

# VIBE ACTIVITIES

## Healthy Vibe - *Going your own way* page 23

# Going your own way

## Why we said no to smokes

**TWO PROMINENT INDIGENOUS MEN WHO NEVER SMOKED SAY THEY ARE GLAD THEY NEVER STARTED, CONSIDERING OTHER FAMILY MEMBERS AROUND THEM DID SMOKE AS THEY WERE GROWING UP. THEY BOTH OFFER THEIR ADVICE ABOUT STAYING OFF THE SMOKES TO ACHIEVE BETTER HEALTH.**

Both former Rugby Sevens' footballer Matt Sonter and founder of Black on Track Brian Dowd consider themselves lucky that they never started smoking.

Matt Sonter has had a long illustrious career as a professional rugby union player spanning more than 13 years that has seen him travel the world and represent his country.

During his career, Matt played in the Australian Seven's rugby team and the Queensland Reds among others.

Matt says he is lucky he never wanted to smoke.

"As a kid growing up with a parent that smoked, you either went one way or the other and I was a kid that absolutely despised it," he says.

"It was one of those Catch-22 situations - none of my siblings chose to take it up - it must have been in our genetic makeup to not like it."

Matt says most young people are aware of the dangers of smoking these days.

"We have all heard the information around us that tells us it is bad and that smoking makes it harder for us to breathe, and every inch on a field can make a difference and if you can play a game at an elite level and you are half-good and you do smoke, you would probably be absolutely fantastic if you didn't," he says.

Matt is a Community Development Worker on the NSW Central Coast and he runs a healthy lifestyle program there called the

Ngura (meaning My Place) Program, which is conducted in schools. In the program, young people study health and lifestyle issues.

"We talk about health issues such as diabetes and cardio-vascular disease and when we mention these diseases and ask if anyone knows someone who is suffering from it, every hand in the room shoots up. When you ask them about smoking and whether they know someone who smokes, you get the same response," he says.

Like Matt, Black on Track\* founder, Brian Dowd, never smoked, though he was surrounded by family members who did. Brian has some good tips on giving up.

"People who have an addiction (like a nicotine addiction) need to look at their lives and at what they really value. They also need to look at what they're sacrificing in the trade off between nicotine and good health," Brian says.

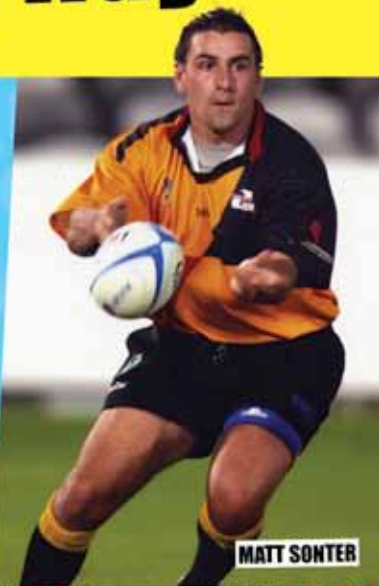
"In our Black on Track program, we ask people why the addiction entered, why it is still there, and if it is going to keep on renting part of their body for the rest of their lives?"

"People who smoke need to accept they have an addiction. Step one is ownership of that. Then we take people through an understanding of what this addiction is doing to them spiritually, emotionally and physically, as well as community and family-wise, and we look at removing it from the system."

He says this can be achieved by "replacing negative repetition with positive repetition," so instead of having that smoke first thing in the morning, a smoker can get an orange juice, a glass of water or breakfast in before the addiction knocks on the door.

"The first three letters of addiction are 'add' and that means you add it to you. It is going to take determination, hard work and a good support network to stay off the smokes," he says.

"I have seen people get off cigarettes for a long time and then they may



MATT SONTER



I HAVE SEEN PEOPLE GET OFF CIGARETTES FOR A LONG TIME AND THEN THEY MAY HAVE A RELAPSE, BUT FAILURE IS NOT FALLING DOWN - IT IS NOT GETTING BACK UP!

BRIAN DOWD

have a relapse, but failure is not falling down - it is not getting back up."

"Black on Track is an employment and self-development program that has been creating opportunities for Indigenous and non-Indigenous Australians over the past eight years. The program won a Deadly Award last year in the category of Outstanding Achievement in Aboriginal and Torres Strait Islander Employment.

Did you know that over 4000 chemical compounds are created by burning just one cigarette? None of these are good for your body.

Matt Sonter plays Rugby Sevens and is a Community Development Worker on the Central Coast of NSW. He says he is glad that he has never wanted to smoke.

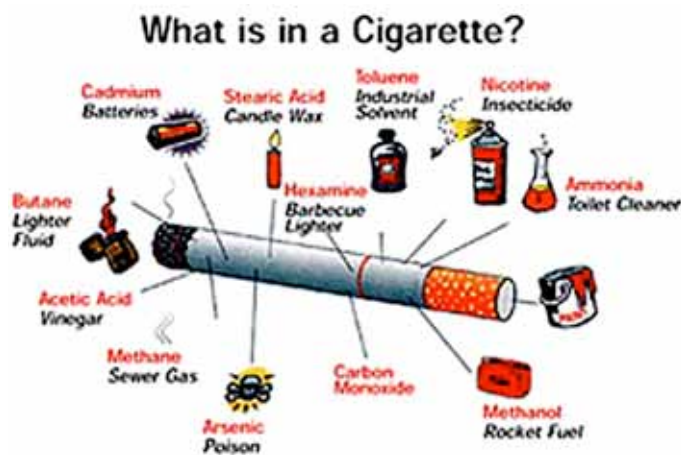
Brian Dowd is the founder of the Black on Track Program. He says the first step to giving up smoking is to accept that it is an addiction and to take ownership of that.

The good news is that as soon as a person gives up smoking, their body is starting to repair itself. Blood pressure and heart rate go back to normal, and within weeks, taste and smell improve, lungs work better and the risk of getting cancer is reduced.

READ *Going your own way* on page 23

## ACTIVITY 1

### BUILDING READING SKILLS



There are over 4000 chemicals in every cigarette.



Matt Sonter has never taken up smoking.

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge and what you already know or feel.

## 1 Both Matt Sonter and Brian Dowd

(inferred)

- gave up smoking successfully.
- played Rugby Sevens on the NSW Central Coast.
- have won a Deadly Award.
- have never taken up smoking.



## 2 Which of these is **not** true?

(inferred)

- Smoking makes it harder for us to breathe.
- Diabetes and heart disease are not affected by smoking.
- Nicotine is a highly addictive drug.
- It takes determination, hard work and a strong support network to break an addiction to smoking.

## 3 What is the relationship between the photos and the main text?

(inferred)

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## 4 List two reasons that Matt Sonter says he is glad he has never wanted to take up smoking.

(inferred)

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## 5 The text says: *As a kid I absolutely despised smoking.* In this sentence, *despised* means

(inferred)

- it didn't bother him.
- he liked it.
- he really hated it.
- he wanted to take it up as soon as possible.



**6** Brian Dowd says that people *need to look at what they've been sacrificing in the trade off between nicotine and good health.*  
**This sentence means**



- people should think about the health risks when they choose to smoke.
- smoking is an expensive habit.
- it is easy to give up smoking.
- nicotine is really not as addictive as people might think.

**7** What is the overall purpose for writing this text?

(applied)

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## ACTIVITY 2

### LANGUAGE CONVENTIONS – SPELLING

**1** The spelling mistakes in these sentences have been underlined.  
**Write the correct spelling for each word in the box.**



Two prominant Indigenous men are telling us not to smoke.

They have never taken up smokeing.

You can acheeve better health if you don't smoke.

Matt Sonter was a professonal rugby player.

**2** Each sentence has one word that is incorrect.  
Write the correct spelling of the word in the box.



It is important to maintane your health.

You would probly play better.

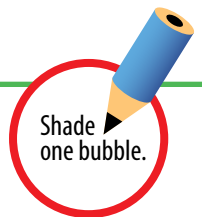
Smoking can lead to diseese.

Smoking is an addicshon.

## ACTIVITY 3

### LANGUAGE CONVENTIONS – GRAMMAR

**1** Which word correctly completes this sentence?



Smoking can badly affect our health; \_\_\_\_\_ our bodies start to repair as soon as we give up.

- besides,
- however
- therefore
- otherwise

## ACTIVITY 4

### LANGUAGE CONVENTIONS – PUNCTUATION

**1** Where do the dashes ( - ) belong in this sentence?

It was one of those situations none of my siblings chose to take it up it must have been in our genetic makeup not to like it.

**2** What punctuation is missing from this sentence?

Did you know that smoking causes an addiction to nicotine



- comma (,)
- question mark (?)
- ellipsis points (...)
- exclamation mark (!)

**ACTIVITY 5**  
WRITING AN EXPOSITION

An Exposition is a type of ARGUMENT that states one point of view about an issue.



Argument type	Social purpose	Stages	Phases
Exposition	argues one point of view about an issue	<p><b>Thesis</b></p> <p><b>Arguments</b></p> <p><b>Restatement</b></p>	<p><b>preview</b></p> <p><b>evidence</b></p> <p><b>statistics</b></p> <p><b>quotes</b></p> <p><b>examples</b></p> <p><b>elaborations</b></p> <p><b>review</b></p> <p><b>conclusions</b></p>

**TOPIC – Every cigarette you don't smoke is doing you good.**

Advertisement

## STOP SMOKING START REPAIRING

**In 1 week**  
your sense of taste and smell improves

**In 5 years**  
your risk of a stroke has dramatically decreased

**In 3 months**  
your lung function has increased 30%

**In 12 weeks**  
your lungs regain the ability to clean themselves

**In 8 hours**  
excess carbon monoxide is out of your body

**In 12 months**  
your risk of heart disease has halved

**In 5 days**  
most nicotine is out of your body

**In 1 year**  
a pack-a-day smoker will save over \$4,000

**EVERY CIGARETTE YOU DON'T SMOKE IS DOING YOU GOOD**

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australia.gov.au/quitnow

Australian Government  
Australian National Preventive Health Agency

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**Write an EXPOSITION to argue your point of view.**

**Think about:**

- examples, statistics, elaborations and other evidence to support your ideas.

**Remember to:**

- research your topic and plan your writing.
- choose your arguments carefully.
- give reasons for your arguments.
- give examples to support your arguments.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.