



STARSS News

Start Thinking About Reducing Secondhand Smoke!

Issue 8

Don't be afraid to talk about the perceived benefits of smoking:

- **Decisional Balance Index** refers to the positives and negatives of smoking. It's an effective way for a **STARSS** mom to identify why she smokes, and why she wants to cut back. See **Worksheet 4** in the **Guide to STARSS Strategies**.
- **Make a list of positives and negatives.** Together, work through a list of reasons why she likes smoking and why she doesn't. Then make a list of why she likes the idea of quitting and why she doesn't. This helps both of you realize potential barriers. It also points the way to possible solutions.
- **Be supportive.** Encourage your **STARSS** mom to write down what she is really feeling. If she says she likes to smoke because it helps her cope when she's feeling stressed or angry, make sure to listen and don't judge her. Together you can come up with solutions for what to do instead of smoking.

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Update from the national STARSS community

JoAnna from the Sydney, Nova Scotia rollout site has been involved with **STARSS** for four years. Over the years, she has come up with many creative ways to increase curiosity in the program. During this time, she has facilitated training sessions with all of the Family Resource Centres across Nova Scotia. Needless to say, she is not shy when it comes to presentations! In her training sessions, she uses the **STARSS** PowerPoint, as well as **STARSS** handouts and posters.

JoAnna enjoys the simplicity and clarity of the **STARSS** program. Also, the fun, low cost promotional items help inspire trainers and **STARSS** moms. JoAnna has noticed that the promotional items are motivational. So she will be creating **STARSS** band aids to be nationally distributed by the National Emergency Preparedness Program.

Despite having limited funding, JoAnna has made sure that **STARSS** is a visible program within her Family Resource Centre. She displays posters and other **STARSS** materials throughout the FRC. They also put motivational **STARSS** messages on calendars they distribute. The **STARSS** kids in the program receive fun stickers.

JoAnna also finds appropriate ways to piggyback **STARSS** messages into some of her already existing programs; for example, she implements **STARSS** strategies into her pre-natal groups. Using **STARSS** language, she asks in a non-judgmental way: "Have you ever thought about ways to protect your child from exposure to second hand smoke? Tell me about your ideas." She finds that being a good listener and being sensitive and positive is a necessary and effective way to show support.

STARSS is now on Facebook and Twitter!

Become a fan of our Facebook page for updates and **STARSS** ideas. Follow us on Twitter for exciting tweets about the **STARSS** program.

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