



## WELLNESS WORKSHEET 58

### For Nonsmokers

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List five things you might say to someone in asking him or her not to smoke in your presence. How would you defend your right to breathe smoke-free air?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

List three situations where you recall being exposed to cigarette smoking. For each, describe what you might have done to avoid the situation.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**If you've never smoked . . .** Why do you think you never started smoking?

Did you have exposure to smokers (friends or family members) as you were growing up? How did this affect your decision not to smoke?

*(over)*

WELLNESS WORKSHEET 58 — continued

What kinds of things do you think make people start smoking?

**If you're an ex-smoker . . .** How and why did you quit?

Can you offer any advice for the smoker who wants to quit?

**INTERNET ACTIVITY**

The World Wide Web provides many opportunities to become more involved in health issues that confront the United States, including tobacco use. Research ways to become an online tobacco activist. Visit the Web sites listed below and/or do a search for additional tobacco-related sites.

Action on Smoking and Health: <http://ash.org>

American Lung Association Action network: <http://lungaction.org>

Campaign for Tobacco-Free Kids: <http://www.tobaccofreekids.org>

Smokescreen Action Network: <http://www.smokefree.net>

Tobacco BBS: <http://tobacco.org>

Site(s) visited (URL): \_\_\_\_\_

What opportunities for involvement did you discover? Do you think you are more likely to participate in online activist activities than activities that require personal contact? Why or why not?