



Drugs and Alcohol Information

Get informed, stay smart, stay safe

No Smokes Study Guide



Evidence ratings:

This resource is supported by one published study. See our [Help/Q&A section](#) for more details.

Year: Year 7–8, Year 9–10, Year 11–12

Targeted Drugs: Tobacco

Tags: harm reduction, Warlpiri, Pitjantjatjara, Arrernte, hip hop, community

Time Allocated: 1-6 lessons

Links to National Curriculum:
ACPPS077 (Yr 7–8), ACPPS091 (Yr 9–10)

Origin: Australian

Cost:
Free

Developers

Menzies School of Health Research.

Available

 [Access No Smokes Resources](#)

 [Access No Smokes Study Guides](#)

Format

This curriculum-based program is designed to be administered by teachers within classrooms. The program involves **5 modules**. No specialist teacher training is required.

Summary

The No Smokes program targets young Aboriginal and Torres Strait Islander people and promotes an anti-smoking and healthy choices message. The **No Smokes Study Guides** are a suite of resources for teachers preventing tobacco use among Aboriginal and Torres Strait Islander students. The guide includes:

- **Introduction**
- **The facts**
- **The health effects of smoking**
- **Tobacco dependence and helping others quit smoking**
- **Personal messages from non-smokers and successful quitters**
- **Smoking calculator** illustrating the financial and health costs of cigarettes

This initiative uses engaging videos including **Facts About Smoking**, Tobacco Addiction Story (available in **English, Warlpiri, Pitjantjatjara** and **Arrernte**) and **Health Effects Mashup**.

Flipcharts are also available, **presenting the facts about smoking and your health**. Students can also play an engaging **game** which illustrates positive tobacco prevention messages through a hip-hop dance-off.

Benefits

- Increases knowledge about the harmful effects of smoking.
- Increases concern about the negative effects of smoking on friends, family and self.

Evidence

One study has evaluated the benefits of **The Facts, Tobacco Addiction Story** and **Health Effects MashUp** using an Aboriginal and Torres Strait Islander convenience sample. This method is not as rigorous as a randomised controlled trial, which is the gold standard for evaluating the benefits of an intervention. However these preliminary results are promising.

Bell, J. (2012). No Smokes Project summative evaluation report: Findings from qualitative focus groups. Menzies School of Health Research Report.

Page last reviewed: 19 June 2019