

Quitting Tobacco Brainstorm

Objective: Create a comfortable atmosphere for discussion about how to quit tobacco and support people to become tobacco free.

Helpful Materials: Large piece of paper, marker.

Note: This activity was adapted from the *Understanding Cancer Activity Guide* by Dr. Melany Cueva from the Alaska Native Tribal Health Consortium.

Directions: The facilitator will facilitate a brainstorming session about quitting tobacco. The facilitator can prompt the discussion by stating that many former tobacco users feel quitting tobacco is one of the most difficult things they have ever done.

The facilitator can then ask:

- Has anyone quit using tobacco or helped someone to quit using tobacco? Share and celebrate success stories!

OR

- Who in the group has never used tobacco? Invite them to share why.

Encourage the participants to brainstorm helpful ways to quit tobacco and support people to become tobacco free. The facilitator can write them down on a large sheet of paper and review at the end of the activity.