** for each of your students
 - **Copies of Handouts** for the groups.
- 4** BEFORE THE CLASS STARTS Write the lesson topic on your chalkboard or butcher paper:

**BECOMING
TOBACCO-FREE**

TIPS FOR THE DISCUSSION

- ☞ This is a lesson on toxics and tobacco. It may surprise some people that many of the chemicals in tobacco are those we must protect ourselves in our work processes. Secondhand smoke has been declared a “toxic air contaminant” by the California Air Resources Board. This fact can be pointed out several times during the discussion.
- ☞ This lesson emphasizes substitution as the best protection against toxics. Since many health and safety terms (like “substitution”) are technical, the use of common phrases is more descriptive for students. Saying, “stop using the toxic,” allows students to visualize what substitution means.
- ☞ The goal of this exercise is to let students learn how they are affected by other people’s tobacco smoke and gives them strategies for helping their co-workers quit. Since this is not a lecture, it is important to let students express themselves during the discussion. Use the questions in the **DISCUSSION POINTS** to help the class focus on the material.
- ☞ Encourage the students to relate their own experiences with trying to quit tobacco use. Your class has many students who have quit as well as current smokers who have tried to quit. Let them talk about how it feels, what methods they used, and what the biggest roadblocks were. The class is full of “experts” on quitting. Pilots of this curriculum showed that students responded best to these “real” stories.
- ☞ The material in the **instructor’s copy** is to provide the instructor with background material on tobacco cessation. Much of this material is from cessation curriculum used by the American Cancer Society, American Lung Association, and Kaiser Permanente. It is based on “best practices” established by the CDC. The material is intended to help the instructor guide the discussion and does not need to be given verbatim.
- ☞ Construction workers have a tougher time quitting than the general population. Have the class explore why this may be. One of the main reasons may be that there is little incentive to quit. This curriculum is about empowering co-workers to be “peer counselors” in their co-workers quit attempts.
- ☞ Even those who have never smoked have experience with friends and family trying to quit. Help the students focus what they can do to help their friends and co-workers.

INTRODUCTORY PRESENTATION

BECOMING TOBACCO-FREE INTRODUCTION (5 MINUTES)

[Distribute **Guide** to students at beginning of class.]

INSTRUCTOR EXPLAINS:

Construction work can be dangerous. By their very nature, all the construction trades are extremely hazardous. Injuries and illness mean lost work days, as well as the possibility of long-term disability and a retirement that is cut short. That is why your apprentice and refresher training continually emphasize safety.

Today we're going to look at the toxic substances that all construction workers handle or work around. But we're going to emphasize one particular toxic that doesn't need to be on the job site – tobacco. Tobacco is the #1 preventable cause of disease and death in the world. More than 400,000 people in the U.S. die each year from smoking related diseases. More than 50,000 non-smokers die from tobacco related diseases. Smoking creates a toxic cloud that surpasses federal regulations for safe air. Tobacco smoke has been declared a Toxic Air Contaminant by the California Air Resources Board.

Construction workers use tobacco at a higher rate than the general public and are more likely to suffer the negative health effects of tobacco use because of their exposure to other toxic substances found on the job. These health effects can include cancer, heart disease, and other serious illnesses.

When we talk about protecting ourselves from toxics we usually think of Personal Protective Equipment (PPE), especially respirators. But the best way to protect oneself from a toxic is to not use it. Substitute a less toxic product. Since tobacco serves no useful function on a construction site, eliminating it would be healthier for everyone.

Tobacco use also cuts into productivity on the job. Many job sites are now tobacco free and some employers are discouraging tobacco use by their workers. The nicotine in tobacco is the most addictive substance known and makes quitting very difficult. Construction workers may have an even harder time stopping tobacco use, because they have more opportunity to smoke on the job.

Quitting takes the support of family, friends, and co-workers. Even if you've never used tobacco you can be the difference in a co-workers life by supporting their attempt to become tobacco-free.

Today we will talk about becoming tobacco free. We are going to look at what it takes to stop using tobacco and how you can help your co-workers. Are there any questions? Let's take a look at what is out there.

ACTIVITY 1

I'D LIKE TO QUIT (25 MINUTES)

INSTRUCTIONS Explain to the students that this is an exercise to discuss what they know about ending nicotine addiction. Remind students that everybody has experience and/or knowledge about quitting tobacco, so it is important to respect everyone's opinion

1 **STUDENT VOLUNTEERS READ PARTS ON HANDOUT 1** Ask the students to briefly look at Handout 1, I'd Like to Quit. Then ask for three volunteers to come up and read the parts in the role play.

2 **DISCUSSION** The point here is to encourage discussion. Ask for a response to each of the **DISCUSSION POINTS** on the Instructor's copy of Handout 1. Everybody has some experience with tobacco cessation; let the students teach each other. The Instructor's Copy also suggests some responses that you might look for. Add these points only after students have their opportunity to respond.

Also make sure everyone has a copy of the **Guide**, which was given out earlier.



I'd Like to Quit

HANDOUT 1

Joe You know what my daughter said last night? She said, “Daddy when are you going to stop smoking?” When I asked her why, she said, “I don’t want you to die.”

Manny Well you know those cigarettes are bad for your health.

Joe Yeah, but so is a lot of the stuff we work with. I know, I know, the tobacco just makes everything worse. That’s why I tried to quit last time.

Manny How many times have you tried to quit?

Joe Just twice. Last time I made it a whole month. Then I started coughing real bad and a cigarette calmed that down.

Chris Yeah, that happens. But it’s just your lungs cleaning themselves out. You shouldn’t give up. I tried to quit about a dozen times before I finally did for good.

Joe I don’t know if I’ll ever be able to quit. I’m pretty addicted. I’ve been smoking since I was 14.

Manny I started when I was 12! If I can quit anyone can. You just have to want to badly enough. I finally decided I’d had it with the cancer sticks and tossed ’em — went cold turkey.

Chris Cold turkey never worked for me. I had to make a plan, talk to somebody and use the patch. That’s what did it for me. I didn’t want to end up like Don and die of lung cancer three months after retiring.

Joe I guess I’d better start thinking about it. I’d like to see my little girl graduate, maybe get married and have some grandkids.



Me Gustaría Dejar de Fumar

HOJA INFORMATIVA 1

Joe ¿Sabes lo que me dijo mi hija anoche? Me dijo, “¿Papá cuando vas a dejar de fumar?” Cuando le pregunte ¿por qué? Me dijo, “No quiero que te mueras.”

Manny Tú sabes que esos cigarrillos son malos para tu salud.

Joe Sí, pero también lo son muchas otras cosas con las que trabajamos. Yo se, yo se que el tabaco empeora las cosas. Es por eso que trate de dejarlo la vez pasada.

Manny Cuantas veces has tratado de dejar de fumar.

Joe Sólo dos veces. La última vez deje de fumar por todo un mes. Entonces cuando empecé a toser muy fuertemente, un cigarrillo calmó la tos.

Chris Sí, eso pasa. Es que tus pulmones se están limpiando. No debes dejar de tratar. Yo trate de dejar de fumar como una docena de veces antes de dejar de fumar del todo.

Joe Yo no se si podré alguna vez dejar de fumar. Estoy verdaderamente adicto. He estado fumando desde que tenía 14 años.

Manny ¡Yo comencé cuando tenia 12 años! Si yo pude dejar de fumar, cualquiera puede hacerlo. Sólo tienes que querer hacerlo verdaderamente. Yo decidí finalmente que había tenido suficiente de esos palillos de cáncer y los boté – deje de fumar sólo a fuerza de voluntad.

Chris Sólo a fuerza de voluntad nunca trabajó para mí. Tuve que tener un plan, hablar con alguien y use el parche. Eso es lo que funcionó para mí. Yo no quería acabar como Don y morir de cáncer del pulmón tres meses después de jubilarme.

Joe Creo que mejor empiezo a pensar sobre esto. Me gustaría ver a mi hijita graduarse, talvez casarse y yo tener algunos nietos.



I'd Like to Quit

HANDOUT 1

INSTRUCTOR'S
COPY

1

Why is Joe thinking about giving up smoking? What are some good reasons for giving up tobacco? What is important about focusing on good reasons to quit?

DISCUSSION
POINTS

Joe's daughter asked him to quit. Often people will give up tobacco because of their children's or wives concerns. **Health reasons** are the #1 reason given for quitting. Other reasons include:

Cost (think about the money spent on cigarettes/chew/cigars in one year. What could you do with that money?).

Concerns about secondhand smoke (The California Air Resources Board has declared secondhand smoke a Toxic Air Contaminant.)

Children (Secondhand smoke causes asthma and ear infections, among other diseases, in children. What kind of message are you sending your children?)

Fitness (If you don't smoke, you can breathe easier and you are better able to do your job.)

Appearance (Smoking stinks and chew isn't very attractive either.)

Addiction (Do you want tobacco controlling your life?)

By focusing on your reason to be tobacco free you give yourself a strong foundation for quitting. Remembering why you are on the journey will get you over the rough spots.

2

Were any of these three able to quit the first time? How many times did you try to quit? What makes it so hard?

DISCUSSION
POINTS

The average number of quit attempts for those who have remained tobacco-free more than a year is eight! Nicotine is the most addictive drug known. It is more addictive than heroin or cocaine. Since it is legal there is less incentive to quit. Those who started smoking at an early age have a harder time quitting than those who started when they were over 18 years old. It is even harder for construction workers to quit because about 28% of California construction workers smoke and much of our work is outdoors. This means there is less support for quitting from our jobs or co-workers.

3

Chris and Manny quit but used different methods. What are different ways of quitting? Is there a best way to quit?

DISCUSSION POINTS

Every person approaches becoming tobacco-free in a different way. Manny quit by going cold turkey. Almost everybody tries to quit cold turkey but less than 3% are successful. Chris used the patch. Nicotine Replacement Therapy (NRT) includes the patch, nicotine gum, nicotine inhaler, nicotine lozenges, and nicotine nasal spray. If used correctly, NRT can increase your chances of quitting. More than 8% of people who use NRT correctly are able to quit. Zyban® (Buproprian) is an antidepressant drug approved for use in stopping tobacco addiction. More than 16% of people using buproprian are able to quit. Combining buproprian with an NRT gives an even better chance of quitting. Chantix® (Varenicline) is a new drug approved for tobacco cessation. It works by mimicking the effect of nicotine on the brain which makes tobacco less satisfying.

There is also counseling and classes. **The California Smokers Helpline 1-800-NO-BUTTS (1-800-662-8887)** and the **California Chewers Helpline 1-800-844-CHEW (1-800-844-2439)** offer free, confidential counseling. The American Cancer Society, The American Lung Association, many hospitals and Public Health Departments offer classes to help people become tobacco-free. There are even good self-help classes on the internet. More than 20% of people who use counseling or a class **combined** with a drug and/or NRT are able to quit.

Then there is hypnosis, acupuncture, laser therapy, herbal supplements, and other methods that have shown no real proof that they work. But one of them may help with your desire to be tobacco-free.

4

Chris talks about making a plan. Why is making a plan a good idea? What should be part of a plan to be tobacco-free?

DISCUSSION POINTS

Quitting is hard and takes hard work. You wouldn't start work on a building without a plan. Like a blueprint, a plan will map out your quit attempt. With so many ways to quit—and some experience with unsuccessful attempts—having a plan helps you prepare and focus. A good plan should have:

- 1.) **Foundation**—Know why you want to quit and keep it in mind.
- 2.) **Infrastructure**—Make the decision, set a quit date, plan how you will do it, get your team together (tell your family, friends, co-workers, and doctor).
- 3.) **Tools**—How will you quit? Call the Helpline. Enroll in a class. Are you going cold turkey or will you use an NRT, Zyban, Chantix, some other method? Know what will happen to your body. Understand what the triggers are that may get you using tobacco again.
- 4.) **Maintenance**—Staying tobacco-free is hard and relapse is common. Anticipate set-backs and have a plan ready for them.

5

Joe has a couple of friends who can help him. How could you help a friend who is trying to quit?

DISCUSSION POINTS

Nicotine is such a hard drug to quit it helps to have the support of family and friends. Manny and Chris are good friends. They sympathize with Joe's situation and share their experiences. They are supportive and not judgmental. Even if you currently smoke you can support your friend by respecting his quit attempt, don't smoke or chew around him, and don't offer him a cigarette or a chew. If we can continue to give our friends positive reinforcement in their quit attempt, they may be more successful. We can all be peer counselors as our co-workers attempt to kick tobacco.

ACTIVITY 2

VOICES FROM THE WORKPLACE: How Can I Quit? (25 MINUTES)

INSTRUCTIONS

- 1** DISTRIBUTE HANDOUT 2 Explain to the students that the purpose of this exercise is to get them to express their views on ways to overcome addiction to tobacco. All your students have some experience with tobacco. ***Remind students that there are no right or wrong answers, and it is important to respect everyone's opinion. The exercise will be more effective if you encourage discussion.***
- 2** STUDENTS FILL OUT HANDOUT 2 Depending on the size of your class, have the students pair off or work in groups of 3. Ask students to mark the appropriate space: "Agree," "Disagree," or "Can't Decide" for each statement. Emphasize that this is not an exam. It is only a way to start people thinking about these issues. Students will keep the handouts; they will not be collected. Students should NOT write their names on the handouts.
- 3** WRITE DOWN THE STUDENT RESPONSES AND ENCOURAGE DEBATE After the students complete HANDOUT 2, write two headings on the blackboard or butcher paper. These headings should be: AGREE and DISAGREE. Read the first statement aloud and ask a representative of each pair or group to give a reason why they either agree or disagree. Write their statement on the blackboard or butcher paper. Alternate between asking for an AGREE and DISAGREE response.

The point here is to use the format to encourage discussion. Encourage the students to explain why they agree or disagree with the statements on HANDOUT 2. Repeat the process for each statement.

See the **DISCUSSION POINTS** in the Instructor's Copy of HANDOUT 2 to help introduce some basic information about how to become tobacco-free. It is best for these points to emerge from the students' discussion, rather than for you to lecture directly to them.



Voices from the Workplace: How Can I Quit?

HANDOUT 2

1 “If you want to quit you can.”

Agree Disagree Can't Decide

Explain your opinion if you wish. _____

2 “Cold turkey is the only way you can stop using tobacco.”

Agree Disagree Can't Decide

Explain your opinion if you wish. _____

3 “Why should I quit. The damage is probably done!”

Agree Disagree Can't Decide

Explain your opinion if you wish. _____

4 “Once you've quit for a year you've got it made.”

Agree Disagree Can't Decide

Explain your opinion if you wish. _____



Voces del Lugar de Trabajo: ¿Cómo Puedo Dejar de Fumar?

HOJA INFORMATIVA 2

1 “Si quieres dejar de fumar, puedes hacerlo.”

De acuerdo Desacuerdo No puedo decidir

Explica tu opinión si deseas _____

2 “A fuerza de voluntad propia es la única forma que puedes dejar de usar el tabaco.”

De acuerdo Desacuerdo No puedo decidir

Explica tu opinión si deseas _____

3 “Por qué debo dejar de fumar. ¡El daño probablemente ya está hecho!”

De acuerdo Desacuerdo No puedo decidir

Explica tu opinión si deseas. _____

4 “Una vez que dejes de fumar por un año lo lograste.”

De acuerdo Desacuerdo No puedo decidir

Explica tu opinión si deseas _____



How Can I Quit?

HANDOUT 2

INSTRUCTOR'S
COPY

1 “If you want to quit you can.”

DISCUSSION POINTS

You have to want to quit very much if you are going to succeed. But just wanting to may not be enough. Many of us know of someone who just put down the cigarettes (or chew) and never had another one. But the vast majority of people try many times before they are successful.

Where Are You?

Pre-contemplation—You’re not seriously thinking of quitting right now.

Contemplation—You are actively thinking about quitting. You aren’t ready to make a serious attempt yet. More than 70% of smokers would like to quit.

Preparation—You are seriously intending on quitting soon and you have a plan.

Action—You are currently quitting or have been tobacco-free for less than six months.

Maintenance—You quit more than six months ago and you don’t want to relapse.

Plan! Nicotine is highly addictive. People who plan their quit attempt increase their chances of succeeding. A good plan includes:

- **Set A Quit Date**—pick a day in the next month. Not so far away that you “chicken out” but far enough away that you can prepare.
- **Set Up Your Support**—Tell your doctor, family, friends and co-workers that you are becoming tobacco free. Identify a friend who has quit successfully who can help you. **Call the California Smokers Helpline—1-800-NO BUTTS (1-800-662-8887).** If you are going to take a class enroll now.
- **Decide on a Method**—If you haven’t succeeded cold turkey it may be time to try a Nicotine Replacement Therapy (NRT). Maybe you want to try Zyban® or the new drug Chantix®. If you’ve decided on acupuncture or hypnosis, make an appointment.
- **Practice saying, “No thank you, I don’t smoke.”**

DISCUSSION
POINTS
(continued)

- **Replace**—all the cigarettes and ashtrays in your home, truck, and at work with substitutes (gum, candy, carrots, beef jerky, whatever you may like).
- **Think**—Try to figure out what worked and what didn't work in your past attempts to quit.

Quit Day

- Do Not Smoke!!
- Keep active – walk, exercise, do an activity or hobby.
- Drink lots of water or juice.
- Begin your class and/or replacement therapy
- Avoid “smoking” situations.
- Reduce or avoid alcohol.
- Change your daily routine.

2 “Cold turkey is the only way you can stop using tobacco.”

DISCUSSION
POINTS

You're a construction worker! You should be able to “tough it out,” right? More people have quit “cold turkey” than by any other method, but that's only because more people try to quit “cold turkey.” Unfortunately less than 3% of “cold turkey” quitters stay quit.

More Reliable Quitting Aids:

Nicotine replacement therapy. This provides nicotine to satisfy cravings while you change your smoking habits. You gradually cut down and eventually eliminate the nicotine replacement product.

Always consult with your doctor if you are planning to quit. Your doctor can make sure you get the right product and the correct information about dose and usage. Nicotine replacement products include:

Nicotine gum—Available over-the-counter, easy to use, and versatile. It has very few, and only minor, side effects. However, many people don't follow the instructions carefully and don't chew the right amount for the right length of time. Some people just continue to chew the gum rather than cut down.

Nicotine lozenge—Available over-the-counter, easy to use, and has few side effects. However, many people do not take the right number of lozenges per day for the right length of time.

Nicotine patch—Available over-the-counter and easy to use. The 24-hour patch has a built-in process to make you cut down. You must stay with the standard 8-week program. There are some side

DISCUSSION
POINTS
(continued)

effects. A mild skin reaction is common.

Nicotine inhaler—Available by prescription only. Mimics cigarette smoking. Coughing and throat irritation are common. It is easy to use too much or too little, and cold weather can affect the inhaler. You need to use the inhaler for six months.

Nicotine nasal spray—Available by prescription only. Mimics cigarette smoking. However, it can cause nasal irritation, congestion, and changes in your sense of smell or taste. There is a danger of becoming addicted to the spray.

Other medications. Drugs are available that reduce the craving for nicotine without continuing nicotine dependence. Higher quit rates are common with this type of medication. It always requires a prescription. Products include:

Bupropion (available as Zyban[®], Wellbutrin, and generic Bupropion). These medications have a history of success and high quit rates. Some insomnia is common and there are other possible side effects. You must use the medication for six months.

Varenacline (available as Chantix[®]). This is a new drug that had high success rates in trials.

Alternative therapies. Most of these methods have not been scientifically tested for effectiveness, but some smokers have used them to quit. Methods include:

Hypnotherapy. Hypnosis to encourage quitting is becoming accepted as effective.

Acupuncture. One small study has shown acupuncture to be somewhat effective.

Herbal products. No valid studies have been done on the hundreds of herbal “stop smoking” products available on the internet and elsewhere.

3 “Why should I quit. The damage is probably done!”

DISCUSSION
POINTS

The Human Body is a Marvelous Machine. It can and does repair itself over time. While most people focus on the tough parts of nicotine withdrawal it would be better to focus on the good things that are happening to your body.

After Your Last Cigarette:

20 minutes Blood pressure drops to normal; pulse rate drops to normal; temperature of hands and feet increases to normal.

| | | |
|----------------------------------|---------------------|---|
| DISCUSSION POINTS (continued) | 8 hours | Oxygen level in blood increases to normal. |
| | 24 hours | Carbon monoxide in the body is eliminated; chance of heart attack decreases. |
| | 48 hours | No nicotine is left in the body; sense of taste and smell improve. |
| | 72 hours | Bronchial tubes relax; breathing becomes easier. |
| | 2 - 12 weeks | Circulation improves; lung function increases up to 30%. |
| | 1 - 9 months | Cilia regrow in lungs. |
| | 1 year | Risk of heart attack falls to about half that of a smoker. |
| | 5 - 10 years | Lung cancer risk is about the same as non-smokers, and risk of heart attack may fall to the same level as for someone who has never smoked. |

4 “Once you’ve quit for a year you’ve got it made.”

DISCUSSION POINTS **How many of you have quit only to start smoking or chewing again?**
This is called relapsing. Nicotine is an addictive drug. It is the most addictive drug we know of.

“Quitting Smoking is easy. I’ve done it a thousand times.”

This Mark Twain quote reminds us how hard it is to stay tobacco free. What are some ways of getting through rough spots?

- **Avoid rationalization.** A rationalization is a mistaken belief that seems to make sense at the time. “I’ll just use it to get through this one spot.” What are some lies you’ve told yourself while trying to quit?
- **Prepare for temptation.** You will be tempted to have a puff or a dip. What will you do?
- **Make it easy on yourself.** If you have a family member or co-worker who smokes, try quitting together so you have a partner.
- **Remember your reasons!** Remembering why you quit can help get you past some of the toughest stretches.

Even three years after you quit your brain remembers the amount of nicotine it was used to. If you smoke one cigarette or take one dip, your brain will want more and you may find yourself smoking or chewing as much as you did before you quit.

SUM UP

IT TAKES THE ENTIRE CREW (5 MINUTES)

The American Cancer Society says that cancer doesn't happen to the person – it happens to the entire family.

When we quit tobacco we don't just change ourselves – we change those around us:

Our family,

Our friends,

Our co-workers.

Quitting isn't something we do by ourselves. We need the help and support of our family, friends, and co-workers.

It takes an entire crew to complete a project. Who has been on (or could be) your crew for your becoming tobacco-free project?

If you have never used tobacco, if you have quit yourself, even if you're a current smoker or chewer, you are part of that crew.

RESOURCES

Discuss resources available for more information about quitting tobacco and getting help to quit. Hand out the "I'd Like to Quit" brochure and information on the California Smokers Helpline 1-800-NO-BUTTS (1-800-662-8887).

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