

how to say 'NO' to secondhand smoke



Contents

Introduction	02
What is secondhand smoke	03
How to say NO to secondhand smoke:	
When out socially	04
In the home	05
In cars	06
In enclosed public places	07
Everywhere!	08
Smokefree signs and posters	09
DIY Smokefree signs	10 – 12
Other smokefree activity ideas	13

how to say 'NO' to secondhand smoke



The rest of the UK is following Ireland and Scotland's example and making all enclosed workplaces and public places smokefree by law.

But before the law comes into force and even after, there will be occasions when you need to speak up to protect yourself from secondhand smoke pollution either in workplaces and public places, which will be covered by law, or in outdoor spaces, in homes and private cars which will not be covered by the law.

This guide gives you ideas on how to do this.

HERE ARE SOME FACTS ABOUT SECONDHAND SMOKE:

- it contains 4000 chemicals, 69 cancer-causing agents and 200 poisons
- it causes wheezing, coughs, colds, earaches and asthma attacks
- it makes eyes red, itchy and watery
- smoky air is filled with some of the same poisons as those found around toxic waste dumps
- it makes clothes and hair stink
- it ruins the smell and taste of food
- the smoke from a single cigarette takes over 3 hours to clear from a room
- it increases the risk of lung cancer, and heart disease
- it triples the risk of cot death in babies
- in the UK 50 babies and children a day are hospitalised from lung infections (such as bronchitis and pneumonia) caused by breathing secondhand smoke

Secondhand smoke

is the poisonous smoke given off by burning tobacco in cigarettes, roll-ups, pipes or cigars.

Breathing in other people's tobacco smoke is also called '**passive smoking**'.

Some smokers say they have a right to smoke anywhere but non-smokers have a right to breathe safe air.

what is secondhand smoke?



BE IN THE KNOW ABOUT SAYING 'NO'

Saying 'NO' to secondhand smoke is not easy. It is important to let the smoker know that you are not rejecting them but you are asking them not to smoke indoors where it can affect your health. Be firm but polite. Putdowns don't help! How you say it is as important as what you say.

WHEN TO SAY 'NO'

With a family member or a friend who smokes, you can wait for the right moment to talk about secondhand smoke. Asking a stranger who lights up in a public place not to smoke is even harder. You have to decide there and then if you are going to ask the person not to smoke, let it go, or ask someone in authority to speak to the smoker.

how to say 'NO' to secondhand smoke...

...when you are out socially

Let's take an example. You are out for a meal with a group of work colleagues and their partners. It might be in somebody's home or in a restaurant before the law comes into force. One of your workmate's partners takes out her cigarettes and lighter and starts to light up next to you. What can you say?

Firstly relax... Being calm will help you to get the result you want.

Tell the person that you understand their wish to smoke.

You could start with, "Excuse me (Name); I know you enjoy a cigarette after a meal but ..."

Then you tell her your side. Smokers don't always realise that smoking is bad for others. Try and explain,

"...I need to let you know that tobacco smoke is very bad for my breathing."

Suggest a solution. Try saying...

"I'd be ever so grateful if you didn't smoke at the table. Perhaps you could smoke outside?"

Be positive about a possible refusal. End with...

"Thanks ever so much. Otherwise I'll have to go and sit somewhere else."



Case study: WEDDING BREAKFAST

When Andrea Giles was invited to her friend's wedding she feared being trapped in a smoky atmosphere. The reception included a sit down meal and smoking was allowed. Before sitting down, Andrea politely asked others at the table if they would agree not to smoke until the meal was ended. They all agreed.

Case study: 'EX-SMOKER APPEAL'

Jackie Shah, a life-long non-smoker, has tried out a number of ways to ask smokers not to smoke near her. She has found that appealing as a 'recent ex-smoker' works the best. "Would you mind not lighting up – I've just quit smoking and the smell of that cigarette would make me want a cigarette. Could I possibly ask you to smoke away from me? Thanks."

how to say 'NO' to secondhand smoke...



Case study: SMOKEFREE PIZZAS

Parents and children from a smokefree homes project were invited to a pizza party at the home of one of the parents. The families decorate the pizzas with no smoking signs, the smokefree homes logo and no smoking messages made with red peppers, spinach pepperoni, etc. Smokefree pizza parties are now a regular event!

You spend most time at home so it's important to make it smokefree. Homes are not covered by the law so you can only make it smokefree by negotiation.

- Tell smokers you live with that breathing smoky air is bad for you. Find information on the Internet about secondhand smoke or use this information to give to them.
- Support smokers who want to stop. But be firm about your right to smokefree air.

...in the home

- Ask smokers very politely to smoke outside.
- Offer to set up a smoking area, somewhere pleasant, outside the house with a seat and an ashtray.
- Put no-smoking signs by the front door to inform visitors that they cannot smoke.
- Make friendly, personalised 'No smoking' signs to display at home. See later.
- Ask parents not to smoke to protect their children.
- Ask people not to smoke indoors to protect your pets' health.
- If grandparents or other adults smoke, ask them not to smoke in the house.
- Make one room a smokefree zone at least and escape there to avoid smoky air.
- Have a smokefree pizza party!

SOME IDEAS OF WHAT TO SAY

"(Name), I know it's hard for you to stop smoking but I know you care about my health. Do you think you would be able to smoke outside from now on? I don't want to hurt your feelings but this is really important to me."

Or for an older brother or sister to a parent:

"(Name) when I was growing up you smoked in the house and I hated it. Now if you light up, I can go out. But my little sister is breathing your smoke and it is really bad for her little lungs. She can't ask you to smoke outside, but I will. If you must smoke, please don't do it around my sister."

how to say 'NO' to secondhand smoke...

...in cars

Smoke can be more harmful inside a car as the space is very enclosed.

- Ask people not to smoke in the car and explain that opening a window is not enough. Speak up to protect your health in other people's cars as well.
- Suggest 'smoking stops' for smokers.
- Speak up to protect younger children in the car.
- Hang a no smoking sign in the car.
- Ask if you can remove the lighter and ashtrays.

IDEA OF WHAT TO SAY:

"Breathing in tobacco smoke in a small space like a car is really bad for my (health, asthma, cough). Can I please ask you not to smoke when we are in the car? You could have a smoke when we stop for breaks. Thank you."



Case study: SCHOOL BOY STOPS SECONDHAND SMOKE ON THE SCHOOL BUS

Robert Jennings takes the bus to school. One regular driver smoked while driving. This is against regulations but each time Robert complained to the school the driver and the bus company denied it. So Robert took a photo of the driver smoking while driving on his picture phone. A teacher then took action on Robert's behalf.

...in other people's homes

It's much harder to ask other people not to smoke in their homes.

- Politely explain that smoky air makes your eyes sting, your lungs cough or makes your asthma worse.
- Avoid smoke by going to another room or outside.
- Have a note from your doctor saying your need to breathe smokefree air.

IDEAS OF WHAT TO SAY:

"Excuse me, but cigarette smoke is really bad for my (health, asthma, allergies, breathing) so could you please not smoke at the moment. I'd really appreciate it. Thank you."

how to say 'NO' to secondhand smoke...

...in enclosed public places

WHERE SMOKING IS PERMITTED

- Always ask for smokefree air in enclosed places even when you know it isn't provided!
- Politely ask any smoker near to you not to smoke. Explain why.
- Leave a note or speak to the person in charge and ask for smokefree air. Tell them you would visit more often if they had clean air.
- Move away from the smoke.

IDEAS OF WHAT TO SAY:

"Excuse me, but would you mind not smoking as the smoke tends to make me sick (or affects my allergies, contact lenses, throat, asthma)."

WHERE SMOKING IS NOT PERMITTED

- Ask a person with authority to enforce the no smoking policy or law.
- Tell the smoker you need smokefree air.
- Point out any signs or remind the person of the law.

IDEAS OF WHAT TO SAY:

"You might not realise it but this is a no-smoking area and smoke is not permitted here. You are allowed to smoke outside though."



Case study: NO-SMOKING – DUTY OF CARE

Mary Paul was in a marquee at a music festival. People were smoking even though there were no-smoking signs displayed. The smoke was making her wheezy so Mary approached a steward to ask smokers to stop. The steward said he had been told not to enforce the no-smoking signs. Mary asked for her ticket money back and when that was refused she took the organisers to a small claims court for breaching their duty of care. Mary won her case and made legal news.

Say 'NO' to secondhand smoke... everywhere!



If you want places to be smokefree you need to get active.

Before the legislation:

- Complain to managers when public places are smoky.
- Offer managers no smoking stickers or posters. (see pages 10-12)

After the legislation:

- Speak to the manager and ask them to enforce the law.
- Report public places permitting smoking to the enforcement officers. See the Smokefree Action website for details of enforcement officers. www.smokefreeaction.org.uk

IDEAS OF WHAT TO SAY:

Write or talk to managers and tell them in your own words that no-smoking sections are not enough. They don't stop secondhand smoke spreading, just as you can't contain chlorine in one section of a swimming pool. Tell them that being smokefree would be good for business and good for health. Urge them to be ahead of the legislation and that you and your friends and family would use them more often if they were smokefree. (see www.smokefreeaction.org.uk for reasons).

- Ask your MP for the law to protect non-smokers to be brought in as soon as possible. Send a well argued personal letter, fax or e-mail.
- A short letter to a local newspaper has real impact. It is read by thousands of readers as well as people in power. Complain about the effects of secondhand smoke and call for all indoor air to be smokefree sooner rather than later.

- Do a simple public opinion survey. The larger the survey the stronger the argument. Publicise your findings.

Survey ideas - ask people their opinions:

- Would you like this shopping centre/social centre/bar/ to be smokefree before the law makes it compulsory?
- Should places used by children be completely smokefree now?
- Organise a petition and ask people to sign. Present it to the manager and tell the press.

A sample of a **petition**:

To: The Manager of the Ten Pin Bowling Centre, Your Town

We, the undersigned, support making the bowling centre completely smokefree. We recognise that families, adults and young people using the centre should be able to enjoy their leisure time in a safe, healthy environment.

we all deserve smokefree air!

Smokefree signs and posters!

- No-smoking stickers and signs are available from sign makers, hardware stores, stationers and office supplies. Look in Yellow Pages for local suppliers.
- Search the Internet for 'No Smoking Signs' or 'Safety Signs' from UK suppliers.
- A range of stickers, smokefree homes resources, secondhand smoke information, posters and badges are available from GASP.

Tel. 0117 955 0101 or web www.gasp.org.uk



Here are some ideas for creating an attractive no-smoking sign for your own room, home, club or office

You need:

- 1| A paper plate or card for background.
- 2| Felt pens
- 3| Sheets of coloured paper or magazine pages
- 4| Scissors
- 5| PVA glue and spreader
- 6| Glitter or glitter glue (optional)

MOSAIC

Mosaics add texture to designs.

Steps:

- 1| Choose a paper plate or sheet of paper for the base for the sign.
- 2| Choose a design and a caption or make up your own.
- 3| Prepare squares of paper (cut or torn) and keep them sorted by colour. Use coloured paper or pages from magazines.
- 4| Using PVA glue to spread onto the paper.
- 5| Get sticking!

TORN OUT PAPER IMAGES

Images are created from torn or cut paper shapes which are built up in layers.

Steps:

- 1| Choose your background card or paper.
- 2| Gather different sizes and colours of paper.
- 3| Draw simple shapes on the paper to cut or tear.
- 4| Use paper shapes to build up a colourful image.
- 5| Add a personal message.

DIY smokefree signs



DIY smokefree signs



SMOKEFREE DRAWINGS

Use felt pens which can be used to draw images and then decorated with glitter, glitter glue and stickers.



NOVELTY SHAPED NO SMOKING SIGNS

The classic no smoking sign is internationally recognised. Why not jazz it up for your home? Instead of using a circle with a cigarette crossed out try some of these ideas:

- a heart for 'I love no smoking'
- a star for 'You're a star you gave up tar'
- a house for 'Smokefree home'

Steps

- 1| Choose an original but simple shape for the sign.
- 2| Use felt tips, mosaic material, glitter glue etc. to colour in the shape.
- 3| Draw or cut out a cigarette for the middle of the shape and make or draw a line crossing it out.

Other shape ideas

- Apple or any fruit
- Balloon or ball or kite
- Smiling face
- Car or bus
- Teapot or tea cup
- Pets – a cat or dog
- Christmas tree or decoration
- Sun or moon

SMOKEFREE HOME PICTURES

Smokefree home pictures allow you to create a personal message because you can draw your own homes, families and pets. You can also add a personal caption about keeping the home smokefree.

SMOKEFREE CAR PICTURES

Cars are even more enclosed than homes so it's important to keep these spaces smokefree. Smaller signs are often more appropriate to go in the car, they can be stuck in the back windows or put in a plastic pocket and put on the dash board.



CAPTIONS

Ideas for captions that could be used on smokefree signs or used on their own. Write out a caption on a computer or by hand and decorate it with a frame, colour or glitter.

GENERAL

- No smoking for us!
- Thank you for not smoking
- Please respect our no smoking policy
- You smoke I choke
- Don't pollute my air
- Respect my right to breathe smokefree air
- Yes I do mind if you smoke
- If you want to smoke go outside
- Secondhand smoke damages my health
- Your smoke is no joke
- Don't even think of smoking here
- You are entering a smokefree zone
- No to secondhand smoke
- No smoking - Lungs at work

CAR & HOMES

- Welcome to our smokefree home/room/car
- Thank you for not smoking in our home
- Keep our home a smokefree zone
- Our house is smokefree
- I like my tea smokefree
- I love my smokefree home
- Smokers welcome - Smoking's NOT
- Car and home smokefree zone

FAMILY

- Please don't smoke - Baby in the house
- Don't smoke baby breathing
- Mum and me like the house smokefree
- Young lungs need clean air
- My dog and my cat love our smokefree home

DIY smokefree signs



more smokefree activity ideas!

Why stop at signs? Here are some other ideas for smokefree activities:

- Smokefree face and body painting.
- Combine the signs made by a family or group to make a large collage.
- Make 'Smokefree Christmas Tree' decorations to hang on a tree.
- Make a sign to hang on the door handle.
- Hire or borrow a badge maker and make personal smokefree badges.
- Set up a stall at a community fair to make smokefree decorations and signs.
- Make paper hats and headbands and decorate with smokefree designs.
- Decorate T-shirts using fabric paint or make transfers from the artwork.
- Make smokefree birthday, Mothers' day or Christmas cards.
- Decorate a book cover or a notebook with a smokefree image and message.
- Bake cakes and decorate them with sweet smokefree images.
- Decorate pizzas with a no-smoking sign using red peppers or spinach on top of the cheese.



MAKE A SECONDHAND SMOKE-METER

A simple way to remind adults that their smoke can damage your lungs.



What you need:

- A sheet of coloured card or paper
- 2 pink kitchen sponges
- A stick or tubing in a Y-shape
- Scissors
- Glue
- Coloured map pins

Steps

- 1| Make or draw an upturned Y-shape to represent the airway to your lungs
- 2| Cut the foam into the shape of lungs
- 3| Glue the 'lungs' onto each side of the Y-shape
- 4| Label the sheet 'My lungs'
- 5| Stick a coloured pin into the 'lungs' every time you breathe in secondhand smoke
- 6| Use it to persuade adults not to smoke in the house