

## Secondhand Smoke Role Play Activity

**Objectives:** Help participants practice what to say or do when someone smokes around them or their family.

**Helpful Materials:** One copy of one scenario per group .

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

**Directions:** Some people have a hard time telling smokers not to smoke around them or around their children. Ask participants to share their stories of when they find it hard to say no to being around tobacco smoke.

Give each group a scenario. Ask them to brainstorm solutions to the problem and then act out their scenario with possible solutions to the group.

**Scenario 1:** Your in-laws are at your house visiting your family. Your husband is out hunting. The rest of the family is sitting in the living room and talking. Your father-in-law asks you for an ashtray as he lights a cigarette. You know smoking around the children is harmful. What can you do?

### Scenario 1 Possibilities:

- Share with him that cigarette smoke is bad for the health of your children.
- Ask him to please go outside to smoke.
- Share with your friend that your family has become a smoke-free family as part of the ways you want to be healthy.
- Let family members know ahead of time that you do not allow smoking inside your house. Put a no-smoking sign up for visitors to read as they enter your house.

**Scenario 2:** You are driving with a friend in your truck. Your friend lights up and starts smoking. What can you do?

### Scenario 2 Possibilities:

- Share with them that cigarette smoke is bad for your health.
- One thing we can do in our homes or cars to prevent these situations is to post a sign that says “Thank You for Not Smoking” or “We’re a Smoke-Free Family” or “This is a Tobacco Free Zone”. This lets guests know your house and car are tobacco free.
- Share with your friend that your family has become a smoke-free family as part of the ways you want to be healthy.

**Scenario 3:** You and your family go to a friend’s house to celebrate her son’s birthday. There are many adults and children inside the house. A few of the guests are smoking, which is making the house very smoky. The smoke is hurting your throat. It is also hurting your daughter’s eyes. You promised your friend you would help her, so you don’t want to leave. What can you do?

**Scenario 3 Possibilities:**

- Tell your friend that you are very sorry, but you need to leave because the tobacco smoke is making it hard for you and your child to breathe. The second hand smoke is affecting you and your child's health. You really want to help her but you cannot stay because of the smoke.
- Ask people to give the gift of clean air as a birthday present and not smoke during the party.

**Scenario 4:** Your best friends from high school are coming to stay at your house. You are really looking forward to their visit but you know they smoke. You do not want them to smoke in your house but you don't want to hurt their feelings. What can you say or do?

**Scenario 4 Possibilities:**

- One thing we can do in our homes or cars to prevent these situations is to post a sign that says "Thank You for Not Smoking" or "We're a Smoke-Free Family" or "This is a Tobacco Free Zone". This lets guests know your house and car are tobacco free.
- Ask them to please go outside to smoke.
- Share with your friend that your family has become a smoke-free family as part of the ways you want to be healthy.