



# Makara patapa / quit smoking

Podcast transcript

## Introduction

The makara patapa program is a TAC initiative, as part of our holistic approach to health and wellbeing, supported by the Department of Health Tasmania.

## Episode 10: Caroline Spotswood

### Introduction:

Ya everyone. Nunami here, in 2022, I was asked to travel across Lutruwita and record our community stories of quitting smoking.

I heard so many great success stories of our people who managed to quit and got a good picture of why our people chose to quit, how they did it, and what supports they were able to access along the way.

This is the makara patapa podcast.

### Piper:

PJ I'm 17, turning 18 (Piper)

### Ruby:

I'm Ruby, my last name is actually Millard but I go by Dillon and I'm 16 years old and I turn 17 in September, so not too far away. A couple more months.

Yeah, I started smoking when I was 12. Stealing mum's smokes and yeah, it's a bad regret and it's, you know, hard to get off. But I'm trying.

It's just hard when you've got people that you know that if you see them that they either way like. Even if you ask 'em, or if you just go past them they're like 'oh, do you want to smoke?' And you just think about it like, yeah, alright.

And you just sit there, but then you think about it's like why did I even start like. I'll either have one when I'm, like really stressed or, you know, I'm anxious or something like that, or I'm like, I'm unhappy about something or I'm if, like, I'm really angry, then, you know, I'll go and have a smoke or something like that.

But yeah, it's a little bit hard, but kinda gotta control my own anger and things like that, I suppose.

I suppose thinking it was cool, you know, starting year seven, you know, high school like, you know? And, you know, all the other girls were smoking and you're like, Oh yeah, I want to be like them, you know, start smoking and things like that.

And then it's like, you know, why did I even do that? Like, you know, I could have been someone else. You know, I, you know, you could have been my own person instead of trying to



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act like all the other girls you know. At high school and things like that. I suppose that's really, you know, kinda hit it off was trying to be like the all the other girls and trying to fit in, you know? Things like that.

### **Piper:**

Well, I first had my um, so I've grown up with my parents. My whole family smoked. So I just like, one day my brother just asked me if I wanted to drag. And that was ten years ago when I was seven, which was bad. But I didn't really start smoking until yeah when grade seven hit. It was like a new try, a new trend sort of thing. Like smoking was when you get into high school.

And then so I smoked now and then. But I didn't start full on smoking until grade nine. I just used to smoke at parties when I was drinking and used to smoke a lot and then. More as now my parents know that I smoke, it's bad but I have more of a lenient way to smoke now 'cause my parents know.

So I smoke more than I was before. Which is stupid because I actually don't even know why I actually smoke. Like I try to give up at the end of last year. And then when I was hanging out, I had a boyfriend and yeah, it just went back down. He started smoking again and I actually, yeah, I don't. There's no reason for me to even smoke. Like just I think just picking one up or seeing one have it, it just triggers me like yeah, I've gotta have it. Which is so weird because the price is...

### **Ruby:**

You know, you could all have. You don't have to have just one reason it's like heaps other reasons why.

Like, you know. My older brother is like, you know? The oldest ones, they smoke and then mum smokes and then dad used to smoke when I was younger. So I kind of grew up around it and then my uncles and that smoked and it's like the same with the drinking as well. It's pretty much the same

### **Piper:**

It kills you

### **Ruby:**

Like 'cause, I play netball and before 'cause I've been playing for netball for about I dunno, six maybe seven years. I had a little bit of a break there, but I've been playing since I was about nine and I never used, like I never started smoking at nine or anything like that.

I was a pretty good, you know, I still am a good player, but just can't run as much as I used to because then I started, you know, I got into high school and, you know, I thought it was good and everything. So now I've kinda like, you know, and now it's kind a little bit hard to run, you know, you're puffing and you're coughing and everyone like just looking at you like 'What the hell is going on with her?' Like, you know, it's like on the first quarter, you know? Like my face goes really cherry red and I just wish I didn't do it now.



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Like I wouldn't be in that situation now, if you know. I didn't brought up around it like, you know, if I didn't want to be like all the other girls you know, if I didn't want to fit in.

I won't do it around kids because that's how I started.

### **Piper:**

Exactly seeing it. Like, you don't have to be related to someone. You can walk out on the streets, and you see all these people smoking and just think it's like a thing.

Most kids can sit here like us and say that. And like we probably haven't been smoking as long, like people probably been smoking 20 plus years, in this probably building or something.

But even us smoking just for a few years we've actually seen effect like. Like we've seen like what it does to you and you know how it affects you and everyone else. Like we've seen that in the last few years. So, we can or, you know, even as Ruby says she can't play netball, like it only takes a few years, like, you know.

I want to reduce my smoking from like seven to six smokes a day, which ain't that much to what I used to, to at least like three or four. Like I can't, maybe that will change, I might be on three or four for like you know a month or two and that might reduce down to one or two a day.

When people see quit ad, they think having as many smokes as you smoke and then next day having none at all. Well, some people find it really difficult doing that way. And it's really whatever works with you. Reducing I find is much better than giving up straight away.

### **Nunami Outro:**

Ya Everyone, Nunami again - thanks for listening to the makara patapa podcast. A podcast series by the Tasmanian Aboriginal Center with support from public Health Services Tasmania.