I don’t want my dreams goin’ up in smokes...

COMIC STRIP COMPETITION BOOKLET

notupinsmokes.nunku.org.au/comicstripcompetition
About the competition

The “Don’t let your dreams go up in smokes…” comic strip competition has been developed to assist teachers and people working with young people between the ages of 8 – 14 to engage students to think about the impacts of smoking in their lives and how it can affect their dreams.

The comic strip competition incorporates characters to help young people to create their own stories about smoking and share messages without making it personal.

It can be undertaken as an activity in class and complements current education curriculum and resources provided on the resource page.

The competition is run by Nunkuwarrin Yunti of South Australia as part of its campaign to work with young Aboriginal people to tackle smoking and live healthy lifestyles. It builds on the award-winning Rewrite Your Story project, which included an English-based curriculum activity developed by the South Australian Aboriginal Sports and Training Academy (SAASTA) and the Drug and Alcohol Service South Australia.

Why undertake this activity?

The comic strip competition is a fun and relevant way for young people to think about and share their own thoughts or stories about cigarette smoking. The ‘Don’t let your dreams go up in smokes…’ campaign builds on the stories of 16 local Ambassadors in Adelaide who shared their stories about how smoking has affected their lives.

It can be difficult for some young people to talk about issues like smoking and how they feel about it, especially when family members, older peers or influencers are smokers. In this activity, students create their comic strip based on one of the characters provided. By featuring a character, students are able to tell a story in their own words without making it personal.

It complements other curriculum-based resources such as the Rewrite Your Story English teaching resource (developed by SAASTA) and the SA ‘The truth is out there…’ teaching resource.

What is the ‘Don’t let your dreams go up in smokes…’ campaign?

‘Don't let your dreams go up in smokes…’ is a campaign developed by Nunkuwarrin Yunti of South Australia (in partnership with Wlnangali and The Social Deck) to prevent the uptake of smoking among young Aboriginal people in Adelaide. The campaign builds on the successful Rewrite Your Story project – winner of a 2013 Deadly Award!

The campaign encourages young people to have their say about smoking. It is about learning from our young people, and empowering them to make good choices about smoking early on. During the campaign we’ll be sharing stories, videos, photos and illustrations on what young people think about smoking, why it is harmful, even when you’re young, and what dreams can be achieved by being smoke-free. Look out for us online, on Instagram and Facebook and in schools!
The competition

Nunkuwarrin Yunti will run this activity as a competition during term 3 of the South Australia school year.

Submissions to the competition must be provided by 5.00pm 13 September 2014.

Submissions can be sent via email to: tacklingsmoking@nunku.org.au
Or in hard copy by post to:

Nunkuwarrin Yunti of South Australia
C/o Tackling Smoking and Healthy Lifestyle team
PO Box 7202
Hutt Street
Adelaide SA 5000

By entering the competition, schools should confirm consent of the students for their comic strip to be featured online (individual details may not be disclosed).

Classes may wish to undertake the comic strip competition and not enter the competition, or hold it as a competition within their own school or class. Nunkuwarrin Yunti will still support the activity by providing resource materials and prize packs including merchandise.

Judging

Comic strip entries will be judged by a panel including Nunkuwarrin Yunti staff and our campaign partners.

FIRST PRIZE: The winning comic strip entry will be made into an animated video and promoted online and through social media, and press (including nationally). The entrant/s will also receive a prize pack.

RUNNERS UP: Runner up entries will be promoted as static comic strips online and through social media. Entrant/s will receive a prize pack.

Judging criteria:

Submissions will be judged based on three broad criteria:

1. Alignment with theme (dreams and smokes)
   - How well does the comic strip align with the theme of dreams and smokes, and the campaign slogan ‘Don’t let your dreams go up in smokes…’?

2. Creativity
   - How creative is the storyline in representing both dreams and smokes?
   - How well is the comic strip drawn or digitally created?

3. Story and messages
   - Does the comic strip tell a story?
   - How have the characters been used to share a message with young people?


Instructions

Before you start the comic strip competition, ask students to visit www.notupinsmokes.nunku.org.au and the links at the Resources section of this booklet.

Students can participate in the competition in small groups, pairs or individually.

Provide your students with the comic strip frames. The frames can be downloaded from the web at: www.notupinsmokes.nunku.org.au/comicstripcompetition or are at the end of this booklet. They don’t need to use all the frames. To be eligible for judging, comic strips can be anywhere between four and 12 frames.

Themes
The comic strip should tell a short story and incorporate the competition themes - “dreams” and “smokes”. Comic strips will be judged on how well the story aligns with these themes.

A good way to make sure the themes are included is to ask students to first write down three dreams (what they want to be or achieve) and see if they can incorporate one of these into their story.

Characters
Two characters (boy and girl), each in six different poses, are provided for students to use in their comic strip. These characters feature throughout the “Don’t let your dreams go up in smokes…” campaign.

At least one of these characters should feature in the comic strip. Students are encouraged to come up with their own names for the character/s they use. Students are also encouraged to create their own characters to feature in their comic strip. Characters might include people, animals, a superhero or an evil nemesis!

The characters can be downloaded individually at notupinsmokes.nunku.org.au/comicstripcompetition, or they may be hand-drawn or copied by students.

Scenarios
You may like to base the comic strip on a scenario, which could be created and agreed by the class or provided by the teacher. Some examples of scenario are:

• Your character is faced with a difficult decision – whether or not to take their first puff.
• Smokes are infiltrating the skate park so it’s closing down – what can you do to save it?
• It’s halftime in the footy or netball grand final – what happens when someone from your team is offered a smoke?

Creating the comic strip
There are two ways to create the comic strip:

1. Digital: Students download the comic strip frames onto their computer to create their comic strip digitally, using graphics and typed text.
   • If students are creating their comic strip digitally, they will also need to download the characters at: www.notupinsmokes.nunku.org.au/comicstripcompetition. Copy and paste the characters into the comic strip frames.

2. Hand-drawn: Print or photocopy the comic strip frames provided for students to hand draw their comic strip.
   • Students may like to trace the outline of the characters, cut out and paste the characters or recreate them using their own imagination.

tacklingsmoking@nunku.org.au | notupinsmokes.nunku.org.au | #notupinsmokes | phone: 08 8406 1600
## Prompt questions

Ask students the following questions to help them create their story:

<table>
<thead>
<tr>
<th>Question</th>
<th>Assists with:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q. Which of the characters do you relate to the most?</td>
<td>Choosing characters to feature in their comic strip.</td>
</tr>
<tr>
<td>Q. Where would you like to set your comic strip? (ie at school, at home, at the skate park, in space)</td>
<td>Setting the scene for the comic strip story</td>
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<td>Q. Think about one of your dreams and how it might be affected by smoking?</td>
<td>Starting their comic strip and aligning in with the theme.</td>
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<td>Q. What are some reasons why wouldn’t smoke, even socially?</td>
<td>Making decisions at key points in the story.</td>
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<tr>
<td>Q. How could you say no to a puff of a cigarette without losing face with your friends?</td>
<td>Making decisions at key points in the story.</td>
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<td>Q. How could you influence your friends to give up smoking?</td>
<td>Develop a solution as part of the story.</td>
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<tr>
<td>Q. What will the moral to your story be?</td>
<td>Complete the story.</td>
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</tbody>
</table>
## Key messages for young people

<table>
<thead>
<tr>
<th>AUDIENCE</th>
<th>KEY MESSAGES</th>
<th>About smoking</th>
<th>The campaign</th>
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</thead>
<tbody>
<tr>
<td>Young Aboriginal people</td>
<td></td>
<td>Don’t let your dreams go up in smokes!</td>
<td>Nunkuwarrin Yunti is working with young Aboriginal people to tackle smoking.</td>
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<td></td>
<td></td>
<td>Whether you want to be a sports star or a musician, have a family or travel</td>
<td>We can all stop the smokes from affecting our dreams and our mob’s future.</td>
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<td></td>
<td>the world, smokes can affect your dreams. Stay off the smokes, live your</td>
<td>Instead of sharing smokes, share in activities that are fun and healthy, like sport, dance and art.</td>
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<td>dreams and help make our mob’s future smoke free.</td>
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<td>Young people are leading the way in our communities to tackle smoking - with</td>
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<td>15-25 year olds having the greatest drop in smoking rates in the last 10 years.</td>
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<td>Let’s kick tobacco’s butt by saying no to smokes; to keep our bodies healthy</td>
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<td></td>
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<td>and give us the best chance of achieving our dreams.</td>
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<td></td>
<td></td>
<td>Smokes aren’t part of our culture and they’re not good for our dreams.</td>
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<tr>
<td>AGES 8-12</td>
<td>Keep your body fit and strong</td>
<td>Keep your body fit and strong by staying away from smokes.</td>
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<tr>
<td></td>
<td>by staying away from smokes.</td>
<td>Even a few puffs can get you addicted for life.</td>
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<td></td>
<td></td>
<td>It’s a lot easier to say no to smokes now than it is to quit later on.</td>
<td>[Name of character] has an important decision to make about smoking.</td>
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<td></td>
<td></td>
<td>Smokes aren’t corka for our mob.</td>
<td>He/She knows that achieving his/her dreams will be much easier without smokes.</td>
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<td></td>
<td></td>
<td>Tell your friends why you don’t need smokes and help our mob to a smoke free</td>
<td>Smokes are gross; they make your teeth yellow, your breath stink and they can make you really sick.</td>
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<td></td>
<td></td>
<td>future.</td>
<td>Share your dreams with us and tell us why you wouldn’t take up smoking.</td>
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<tr>
<td>AGES 13-17</td>
<td>Butt out the smokes before</td>
<td>Butt out the smokes before they puff you out.</td>
<td>No matter what you want to do, you can do it better without the smokes.</td>
</tr>
<tr>
<td></td>
<td>they puff you out.</td>
<td>You can’t play a 100% when you’re on the smokes. When you smoke you’ll lose</td>
<td>Live your dreams and be smoke-free.</td>
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<td>puff earlier and you can’t play as fast or as hard.</td>
<td>Every time you spark up a smoke it’s costing you your health and your future.</td>
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<td>Be smart and get the facts about smokes. While sparking up a smoke might</td>
<td>Make good choices about smoking early on.</td>
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<td>seem cool, you’re really just letting the smokes trick you into being dependent</td>
<td>Tell your friends what you think about smoking and what dreams you’ll be living smoke free.</td>
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<td></td>
<td></td>
<td>on them for life. Smokes can make you sick, make your teeth yellow and your</td>
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<td>breath smell, and stop you from being fit and strong.</td>
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<td>Smoking tricks your brain into thinking it needs tobacco to be calm. When you</td>
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<td>inhale smoke, over 8000 different chemicals reach your brain and it changes the</td>
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<td>way you think.</td>
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<td>Quitting the smokes while you’re young is much easier than after you’ve been a</td>
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<td>smoker for years.</td>
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<td>Don’t give away your health or your cash to the smokes and the big companies!</td>
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<td></td>
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<td>You could buy a car with the money you save from not smoking for a year or</td>
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<td>two.</td>
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Resources for tackling smoking with young people

Social marketing campaign for young Aboriginal people in SA to prevent the uptake and prevalence of smoking - [www.notupinsmokes.nunku.org.au](http://www.notupinsmokes.nunku.org.au)

Award-winning anti-smoking campaign telling the stories of 16 Ambassadors in South Australia - [www.rewriteyourstory.com.au](http://www.rewriteyourstory.com.au)

**Organisations:**
Nunkuwarrin Yunti of South Australia  
Ph: 08 8406 1600  
Email: tacklingsmoking@nunku.org.au  
[www.notupinsmokes.nunku.org.au](http://www.notupinsmokes.nunku.org.au)

Drug and Alcohol Services South Australia  
Ph: 08 8274 3333  

Quit SA  
Ph: 08 8291 4141  
E-mail: quitsa@quitsa.org.au  
[www.quitsa.org.au](http://www.quitsa.org.au)

Department for Education and Child Development – Drug Strategy  

South Australia Aboriginal Sports and Training Academy  
[www.saasta.sa.edu.au](http://www.saasta.sa.edu.au)

**Useful websites:**
For young people  
‘Don’t let your dreams go up in smokes…’ blog - [www.notupinsmokes.nunku.org.au](http://www.notupinsmokes.nunku.org.au)


Kick it - [www.kickit.org.au](http://www.kickit.org.au)


General  

Tobacco in Australia - [www.tobaccoinaustralia.org.au](http://www.tobaccoinaustralia.org.au)

Tobacco Control Supersite - [http://tobacco.health.usyd.edu.au](http://tobacco.health.usyd.edu.au)

Action on Smoking and Health (Australia) - [www.ashaust.org.au](http://www.ashaust.org.au)

Tobaccopedia - [www.tobaccopedia.org](http://www.tobaccopedia.org)


The National Tobacco Campaign - [www.quitnow.info.au](http://www.quitnow.info.au)

Tobacco free Kids - [http://tobaccofreekids.org](http://tobaccofreekids.org)
Name/s of student/s: _______________________________________________________

**Comic strip frames**

Description:

Description:

Description:

Description:
Entry Form: Comic Strip Competition

ENTRIES FOR THE COMPETITION ARE DUE ON: 13 September 2014

School: ________________________________________________________________

Class: ________________________ Teacher: ________________________________

Number of comic strip submissions: ________

Contact: Ph:_______________________ Email:______________________________________

Teacher comments: ________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

SUBMIT ENTRIES TO:
By email: tacklingsmoking@nunku.org.au
Please include “Comic Strip Competition” in the subject line.

Or post:
Nunkuwarrin Yunti of South Australia
c/o Tackling Smoking and Healthy Lifestyle team
PO Box 7202
Hutt Street
Adelaide  SA  5000
Characters

Characters can be downloaded individually at [www.notupinsmokes.nunku.org.au/comicstripcompetition](http://www.notupinsmokes.nunku.org.au/comicstripcompetition)