



STARSS News

Start Thinking About Reducing Secondhand Smoke!

Issue Ten

Make the most out of her I'm a STAR! Journal:

- **Together, evaluate a mom's smoking patterns.** Let her know how important it is to understand her smoking patterns. Knowing why she smokes will help her in her efforts to reduce secondhand smoke, and will help her see how well she's doing.
- **Talk about her triggers!** Knowing what her triggers are is the first step in learning how to cope with them.
- **Offer your help.** Show her how to fill out her I'm a STAR! Journal using the sample pages provided. Fill it out together so she knows how easy and non-threatening it is to do. And she will be able to do it on her own.
- **Review her journal together.** Congratulate her on all the small steps she has taken to reduce secondhand smoke.

AWARE

(Action on Women's Addictions - Research & Education)

P.O. Box 86

Kingston, Ontario K7L 4V6

www.aware.on.ca

info@aware.on.ca

phone: (613) 545-0117

fax: (613) 545-1508

Update from the national STARSS community

In New Brunswick, while Linda lead a **STARSS** talk for parents, their children worked on **STARSS** crafts. They painted wooden stars to remind their parents of the reasons why they wanted to reduce secondhand smoke. One of the parents even made a print of her newborn's footprints on the wooden plaque! Check out the pictures on the **STARSS** Showcase: www.aware.on.ca/starss/starss-showcase

Research Update: Women smoke for different reasons than men

One of the hardest things for people to understand is the benefit and pleasure that smokers get from smoking. These benefits come from nicotine's effect on the nervous system. There are also more benefits in women's lives. Dr. Lorraine Greaves looked at the meaning smoking for women and identified five major themes related to why women smoke:

1. **To organize social relationships** – balance, support, distance or end relationships with partners, children, co-workers and others
2. **To create an image** – of independence, uniqueness, sophistication, acceptance, and thinness
3. **To control emotions** – suppress or numb negative emotions, or to bring out positive emotions
4. **To help handle dependency** – as a source of support that is both predictable and controllable
5. **As a source of identity** – contributing to the development of self-image.

Women say they smoke to cope with the day-to-day reality of their lives. They refer to the cigarettes as 'friends'. They see stopping for a cigarette as a legitimate break in their lives – that they may otherwise have difficulty justifying. Women who smoke derive concrete benefits from smoking, and we need to identify and address these benefits to help women in their efforts to reduce secondhand smoke.

From The Program Training and Consultation Centre's, Women and Tobacco Info Pack

Don't forget, we're on Facebook and Twitter!

If you haven't already, check it out:

Facebook - <http://www.facebook.com/pages/STARSS.Canada>

Twitter - http://www.twitter.com/STARSS_Canada

Go to www.aware.on.ca to download a print friendly version of the newsletter.