

Before You Watch **Discussion Questions**

1. Has anyone here ever quit or tried to quit smoking?
2. What was it like?
3. How did you do it?
4. Who helped you? What did your friends do? What did your family do?
5. Did you get help from anyone else? Who?
6. What questions do you have about quitting cigarettes? With the person next to you, say or write 1 or 2 questions.
7. What is the most difficult thing you have ever done in your life? How did you manage it?
8. Last questions: Did you ever do anything in your life that made you feel like a champion? What was it? How did it feel?

Let's watch *No Smoking* and meet another champion.

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Resistance and Change

Sasha is a champion swimmer. He is also a champion resister! First, he resists seeing a doctor. Then, he resists the doctor's advice. After that, he resists his friend Rishi's help. In the end, he accepts the need to change.

- Have you ever resisted doing something that you needed to do? What was the experience and what made you change?

Friendship

Rishi is Sasha's friend. He doesn't give up trying to help him.

- What motivates Rishi? Have you ever supported someone like Rishi supports Sasha? What do you learn from Rishi's experience?

The Hero

- Who do you think the hero of the story is? Do you think there is more than one hero? How are they heroes? Who are some heroes in your life? In what ways are you a hero?