



**No Smoking**

# **WE ARE NEW YORK** Magazine

**ENGLISH**



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Success



Community



Family

Love



Hope



Friendship

## WE ARE NEW YORK

A NEW TV SHOW

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# What's Inside

**The Story: No Smoking** Pages 2 - 7

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**Who We Are** Pages 8 - 9

---

**How We Did It** Pages 10 - 11

---

**What You Can Do** Pages 12 - 13

---

**What You Can Say** Page 14

---

**Helpful Words** Page 15

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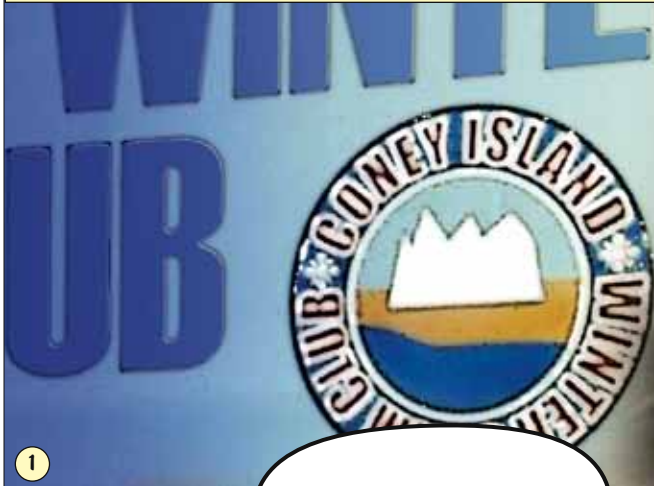
## THE STORY

# No Smoking

Everyone knows Sasha, the Champion Winter Swimmer of Brighton Beach. Every year his club goes swimming in the winter to raise money for the children's hospital. Sasha always raises the most money. But this year, he has a bad cough from smoking and can't swim on the big day. He has to quit smoking if he wants to swim again. Sasha gets help from his best friend and his wife. But, will it be enough?



Welcome, everyone to the first swim of the winter.



1

Sasha, that cough sounds serious. You know the rules!



2

No swimming if you are sick!



3

What?! But I've been waiting all year for today.

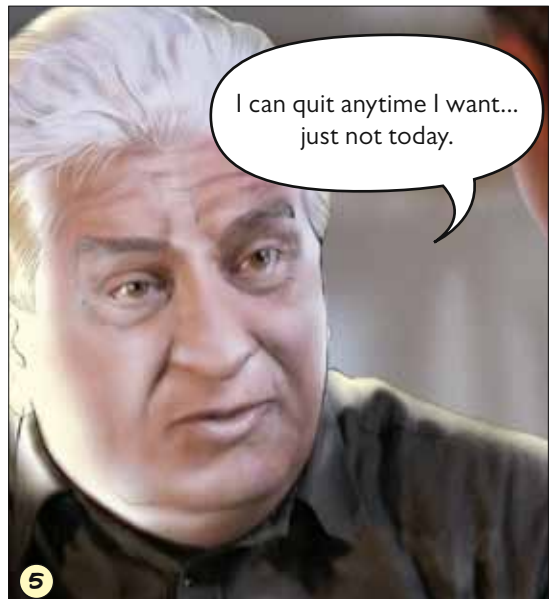
**The Doctor's Office**



4

Doctor, can you please say that again?

Of course. Your husband has to quit smoking.



5

I can quit anytime I want... just not today.





Hello? 311? I am trying to quit smoking. Is there someone I can talk to?



Hey, Sasha. You're finally quitting. That's great.



Look what I got from the New York City Health Department website.



The experts say it is easier to quit smoking when you have a friend to help you. I am your friend and I will help you.



Oh, it doesn't work. I tried to quit before. I can't.



Yes you can. Keep trying. We'll do this together.



**A Week Later**

I'm glad you called me instead of having a cigarette!

18



**One Month Later**

Anya, I haven't smoked a cigarette in one month. Can you believe it, I have saved \$300!

19



Three hundred dollars? I am so proud of you.

20

21

And... your kisses taste better too.



Thank you both. I couldn't have done it without you. Now let's go swimming!

22

## WHO WE ARE



### SASHA

When I moved to Brighton Beach, I found a lot of people from my country. Many of them smoked. For years, I smoked more than a pack of cigarettes every day. I tried to quit a few times, but I always went back to smoking. This time was different. I had a good reason to quit. I wanted to swim again, especially in the big Winter Swim to raise money for the children in the hospital. I went to the doctor this time. I got help from my friend and my wife. It worked. I stopped smoking. Now, I feel in control of my life.



### ANYA

Sasha and I have been married for a long time. When you love someone, it's hard to see them hurt themselves by smoking. I watched Sasha try to quit smoking a few times before. When he felt bad, I would listen to him. I told him how much I love him. I want him to live a long life. Now that he quit smoking, I know he'll feel better.



### RISHI

When I was a little boy, my father died from smoking. That's why I want to help Sasha now. He is my best friend. I don't want to see him get sick or die from smoking. If a friend of yours smokes, help them quit. Let them know they can talk to you. It won't be easy, but don't give up. Medical experts say that it is easier for someone to quit smoking if they have a friend who helps them.

## MAC

When I started the Winter Swim Club, Sasha was the first to join. He loved swimming in the cold water. But, when he couldn't stop coughing, I knew it was time for him to see a doctor. I want all my swimmers to be healthy. When Sasha quit smoking, he became a better swimmer.



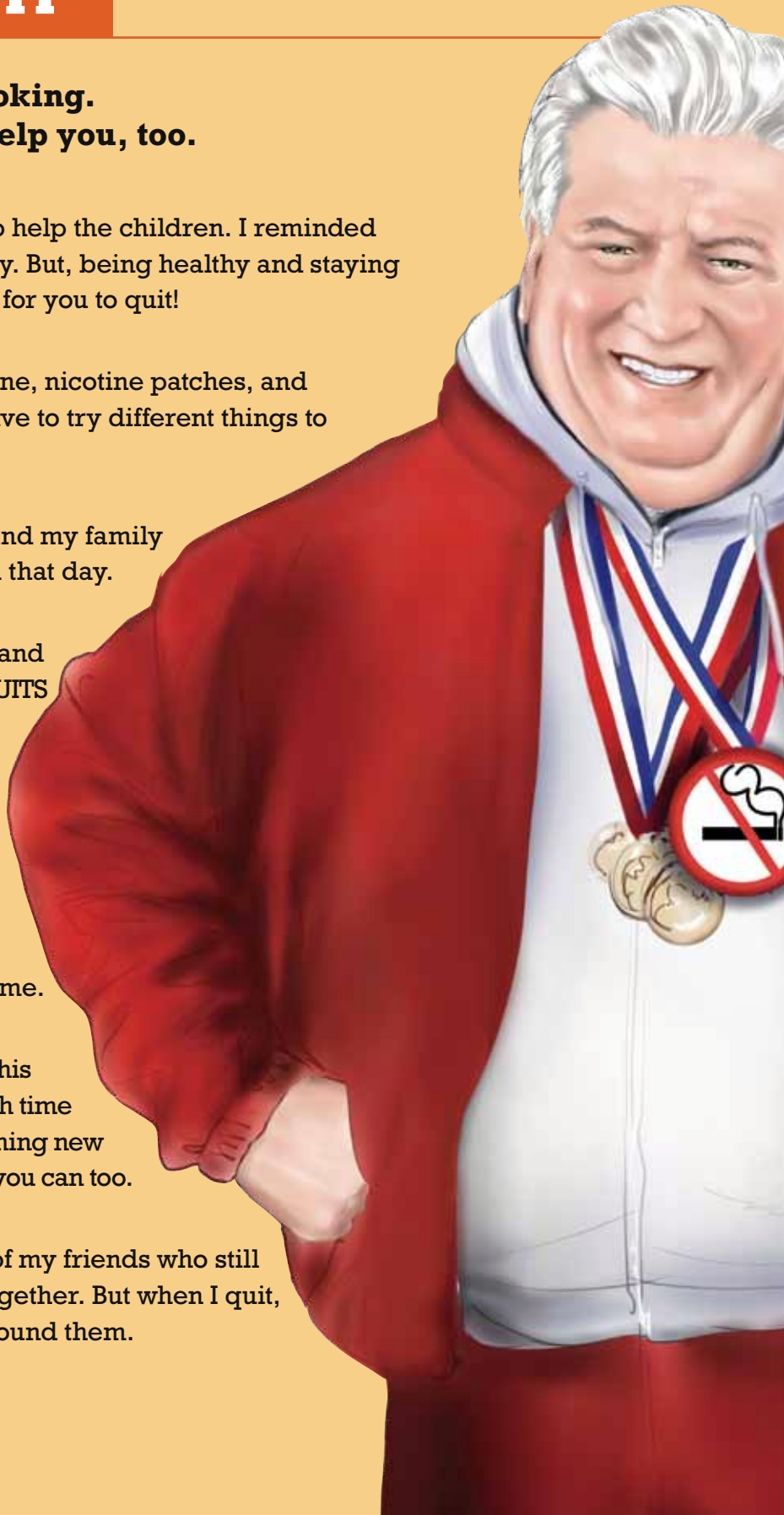
## DOCTOR

I help people from many different countries quit smoking at the clinic where I work. I give them medicine, nicotine patches and other help. I also help them find a support group - other people trying to quit smoking. I am always glad when patients ask me to slow down and explain things again, like Anya. It's my job to make sure people understand their health problems and what they can do about them. Everyone has a right to good, clear health information. The more people know, the more they can do to take control of their lives.

## HOW WE DID IT

**Here's how I stopped smoking.  
Maybe these ideas will help you, too.**

- 1** I had a good reason to quit – to help the children. I reminded myself of that reason every day. But, being healthy and staying alive is a good enough reason for you to quit!
- 2** I went to a doctor. I got medicine, nicotine patches, and nicotine chewing gum. You have to try different things to see what works for you.
- 3** I set a date. I told my friends and my family that I was quitting smoking on that day.
- 4** I called 311 to get information and help. I also called 1-866-NY-QUITTS (1-866-697-8487).
- 5** I had two people who helped me a lot - Rishi and Anya. They listened to me, got me information, and helped me to exercise when I wanted to smoke. They didn't give up on me.
- 6** It took me a long time to quit. This wasn't my first time trying. Each time you try to quit, you learn something new that can help you. If I can do it, you can too.
- 7** I had to stay away from some of my friends who still smoke. We always smoked together. But when I quit, it was too hard for me to be around them.



## HOW WE DID IT



Sasha used to smoke in the house. Breathing in his cigarette smoke was bad for my health. When people smoke, it affects everyone in the house - especially children and babies.

New York City has a lot of help for people who want to quit smoking. There are special programs in many neighborhoods. Call 311 to find a quit smoking program and get information about how to quit smoking.



When Sasha quit smoking, his health got better right away. He has more energy. His heart works better. He swims better.

Sasha saved so much money when he quit smoking! In one month he saved \$300! It wasn't easy, but he did it. If you quit smoking, how much money would you save? What would you do with that money?



## WHAT YOU CAN DO

### Here are some ideas for helping people stop smoking.

Share the information in this magazine with your family and friends. You can make a difference in their lives.

### Goal

**You want to quit smoking.**

1. Find a good reason to quit and pick a date to stop smoking.
2. Visit your doctor. He or she can give you medicine and other things to help you quit.

### Goal

**You want to help someone quit smoking.**

1. Talk to them. Listen to them. Let them know that you are there to help.
2. Become their “quit buddy.” Tell them to call you when they want a cigarette. Offer to go for a walk or do other exercise together.

**3.** Tell your friends and family you are trying to quit. Tell them the reason you are quitting and the date you will quit. Don't be afraid to ask them for help.

**4.** Call 311. Ask for a quit smoking program near you.  
OR  
Call 1-866-NY-QUITS  
(1-866-697-8487) for free.

**3.** Visit **[www.nysmokefree.com](http://www.nysmokefree.com)**. You can learn more about what your friend is going through.

**4.** You can also visit **[www.nyc.gov/quitsmokingtoday](http://www.nyc.gov/quitsmokingtoday)**

## WHAT YOU CAN SAY

In the doctor's office you can say:

- Can you please slow down and explain what you mean?

**Write down what the doctor says and read it at home later.  
Bring someone with you to help. You can also ask for an interpreter.**

When you call 311, you can say:

- I want to quit smoking. Do you have information that can help me?
- Can I have the phone number for a quit smoking program in my neighborhood?

**You can also ask for an interpreter. 311 speaks your language.  
24 hours a day.**

When you talk to a friend, you can say:

- When you want to smoke, call me instead.
- Don't worry, you will quit smoking. I know you can do it.

**Rishi's support really helped Sasha when he felt bad.  
Your words are powerful!**



## HELPFUL WORDS

### Challenge

A difficult situation or task.

It is a big **challenge** to stop smoking – but you can do it.

### Nicotine patch

Looks like a small bandage and is put on the skin. It slowly releases nicotine into your body through the skin.

The **nicotine patch** can help you stop smoking. Visit your doctor to get some, or call 311.

### Quit

To stop doing something.

**Quitting** smoking improves your health and the health of your family.

### Quit buddy

A good friend or partner who helps you to stop smoking.

Rishi was Sasha's **quit buddy**.

### Secondhand smoke

The smoke that everyone else breathes in when someone smokes a cigarette.

Breathing in secondhand smoke is just as dangerous as smoking a cigarette yourself. Children need to be protected from **secondhand smoke**.

### 311

The free telephone number you can call for information about City services.

You can speak your language when you call **311**.

### 1-866-NY-QUITS (1-866-697-8487)

The free New York State quit smoking phone number.

**1-866-NY-QUITS (1-866-697-8487)** is the free hotline that you can call for information and help to quit smoking.

# WE ARE NEW YORK

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