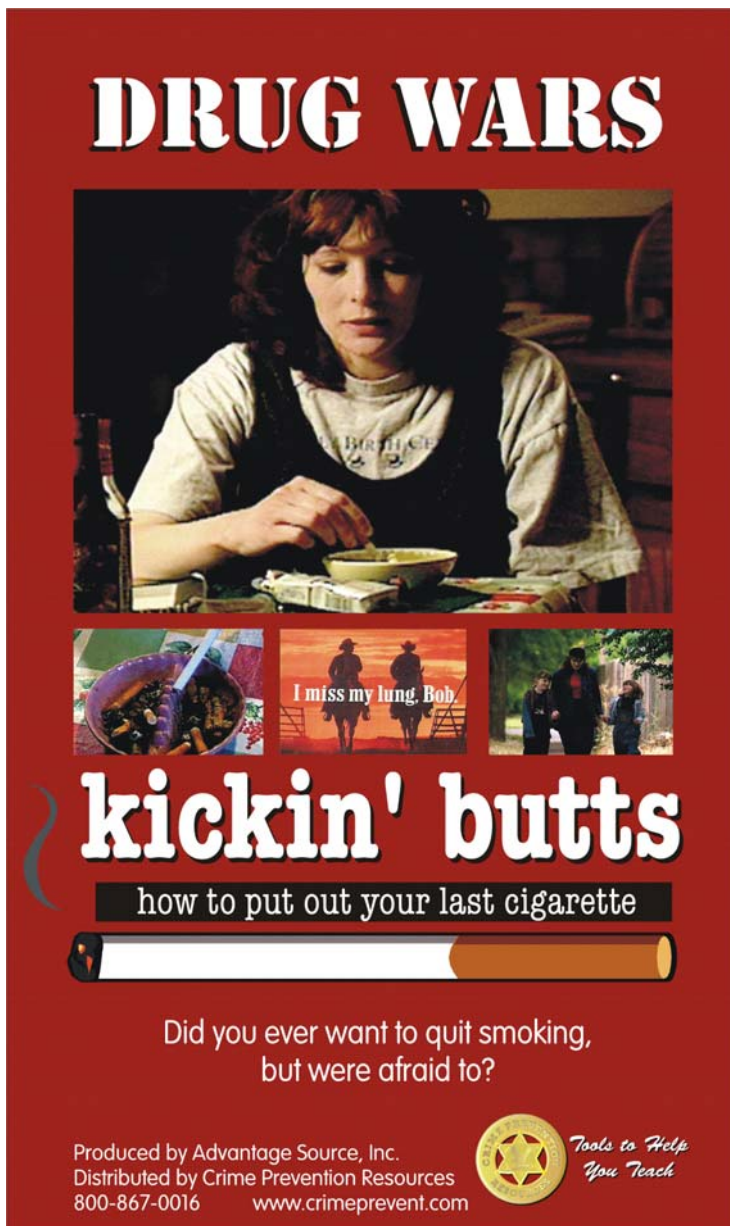


Discussion Guide

This CPR Discussion Guide is for use with the video:

Kickin' Butts

How to put out your last cigarette




DRUG WARS

kickin' butts
how to put out your last cigarette

Did you ever want to quit smoking,
but were afraid to?

Produced by Advantage Source, Inc.
Distributed by Crime Prevention Resources
800-867-0016 www.crimeprevent.com



**Included in
this *Guide* is
the support
material for
smoking
cessation.**

In this Guide:

About this Guide (p. 2)

Program Synopsis (p.2)

Common questions asked
about this program (p.2)

Discussion Questions (p. 3)

Other discussion options (p. 3)

Tips & Tricks (p. 4)

Program Announcement
Poster (p.5)

ABOUT THIS GUIDE

"Kickin' Butts" is for anyone who currently smokes but is thinking about quitting. It is also for anyone who has just recently started to smoke or those who have considered starting the habit. The video alone should inspire a lot of conversation, but this guide is available in case assistance is needed to spark discussion. *The last page, TIPS & TRICKS, is meant to be reproduced and passed around to the group as a take-home handout.*

PROGRAM SYNOPSIS

This is an inspirational program that takes a hard, but honest look at a dirty habit: smoking. *"Kickin Butts"* shows smokers exactly what they can expect to go through when they decide to quit. It also gives helpful hints and tips on what a person can do to ease their nicotine cravings while they go through withdrawal.

COMMON QUESTIONS ASKED ABOUT THIS PROGRAM:

Who is the target audience?

Anyone interested in quitting smoking. It is also good for anyone who has just started smoking or has thought about starting.

Is the video age specific?

This program is best suited for ages 13 - adult.

How old is the video?

Release date was 3/01/00

How do I incorporate this video into my program?

In most learning environments, it will be enough simply to show the video. In other programs or environments, the facilitator will have to supplement the video with discussion starters or questions like those included in this guide.

If you have any questions or comments that you would like to share with us regarding the program or this guide, please feel free to contact us at:

CRIME PREVENTION RESOURCES

- ◆ 600 N. Grape St. ◆ Medford, OR 97501 ◆
- ◆ Phone: 800-867-0016 ◆ Fax: 541-772-8239 ◆
- ◆ Web: www.crimeprevent.com ◆

DISCUSSION QUESTIONS

What are the 4 D's?

They are action steps that you can take when battling the smoking temptation.
Delay, Do Something, Deep Breath, Drink Water

What is the rule of HALT?

Don't let yourself get:
Hungry, Angry, Lonely, or Tired
It puts the body under stress, which is one of the most powerful temptation triggers.

What sort of temptation triggers might you face when you quit smoking?

Stress, old routines, smell of smoke, sight of someone smoking or seeing a pack of cigarettes, boredom

What are some of the things that you can do to avoid triggers?

Vary your routine (Ex. If you smoke after a meal, take a walk instead.), clean your car and house thoroughly of the smell of cigarettes, avoid your smoking spots, keep yourself extremely busy so you can't even think about smoking.

Some Open-Ended Questions:

How old were you when you started smoking? Why did you start?

What reasons made you decide to quit smoking?

Have you ever tried quitting before? If yes, why did you start up again?

Whether you've tried to quit in the past or not, what are you going to do to break the habit? What plan of attack had you devised before you even came into this room? After watching the program, what revisions or additions are you going to make to your plan of attack?

What are some of the ways in which you will break your usual routine?

Who are some of the people in your life who can be a good support system for you?

What do you think will be the toughest trigger to avoid? How will you avoid it?

OTHER DISCUSSION OPTIONS

- 1) Contact ex-smokers to have them share their stories about what they went through when they were quitting.
- 2) Contact your local chapter of the American Lung Association to have a speaker come in.
- 3) Show or present pictures or videos of how nicotine affects major organs in the body.

TIPS & TRICKS

(to take home)

It takes the body approximately 7-10 days to purge the nicotine from its systems. The first 72 hours are the most difficult and the most crucial.

Within that time prepare to experience some of the following:

- Craving
- Anxiety
- Nervous Tension
- Mood Swings
- Stress
- Depression
- Spacey, unfocused feeling
- Fatigue

REMEMBER:

4 D's

Delay
Do Something
Deep Breath
Drink Water

The Rule of HALT

Don't let yourself get:
Hungry
Angry
Lonely
Tired

*(It puts the body under stress,
which is a trigger for smoking.)*

Here are some important tips to remember:

- Breaking routine is crucial in getting through the first 72 hours of nicotine withdrawal.
- Cigarette odor is a big trigger, so get rid of it from your home and car by doing a thorough cleaning of both. (It might be helpful to have both professionally cleaned.)
- Talk to ex-smokers for tips on how they were able to quit.
- Keep busy; boredom is a trigger. Exercise is a good and healthy way to keep busy.
- Drink lots of water; dehydration causes fatigue, which is a trigger. (It's also good for you!)
- Look into smoking cessation patches, Zyban, etc. They will help ease the cravings and the anxiety.
- Join a smoking cessation group; talking with others going through some of the same things helps.
- Pamper yourself; treat yourself to just about anything but smoking.
- Constantly remind yourself why you quit.

- Stop new smokers before they start.



Don't let a sign like this bother you.

Quit today.

You CAN do it... *Let us help!*

Smoking Cessation Program Name: _____

Starting Date: _____

Location: _____

Presented by: _____

For further information contact: _____