

# Activity - I Care About Smoke-Free Air

## Role Playing - Advocacy

- Students will practice various role-playing scenarios that require them to understand their rights, their risks, and their voice within each situation.
- Each scenario will require students to either practice advocacy skills, understand whether they are at risk for secondhand smoke, or protect themselves against thirdhand smoke.
- The objective of this exercise is to give students the opportunity to practice their **communication skills with respect to addressing tobacco use** and to understand the importance of understanding their rights regarding tobacco use.

## Vignettes:

1. You are meeting a friend for lunch at your favorite restaurant. There are a lot of people waiting to be seated inside, so you and your friend decide to wait outside for your table. While you are waiting to be seated, you notice a man smoking in the non-smoking designated area. Although you cannot really smell the smoke, you can see it and you can see the wind blowing it in your direction. Next to you is a young couple with a newborn baby. You notice that the man is almost done with his cigarette but continues to blow the smoke in your direction and the direction of the newborn baby. Which form of smoke are you at risk for? Who is most at risk, you or the newborn? What would you do in this situation knowing that he is in violation of where he can smoke?
2. You are volunteering at a retirement home with some friends. The coordinators ask all volunteers to do different tasks; your task is to make sure that all the elderly folks have signed up for the smoking cessation class that will be held that weekend. As you go around from room to room, you notice that one room faintly smells like tobacco smoke. You ask if the participant would be interested in quitting and she says she will go to the class but she is not ready to quit. What do you advise the client to do? What resources do you give her?

3. You and your best friend need to work on a project for school, so your best friend invites you over to his house. After school, you go to his house and see his mom smoking outside. She puts out her cigarette before giving you a hug. You don't inhale any of the smoke that she exhaled, nor do you smell the smoke while in the house. Although there are no direct signs of harm, are you still at risk for thirdhand smoke? How so? Since you know your best friend's mom smokes, what type of information can you provide her and your friend?