

# **PROGRAMME EMPTY HANDS – CLEAN LUNGS**

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**EMPTY  
HANDS—  
CLEAN  
LUNGS**



## Programme for:

- Young people -smokers, aged **15-19 years**,
- **regular** smokers (daily or weekly) and **occasional** smokers (during the weekends),
- **motivated** to quit smoking.

## **We considered specialities and reflections of young people:**

- **I can give up smoking at any time and without trouble...**
- **Most of my peers smoke...**
- **I will give up smoking before smoking affects my health...**
- **Smoking will affect my health after the decades...**
- **I am not addicted...**
- **Cigarettes make me feel more calm and release stress...**
- **Cigarettes are not expensive...**
- **If I give up smoking, I will put on weight...**
- **Etc....**

## **We considered the following facts:**

- **80-90% adult smokers took up smoking in adolescence.**
- **Nicotine causes strong addiction.**
- **The younger the people are, when they start smoking, the more they smoke as adults and for a longer period, moreover, more difficult it is for them to give up smoking.**
- **Prevalence of smoking among young people.**
- **First harmful effects of smoking on one's health.**

## When planning the programme, we took into account:

- It is less successful and meaningful to stress long-term negative effects of dependence, for young people are not worried, what will happen to them in 20 or 30 years. **Stress short-term effects.**
- Young people are **part of their society**: they behave similarly as their peers, are interested in similar things and spend their spare time as others peers from their group.
- It is necessary to emphasise the **alternative ways of relaxation, solving distress and learning social skills** - show them how to entertain and spend time in a healthy way.

# Realizing the Programme

- **The whole group give up smoking (support each other)**
- **Group of 10 or 12 young people**
- **Six meetings in six weeks ( 90 minutes) and 3 additional support meetings**
- **In school: as a part of the syllabus...**
- **Outside school: workshops, halls of residence...**



# Who can conduct the programme?

- Person who knows, that smoking among young people is a problem
- Enjoys working with young people
- Has experience in teamwork
- Educated in this field
- Trained for carrying out the project
- Proper education- in the field of sociology / health / pedagogic ( B.A. of Soc., B.A. of Psych., B.A. of Ped., B.A. of Soc.ped., B.A. of Soc. Work., M.D., professor of health education) – for example school social worker
- Non-smoker

# Aimes of the Programme

## Direct

- Spread information about the harmful effects of smoking.
- Become considerate of non-smokers.
- Change the wrong views about smoking, ambivalent view on smoking.
- Understand one's own motives for smoking and smoking habits.
- Impact on frequency and the amount of smoked cigarettes.
- Gradual reduction of smoking and smoking cessation

## Indirect

- Establish a new reference group for participants (find contacts between non-smokers).
- Social skill training (efficient communication, decision making, solving problems, withstanding peer pressure, setting aims).
- Recognise stress and learn relaxation techniques .
- Learn alternative ways of spending time and having fun.

# Topics for discussion

- Harmful effects of smoking, the emphasis is placed on short-term effects ,
- model of addictive behaviour , particularly smoking behaviour,
- benefits of smoking cessation for one's health,
- investigation of one's own smoking behaviour ( smoking diary),
- smoking myths,
- reasons for smoking initiation, continued smoking and smoking cessation ,
- healthy habits of life ,
- methods for quitting smoking ,
- handling symptoms of withdrawal and cigarette cravings ,
- social skills training (efficient communication, strengthening self-image , setting aims),
- stress and relaxation techniques,
- what steps to take in “dangerous” situations and how to react in the company of peers,

Topics depend on the progress of a particular group. The execution of the project should follow the aims of a certain meeting.

# Literature and Materials

## ■ For teachers:

### ◆ Handbook:

- Presentation of the project
- Theoretical underpinnings of the field
- Structure and contents of particular meetings

### ◆ Handouts

### ◆ Evaluation sheet

## ■ For youth (brochures and posters )

### ◆ About the project

### ◆ Smoking myths

### ◆ Benefits of non-smoking

### ◆ Passive smoking

# Programme Evaluation

- Change in the knowledge (**BEFORE / AFTER**)
- Change in the point of view (**BEFORE / AFTER**)
- Change in smoking behaviour: frequency, amount of smoked cigarettes (1,3,6 and 12 months)
- Dropout rate throughout the meetings