

# **WE CAN BEAT THIS TOGETHER**

**A PHOTO NOVEL ABOUT SMOKING AND FAMILY SUPPORT**

**WRITTEN AND ACTED BY STUDENTS AT  
KIPP-HARMONY ELEMENTARY SCHOOL**

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# THE CHARACTERS

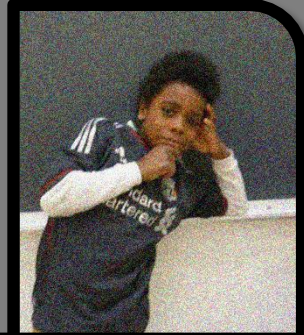
Kristen is the mom. She is worried about her kids.



Calvin is the dad. He smokes because work is stressful.



J.R. is their son. He has an audition for college.



Noah is their older son. He is home from college for the weekend.



Riley is Kristen's older brother who gives good advice.

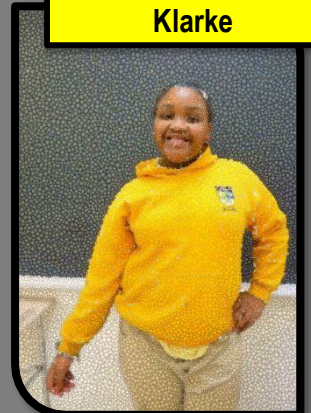
Also starring Destinee. She is Kristen and Calvin's baby.

# THE WRITERS

Klarke



Shaniya



**Baltimore, 8:00pm.**  
Calvin, a delivery man, has finally finished working his route. He's outside his home.

I'm tired and my day at work was stressful.  
I need a cigarette.

**Later, inside...**



Calvin, have you been smoking?  
Because I smell it. J.R. said all the smoke in the house hurts his nose and lungs.



I have been smoking because I'm really stressed. J.R. can stay in his room if it bothers him.

Will you stop asking me all these questions? Leave me alone.

**Meanwhile, J.R. is in his room, practicing for a choir audition.**



I hope this cough goes away soon, I'm worried I might fail my audition at Michigan State!

Do-RE-MI \*cough cough\*

I worry about Destinee. She is so little and the smoke is bad for her.



**J.R. takes Destinee outside for some fresh air.**

Later that week...

I don't know what to do. Calvin keeps smoking in the house...

It bothers the baby and the doctor said J.R.'s cough won't go away until the smoke does. And his choir audition is next month!



Riley, you're my brother, what should I do?

You know what you gotta do, Kristen. He knows it too. He has to leave the house until he stops smoking or he has to quit now. Put your kids first.

Dad doesn't have to do this by himself. You, me, J.R. and Destinee can help him. If he's stressed, we can talk to him.



I guess it's worth a shot...you're right that he needs our support. We are going to convince him by telling him how bad smoking is for his health and for the rest of the family.

That night, Kristen asks Calvin to join her on the couch for a talk...

I know it's bad for me and the kids, but it's so hard to quit.

Calvin, your smoking puts our kids' health at risk.

Our family loves you and we want to be there to support you, but you have to make a change.

Calvin, can you agree to stop smoking for 1 month so that J.R. can have a healthy voice for his audition?

Ok, I'll give it a shot.

Yeah Dad, if my voice gets messed up, I won't have a chance at the audition and I really want to sing! I'll help you quit by going on walks with you when you have cigarette cravings.

1 month later, J.R. tries out for a spot in the Michigan State choir...



I'm so happy that my dad stopped smoking this month. My throat feels better and my audition went great!



That night, J.R. tells his family about his audition

I'm so glad I made a change in my life that helped you succeed, J.R. Thank you for supporting me and helping me to stop smoking.



I'm really proud of you dad! I know that was hard for you.

6 months later, J.R. arrives home from fall break at Michigan State, and sees that everyone is happy...

Welcome home from school J.R! How was your first semester?

It's true, and I couldn't have done it without you. Let's all go out to dinner to celebrate!

It was fantastic! And I can see that you are still smoke-free. You seem really happy!



**THE END**

# 10 WAYS TO HELP A FAMILY MEMBER QUIT SMOKING

1. Make your home smoke free
2. Spend time doing activities to keep their mind off smoking – take a walk, play sports, go to the movies
3. Remove things that reminds them of smoking, such as lighters and ash trays
4. Remove the smell of smoke from clothes, carpets and cars
5. Help the smoker with responsibilities such as chores to reduce stress
6. Say encouraging words and that you believe they can quit
7. Help provide items to help them through cravings like carrot sticks, pretzels, and candy
8. Be patient and a good listener
9. Don't judge or lecture, remember that quitting is hard
10. Celebrate small and big successes!

Source: <http://www.cancer.org/healthy/stayawayfromtobacco/helping-a-smoker-quit>

## RESOURCES

For Help Quitting Smoking:

**1-800-QUITNOW**

**Counseling & Referrals**

For information:

**410-361-9765**



<http://health.baltimorecity.gov/health-resources-topic/tobacco-smoking-cessation>

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