

---

# NE Lesson Code NR-000-11

## Still Smoking? Lily Helps

### Discussion Lesson

---

#### OBJECTIVES

Participants will be able to name two:

- ◆ ways that smoking can be harmful during pregnancy
- ◆ ways to stop smoking
- ◆ ideas from the lesson they would like to try

#### MATERIALS

##### TV / VCR

Videotape: *Still Smoking? Lily Helps* (produced by Altschul Group Corp., in English and Spanish, approximately 10 minutes) To obtain additional copies, use the Texas WIC Materials Order Form and fax your request to forms coordinator, (512) 458-7446.

Flip chart or poster board and markers

Dry erase board and markers, or blackboard and chalk

Lesson, including:

- ◆ *Five - Ds* ideas chart; attached, make copies to give class participants
- ◆ *Risks of Smoking While Pregnant* master sheet, attached, write on flip chart sheet
- ◆ *How Lily Helps Ana* master sheet, attached, write on flip chart sheet
- ◆ *Staff Referral Sheet* with referral information for stop-smoking support groups and smoking cessation programs, and national and state tobacco prevention agencies with phone numbers
- ◆ *New Lesson Survey* form; attached, make copies as needed

#### **Note about Survey Forms for New Lessons**

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed surveys to:

Delores Preece  
Texas Department of Health  
Bureau of Nutrition Services  
1100 West 49<sup>th</sup> Street  
Austin, TX 78756



**5. Ana learned some things she could do for herself.** In the video she called them the **5 - Ds**. What are the **5 - Ds**? (Write on flip chart, dry erase board, or black board.)

**Answers**

- ◆ delay the craving
- ◆ drink water
- ◆ do something else
- ◆ dialogue (talk) with a friend
- ◆ deep breathe

**6. What do you think is the purpose of the 5 - Ds?**

**Answer**

The 5 - Ds are healthy ways to avoid using tobacco until nicotine leaves the body.

**Discussion Points**

- ◆ nicotine, a substance in tobacco products, causes addiction
- ◆ the 5 - Ds can be used to break other habits, not just tobacco use

**7. Here's a 5-Ds chart. Under each "D" are 8 ideas that can improve your health.** Even if you don't smoke, you can use the 5-Ds to reduce stress, increase activity, and drink more water. Take a minute to read the chart. You can write the things you'd like to try at the bottom of the page.

**8. What questions do you have?**

## ORAL EVALUATION

**1. Name some of the different ways smoking is harmful during pregnancy.**

- |   |  |
|---|--|
| <input type="checkbox"/> lose baby completely, miscarriage                    | <input type="checkbox"/> baby born extra small                     |
| <input type="checkbox"/> baby born prematurely                                | <input type="checkbox"/> birth defects such as cleft lip or palate |
| <input type="checkbox"/> learning difficulties                                | <input type="checkbox"/> birth complications                       |
| <input type="checkbox"/> infants may become addicted to tobacco in the future |  |

**2. Name a way you could help someone quit smoking.**

**3. Name two things from the lesson today that you will try.**

**2. In addition to the concerns Lily mentioned in the video, what other concerns should we have for Ana and her baby because of Ana's smoking during pregnancy?**

**Teaching Tips**

- This discussion question addresses important risks from smoking during pregnancy not mentioned in the video. The Office of Tobacco Prevention and Control provided this information.
- If someone mentions a risk not known to be associated with smoking, respectfully note that the risk is associated with some other behavior.

**Possible Answers** (write on flip chart, dry erase board, or black board; not every answer must be stated)  
The mother and infant could experience complications during the birth itself. Infants born to smoking mothers are at increased risk to:

- ◆ be born prematurely
- ◆ suffer from birth defects such as a cleft lip or palate
- ◆ have sudden infant death syndrome (SIDS), nearly three times the risk of unexposed babies
- ◆ have asthma or severe respiratory problems
- ◆ experience learning disabilities
- ◆ become addicted to tobacco in the future

**Teaching Tips**

- Unfold the pre-made flip chart sheet or turn over the poster board to show the risks to the baby.
- First point to the risks people named, then read aloud any risks missing from the discussion sheet.

**3. Lily mentioned six ways she learned to help Ana. I'll read the six ways aloud.**

**Teaching Tips**

- Unfold the flip chart sheet or turn over the poster board so "How Lily Helps Ana" is now visible.
- Point to each suggestion on flip chart sheet as you read it aloud.

**4. If you wanted to help someone quit smoking, which of the things Lily used with Ana would you use?**

**Possible Answers**

Lily decides to:

- ◆ make her house "no smoking"
- ◆ eat in the non-smoking area even though Ana cannot smoke
- ◆ tell Ana that her smoking embarrasses Lily
- ◆ tell Ana she still loves her
- ◆ put up with Ana's crankiness brought on by quitting
- ◆ make dinner for Ana and Johnny on nights that Ana goes to her support group

## ICE BREAKER

**How many of you know someone who has an irritating habit such as snoring, leaving the toothpaste cap on the counter, biting their fingernails, forgetting to flush the toilet?** Or unhealthy habits such as watching 4 hours of television each day, drinking too many sodas, or putting way too much sugar in their tea or coffee? Think about someone you know who has an unhealthy habit or one that irritates you. Don't name names, but DO tell us the habit you would like to help someone quit.

## INTRODUCTION

**One of the hardest things to do as a friend or family member is to help someone break a habit.** It's even harder if the habit is an addiction such as smoking. We may not really know how to help and sometimes we end up irritating the person who asked us for help.

**We are going to watch a video about two sisters, Lily and Ana.** Ana wants to stop smoking and Lily wants to help her. Listen for Lily's concerns about two of the many risks increased by smoking. If you smoke or use tobacco, listen for the five Ds Ana learns. If you are ready to quit using tobacco or know someone you want to help quit, look for the six things Lily does to help Ana.

## SHOW THE VIDEO

*Still Smoking? Lily Helps*

## DISCUSSION GUIDE

### 1. What surprised you about Lily and Ana's story?

#### Teaching Tips

- If no one else says it, be sure to mention Lily's concerns that smoking during pregnancy can cause a baby to be born extra small or die during pregnancy.
- After getting people's answers, **please state that pregnant and breastfeeding women should get their doctor's advice before trying acupuncture or any nicotine replacement method. Nicotine gum, often associated with common chewing gum, may be perceived as harmless, when in fact it is a drug that the woman should discuss with her doctor.**

**Possible Answers** (write responses on flip chart; not every point needs to be stated)

- ◆ smoking during pregnancy can cause a baby to be born extra small or die during pregnancy
- ◆ people may try to quit many times before being successful
- ◆ it may require more than one method to quit
- ◆ Ana had to really want to do the best for herself, not just for her baby, in order to quit
- ◆ smoking kept Ana from really getting to know herself
- ◆ the process of quitting helped Ana to get to know herself better and improve her self-respect
- ◆ thousands of people quit smoking every day
- ◆ Ana learned a technique called the 5 - Ds that she could use on her own to help with quitting
- ◆ Lily needed to change her own behavior to help Ana quit smoking

# NE LESSON Code NR-000-11

## Still Smoking? Lily Helps

### Preparing For The Discussion

1. In large letters on two separate flip chart sheets or 2 sheets of poster board, use a black marker to print the six ways “How Lily Helps Ana” and the “Risks of Smoking During Pregnancy” (attached).
2. Fold each flip chart sheet in half or turn the poster boards over to hide the print, and tape them to a wall where participants can see them when you unfold them or turn them over.
3. Have a flip chart ready or use a dry erase or black board to write down participants’ responses to questions.

### Important Background on Tobacco and Prevention

You can use this lesson with either pregnant or postpartum participants. Research shows that many women who quit smoking during pregnancy start again within a year of the birth of their babies. Their postpartum return to smoking exposes their babies to the harm from secondhand smoke. Their infants run a three times higher risk of SIDS, and a higher risk of serious infections, asthma, and allergies.

This lesson, is designed to help participants who have quit or wish to quit using tobacco, as well as non-smokers who may want to help someone who is ready to quit smoking.

If, while you teach the lesson, you discover that a pregnant participant smokes, it is vital to:

- ◆ remain compassionate
- ◆ discreetly offer her referral information
- ◆ check her chart to see if the risk codes reflect smoking during pregnancy
- ◆ make a note on her health history if needed

#### Teaching Tips

- Act like an especially nice person!
- Let the people in your class know there are no right or wrong answers.
- To get more participation when you ask a question, give people at least 10 seconds to think.
- Try to keep the icebreaker light, friendly.
- If they know they will not be called upon, adults feel more comfortable, so give everyone a chance to answer, but don't call on anyone specifically.
- After people share their responses, avoid saying things like “Excellent!” “Well, ...maybe not.” Best to simply say “OK” in a neutral tone or nod agreement after each response. After everyone who wanted to has shared, thank them for responding.
- Ask for a volunteer to write down participant responses on the flip chart. This will free you to keep eye contact with participants, and may encourage more participation.

**NE Lesson Code NR-000-11  
Still Smoking? Lily Helps  
New Lesson Survey Form- Participant**

1. The name of the video I saw today was: \_\_\_\_\_

2. I am: (you may circle more than one)

- |                        |                                 |
|------------------------|---------------------------------|
| a. pregnant            | f. teenager                     |
| b. breastfeeding       | g. a smoker, not trying to quit |
| c. parent of an infant | h. a former smoker              |
| d. parent of a child   | i. a smoker trying to quit      |
| e. family or friend    | j. living with a smoker         |

3. How much did you like the video?

- a. a lot                      b. a little                      c. not at all

4. How much did you like the lesson?

- a. a lot                      b. a little                      c. not at all

5. Do you plan to use the ideas from the lesson?

- a. a lot                      b. a little                      c. not very much

Why? \_\_\_\_\_  
\_\_\_\_\_

6. Do you think this is a good video to show at WIC?

- a. yes                      b. no

7. What is the most useful thing you learned from the video and discussion today?

\_\_\_\_\_  
\_\_\_\_\_

8. Comments: \_\_\_\_\_  
\_\_\_\_\_

**Thank you for your comments!**