



Jake and Emily work it out

A story about making decisions



Mary Koolhof

Illustrated by Kyan O'Rourke



© The Salvation Army
Australia Southern Territory 2015

All rights reserved. Except for fair dealing permitted under the Copyright Act, no part of this book may be reproduced by any means without permission in writing from the author/publisher.

First published 2015

National Library of Australia
Cataloguing-in-Publication data:
Mary Koolhof
Jake and Emily work it out – A story about making decisions

ISBN 978-0-9923824-2-1



Funded by the Australian Government Department of Social Services and the Tasmanian Community Fund

Printed, typeset and bound by NewPrint Pty Ltd, Kingston, Tasmania

This book can be ordered on website:
www.cfctas.org.au or contact:
Communities for Children at The Salvation Army,
PO Box 50, New Town, Tasmania, Australia 7008
T: 03 6228 8419



Jake and Emily work it out

A story about making decisions

Mary Koolhof

Illustrated by Kyan O'Rourke

Jake walked over to Emily and sat down next to her. He sighed.

'Hi, Jake!' she said, smiling.

Then she noticed his expression. 'You look a bit down,' she said. '*What's wrong?*'

'It's Liam and the other guys I hang out with,' Jake said. 'Some of the guys have started trying cigarettes and they want me to start, too.'



'It's funny you should mention smoking,' said Emily.

'In our health class this morning we had a guest speaker talking about make-up and skin care. She did a demo of an evening make-up and a day make-up. I was picked as the model for the evening make-up. She had some *fantastic* tips.'

'Anyway,' Emily continued, 'she was putting the foundation on me, and she said quietly that she didn't need to use much as she could tell I wasn't a smoker. I asked her how she knew, and she said I had *gorgeous* skin! Apparently smoking affects your skin.'



'That's interesting,' said Jake. 'Lots of guys say they hate it if they can smell smoke on a girl's hair.'

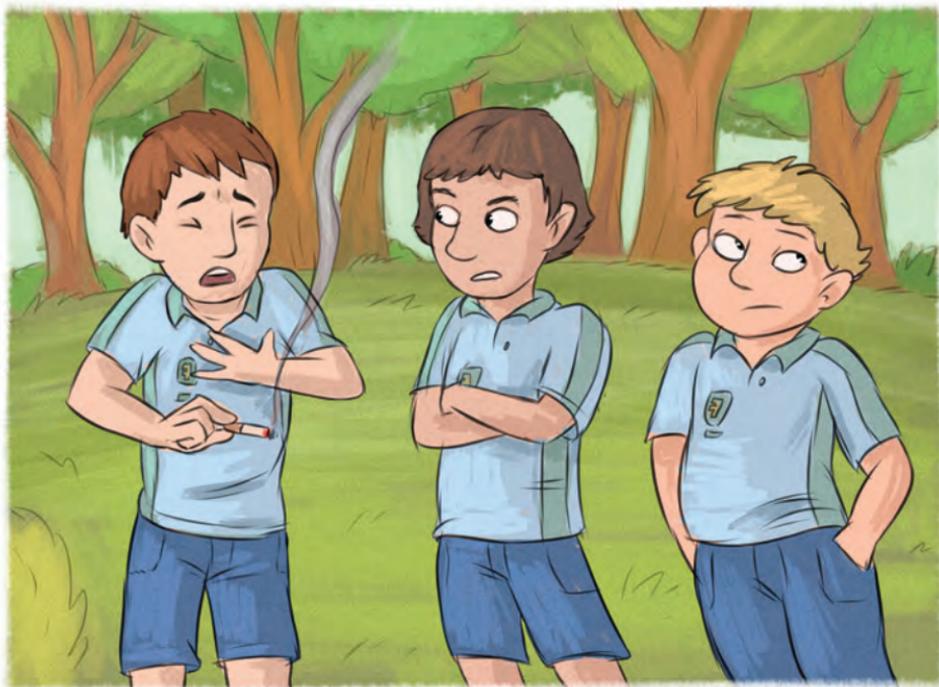
'Well,' continued Jake, 'I had a few puffs with the guys this morning before school, and I could hardly stop myself from coughing,' he said.

'Ewww, that's *disgusting*, Jake!' exclaimed Emily.

'Well, I don't think I looked very cool! But mainly I'm worried about footy,' Jake said.

'Oh,' said Emily, 'you mean if Mr Daikos finds out?'

'Yep,' said Jake. 'Then I'd be off the team for sure. You know how strict he is about smoking. He says it's not just about breaking school rules.'



'It affects your *health and fitness* too, like your muscles don't recover properly, it affects your breathing and it takes longer to recover from injuries.'

'Mmm,' said Emily. 'You know, my nan told me that when she was young, they didn't even know that smoking was bad for you. She said all the famous movie stars smoked in films. They made it look really glamorous. Not a word about *cancer*, or anything like that.'

'She said that some of the movie stars even got paid to smoke in films,' Emily continued.

'*Really?*' asked Jake.

'Yeah, so that people would buy cigarettes,' said Emily.



'Well, my Uncle Mark said he used to smoke like a chimney,' said Jake.

'He told me that when he started work, all the guys smoked in their break and he just started doing it, too. He said he didn't think much about it. And he got this horrible cough. Then they started health campaigns on TV and he thought he'd better *quit*. But he said it was a lot harder than he thought it would be.'

'Really?' asked Emily.

'Yeah,' said Jake. 'He said it took him a *few tries*. He must've been pretty hooked, I guess.'



'So why don't people just stop then, if they don't want to keep smoking?' Emily asked.

'Uncle Mark said it was pretty *tough* to quit,' said Jake. 'He said he was addicted to it by then.'

'Really?' asked Emily. '**Addicted?**'

'Yeah,' said Jake.



'I guess that's right,' said Emily. 'You know my cousin Amy? She quit smoking too, and it took her three tries. She said it was pretty hard and *wished* she'd stopped sooner.'

'Mmm, that's what Uncle Mark said too!' Jake looked thoughtful.

Emily continued, '... and Amy saved heaps of money, too, from quitting. She saved up enough to go for a holiday on the Gold Coast!'

'That's *cool!*' said Jake. 'I'd love to go there one day.'



'And now I don't want to look uncool in front of Liam and the guys,' said Jake miserably. 'You know what they're like. But if I start smoking and Mr Daikos finds out, there goes my *future* in football!'

'Oh Jake, how could you even think about it?'

'I know Em, but it's hard to say no to the guys sometimes.'

'Hmm,' said Emily. 'Remember what Mr Daikos said in assembly last week? He said when he was drafted to play for the AFL, none of them were allowed to smoke because it affected their *fitness* and they couldn't run as fast.'



'Yeah, and it's so competitive to get in these days. You have to give yourself every chance you can,' added Jake.

'I reckon you could use Mr Daikos as your excuse not to smoke, then,' said Emily.

'Everybody heard what he said in assembly. And all the guys know you want to be drafted to an AFL team one day!'

'Let's face it – being an AFL player is way *cooler than smoking*. You've worked so hard at the gym to get fit. You don't want to ruin it all by taking up smoking.'

'I heard some of the guys saying you might even win the *Best and Fairest* medal this year,' added Emily.



'And you know what? It's actually *illegal* for under 18s to even have cigarettes! Let alone for someone to sell them cigarettes - or even give them!' Emily said.

'I don't want that kind of trouble,' said Jake. He thought for a while.

'Yeah, well it's *my life*, and I really don't want to start smoking. So that's it. Liam won't be cool with that, but the other guys will be OK.'

Emily smiled at him. 'Great decision!'



Jake looked a bit happier.

'And you're right about Mr Daikos!' he said. 'Everyone heard him say he wouldn't have smokers in the *team*. They knew he meant it, too.'

'Well, *good luck* with it all, then. I have to go to netball,' said Emily, swinging her bag over her shoulder. 'Are you still coming round for tea tonight? Mum's making pizza.'

Jake grinned. 'I love your mum's pizza! I'll be there.'



A few years later, Jake's playing for his favourite AFL team.



*Talk to
someone you
trust*

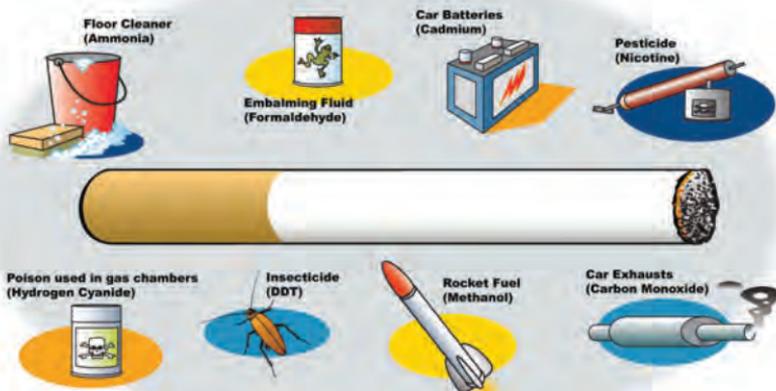
If you need to sort something out, talk to:

- Mum, Dad or someone else in your family
- your teacher or school counsellor

Find out the facts:

- www.oxygen.org.au – video clips and games
- www.futureinyourhands.com.au – information about the effects of smoking
- www.smarterthansmoking.org.au – school based education programs

What's in a cigarette?



Get some help:

- **www.quititas.org.au Quit Tasmania** – advice, information and facts about giving up smoking
- call 13 78 48 if you wish to speak with a friendly advisor for free
- SMS “callback” to 0408 264 664 and our advisor will call you
- **www.den.org.au** – drug education service, call 6211 2350



*It's all
confidential.
No-one will know
who you are.*

Sincere thanks to the children from the Brighton and Derwent Valley communities for their invaluable feedback incorporated into this book. Many thanks also to The Salvation Army Bridge Centre, Quit Tasmania, DEN (Drug Education Network), PCYC Bridgewater, Gabrielle Ashlin and Donna Simpkins for their valued support and contribution.

This is a Salvation Army and Communities for Children South East Tasmania initiative, funded by the Australian Government Department of Social Services and the Tasmanian Community Fund.

The Salvation Army – Communities for Children program aims to improve the health, development and wellbeing of children up to the age of 12 and their families through innovative early intervention and prevention programs. Communities for Children provides support for parents and children to improve children's safety as well as family functioning.

The program promotes social inclusion to ensure families are connected to local communities. Activities and resources focus on supporting parents to raise children who are confident individuals with the capacity to reach their full potential.

For further information about Communities for Children South East Tasmania, please see the website: www.cfctas.org.au



Jake and Emily work it out aims to help children and young people make informed choices about smoking. It is written to raise awareness of how peer pressure can influence people's choices and offers suggestions on how to deal with this.

It is a story about showing resilience in the face of peer pressure to start smoking. The book aims to promote discussion between children and adults about the effects of smoking. It also provides details of places in the community and online where young people can find out the facts about smoking and seek help if they want to quit.

Other books available in this series developed and produced by The Salvation Army – Communities for Children South East Tasmania are:

My brother Sam – A story about bullying
suitable for children under 7 years

Alicia helps Bec take a stand – A story about cyberbullying
suitable for children 9-12 years

Tom and Jamal speak up – A story about cybersafety
suitable for children 9-12 years

Tahlia and Jasmin plan a party – A story about staying safe and having fun
suitable for children 9-12 years



Jake and Emily work it out is written for children and pre-teens to develop their awareness of how peer pressure can affect choices about smoking. It also shows the power of friendship as a support against such pressure.

Jake and Emily work it out is suitable for children 9-12 years.

Mary Koolhof

Author



Mary Koolhof is a teacher and writer who has been involved in many programs supporting children and young people in Tasmania. She has great respect for the work done by The Salvation Army through Communities for Children and is very pleased to be able to support this work.

Kyan O'Rourke

Illustrator



Kyan O'Rourke is a Tasmanian illustrator and animator. She is working in children's television as an animator and designer. She is very passionate about being able to assist with projects through The Salvation Army - Communities for Children program that supports children.

This book does not support smoking.



Funded by
the Australian Government
Department of Social Services

