



## **How do you and cigarettes mix?**

### **1. Have you smoked cigarettes?**

- a. No, I have never tried smoking
- b. Yes, but don't anymore.
- c. Yes, I smoke occasionally with friends
- d. Yes, I smoke on most days of the week

### **2. Your new boy/girlfriend offers you a cigarette which he/she has lit, what would you say or do?**

- a. Smoke the whole cigarette
- b. Say "no thanks"
- c. Say "no thanks, and I'd prefer you didn't smoke"
- d. Take a puff and hand it back

### **3. If a friend is trying to stop smoking, would you:**

- a. Interfere with his/her attempt by offering him/her a cigarette when he/she is craving
- b. Give him/her advice to help him/her stop or cut down
- c. Ask him/her what help he/she needs
- d. Tell him/her that it is the best thing he/she could do

### **4. If you're eating outdoors and people are smoking near, would you:**

- a. Get up and move away from the smoke
- b. Ask them politely if they would mind not smoking there
- c. Cough loudly and wheeze hoping they get the hint
- d. Sit there and ignore the smoke

### **5. What would you do if you found out a friend smokes occasionally?**

- a. Tell him/her you don't mind if he/she smokes, but prefer he/she didn't around you
- b. Have a smoke with him/her
- c. Tell him/her smoking is bad for his/her health
- d. Say nothing

### **6. If you smoked and wanted to stop or reduce your smoking, what would you do?**

- a. Stay away from situations where you normally felt like having a smoke
- b. Ask a friend or family member to help you
- c. Not tell anyone and just stop smoking completely
- d. I wouldn't smoke to start with

### **7. If your parents smoked in the car, would you:**

- a. Wind the window down and cough loudly
- b. Ask them to make the car a smoke-free zone
- c. Do nothing
- d. My parents would never smoke

### **8. If you were having a party at your place, what rules would you have about smoking?**

- a. No rules
- b. No smoking at the party
- c. Smoking must be done in only one area of the house
- d. Smoking outside only

**9. Recently you have noticed that a friend often smells of cigarette smoke (their clothes, bag, hair...). Do you tell him/her?**

- a. He/she smells
- b. You have noticed he/she is smoking more often and ask him/her if he/she wants help to stop
- c. Nothing
- d. He/she will get busted for smoking if he/she smells like that

**10. If you're younger brother or sister tried or started smoking, would you:**

- a. tell him/her it is a waste of time and pointless thing to do
- b. say nothing
- c. let him/her smoke as he/she has to try to find out for him/her self
- d. tell your mum or dad

**Points**

Question	a	b	c	d
1	2	4	6	8
2	8	4	2	6
3	8	2	4	2
4	3	2	5	6
5	4	8	2	5
6	4	3	4	3
7	5	4	8	2
8	8	2	6	4
9	2	4	2	5
10	3	5	5	4

**Your total (write here)** \_\_\_\_\_

**Check your profile:**

**21-32 points** – You are doing a great job to reduce the harm related to cigarette smoking. You are not someone who smokes on a regular basis and you have a number of strategies to make sure cigarette smoke does not harm you. You may not often come into contact with people who smoke. Be careful not to be too judgmental of those who smoke. If the occasion arises you could be more helpful to support those who smoke to stop or cut down. Continue to stay smoke free or at a low risk of harm and take opportunities to help others to do the same.

**33-46 points** – You are doing well to reduce the risk of harm from cigarette smoking. While you probably do not smoke on a regular basis you may come into contact with others who do. You are likely to be assertive to reduce your exposure to passive smoking and are practical about this matter. You are willing to help others who smoke to stop smoking or cut down if they want to. It is likely that you support them in a practical, non-judgmental way. Make sure you reduce your risks from cigarette smoke and support others to do so.

**47-58 points** – While you are not extreme right on the harm continuum, you could be doing more to reduce problems from cigarette smoking. It is likely you smoke a cigarette occasionally or are exposed to cigarette smoke from others on a regular basis. You are likely to be exposed to passive smoke and while some strategies to reduce this work, being more assertive may help you to move left. You could be a useful friend for someone who wishes to stop or cut down. Work to reduce your risks from cigarette smoke and support others to do so. At worst make sure you don't move right on the continuum and increase your risk of harm from cigarette smoking.

**59-71 points** – You have plenty of room to reduce your risks of harm from cigarette smoking. It is likely you smoke cigarettes on some occasions and you are exposed to cigarette smoke from others on a regular basis. Reducing your risks of harm may involve you looking at ways you could stop or cut down smoking and ways to reduce your exposure to other people's smoke. Team up with someone to help you to move left on the harm continuum. Although it won't be easy now, moving left will get harder the longer you wait.