



Learn English  
for free.

# No Smoking

## Study Guide



SEASON 1

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# No Smoking

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**Sasha loves to swim  
in the ocean in winter!**

**He also likes to smoke.**



**Now he has to choose.**

## At Coney Island

It's the first meeting of the Coney Island Winter Swim Club.  
The weather is freezing. The ocean is cold. The swimmers are excited!



They swim to get money for children in the hospital.



Sasha is the champion.



But Sasha has a serious cough.  
His swim coach says, "No swimming!"



It's time to see a doctor.



# At the Doctor's Office

Sasha goes to see the doctor. His wife, Anya, goes with him.



The doctor is concerned. Anya is concerned.



Sasha is not concerned.



---

**The doctor makes some good suggestions.**

If you want to swim again,  
you have to stop smoking.  
Now!



This can help you quit.  
It's called the nicotine patch.  
You get the patch for free.



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**Anya is interested.**

For free?



For free. Call 311.  
They will help you.



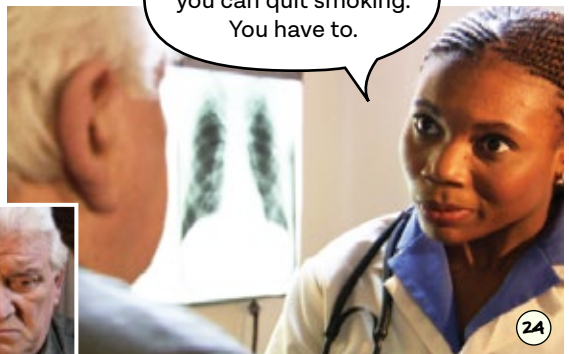
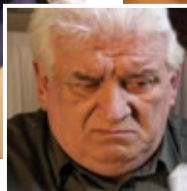
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**Sasha is not interested.**

This special gum can also  
help. And here is some  
information about quitting.



Mr. Basikov,  
you can quit smoking.  
You have to.



# On the Brighton Beach Boardwalk

Rishi is Sasha's best friend.

Hey, Sasha! I spoke to Anya. She told me the news. You have to quit smoking.



Rishi offers to help his friend.

Look what I got from the New York City website. Here, it says...

"To quit smoking, you need a friend to help you."



Sasha doesn't want Rishi's help. He wants a cigarette.

Okay, friend, you want to help me?



Get me a cigarette.





# Outside Sasha's Apartment Building

A few days later, Sasha asks his friend a question.



Rishi shows Sasha an old photograph of his family.



Rishi tells the story of his father's illness.



# That Night...

Sasha can't sleep. He has a bad dream.



Sasha is afraid. In his dream, Anya leaves him.



Anya is afraid that Sasha will die.



## Later That Night...

Sasha is worried.  
It's time to do something.



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



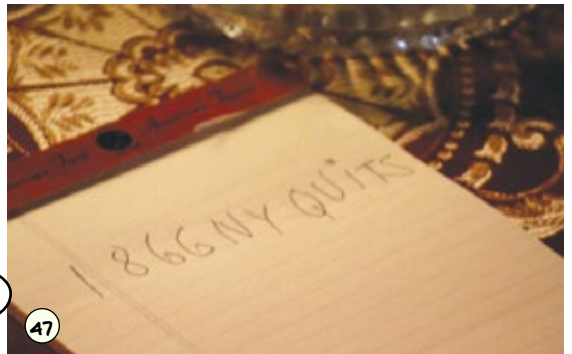
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Sasha learns another important phone number.

Yes, I have a pen.  
Give me that  
number, please.



1-866-NY-QUITS.



# One Month Later

Sasha has a surprise.



---

It's a lot of money.



---

Anya is proud of her husband. He is healthy. They are happy!



# Sasha Swims Again!

The big day is here. Anya has a surprise, too.

This is it.  
The big day.  
I feel great!

Wait a minute.  
I forgot  
something.



Rishi is proud. Sasha thanks his friend for helping him quit.

Sasha, I'm so happy that  
you quit smoking.  
I know it wasn't easy.

My friend... without you,  
I could not have done it.



Anya gives Sasha a new medal.  
It's time for the champion to swim again!

Let's go swimming!



# Who We Are

Complete the sentences. Follow the example.

Anya • coach • doctor • Rishi • ~~Sasha~~

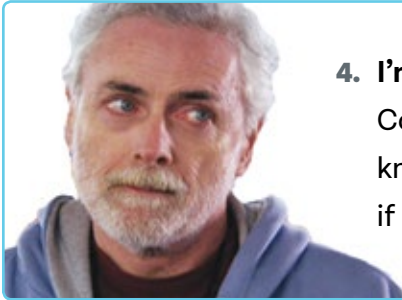


1. I'm Sasha. I swim in the winter. I do it to help children in the hospital. My swim coach wants me to quit smoking. My wife and my best friend want me to quit smoking. Everyone wants me to quit! What can I do?

2. My name is \_\_\_\_\_ .  
I'm very proud of my husband, Sasha. He is a great swimmer. But he has to quit smoking. He has a bad cough. And his kisses taste like cigarettes!



3. My name is \_\_\_\_\_ .  
I've known Sasha for a long time. We're like brothers. But there's something I never told him. My father died of lung cancer. I know it isn't easy to quit.



4. I'm the \_\_\_\_\_ of the Coney Island Winter Swim Club. Sasha knows the rules. He can't go in the water if he isn't healthy.

5. I am the \_\_\_\_\_ .

Sasha is my patient. He says he can quit smoking any time he wants. The truth is... Sasha's cough is serious, and he needs my help.



Here are two other characters in **No Smoking**.  
Watch the show. See who they are. See what they do.

Sasha is trying to quit smoking.  
Ha! We don't think he can do it.



# What Happens?

Complete the sentences. Follow the example.

**gives • has • has to • help • is ✓ • knows • quit • was**

- Sasha is the best swimmer in the Coney Island Winter Swim Club.
- He \_\_\_\_\_ a serious cough and can't swim.
- Sasha \_\_\_\_\_ see a doctor.
- The doctor tells Sasha he has to \_\_\_\_\_ smoking.
- The doctor \_\_\_\_\_ Sasha a nicotine patch, gum and some information to help him quit.
- Rishi finds information on the Internet to \_\_\_\_\_ Sasha quit smoking.
- Rishi \_\_\_\_\_ that it is hard to quit.
- Rishi's father \_\_\_\_\_ a smoker who died of lung cancer.

**calls • doesn't smoke • feels • saves • says • thanks • wakes up**

- One night, Sasha \_\_\_\_\_ because of a bad dream.
- After midnight, Sasha \_\_\_\_\_ 311 to get more help.
- Sasha \_\_\_\_\_ cigarettes for a month.
- He \_\_\_\_\_ great and also \_\_\_\_\_ \$300 dollars.
- Sasha \_\_\_\_\_ Rishi for helping him quit.
- Sasha, the champion of the Coney Island Winter Swim Club, \_\_\_\_\_, "Let's go swimming!"



# Where Is It?

Find these things in the story.

Write the page number(s). Follow the example.



1. thermometer pages 1, 2
2. x-ray of Sasha's lungs \_\_\_\_\_
3. bag of groceries \_\_\_\_\_
4. family photograph \_\_\_\_\_
5. refrigerator \_\_\_\_\_
6. "Quit Smoking" brochure \_\_\_\_\_
7. telephone \_\_\_\_\_
8. \$300 \_\_\_\_\_
9. the champion's medals \_\_\_\_\_

# Talking about Health

Find the meaning. Follow the example.



- |                   |                    |  |
|-------------------|--------------------|--|
| 1. a smoker       | _____              | a person the doctor helps  |
| 2. get better     | _____              | a number to call to quit smoking   |
| 3. quit smoking   | _____              | a sound you make when your throat or lungs aren't clear<br>(See the picture of Sasha.) |
| 4. a patient      | _____              | medication to put on your skin to help quit smoking                                    |
| 5. a cough        | _____ <sup>1</sup> | a person who has not yet quit smoking  |
| 6. healthy        | _____              | in good condition, not sick  |
| 7. free           | _____              | improve your health  |
| 8. 1-866-NY-QUITS | _____              | worried  |
| 9. nicotine patch | _____              | stop smoking   |
| 10. concerned     | _____              | \$0, no charge   |

# Talking about Health

Complete the sentences. Follow the example.



- 311
- ~~cough~~
- information
- quit
- concerned
- get better
- nicotine patch
- swim

**Doctor:** Good afternoon. Mr. Basikov, your tests are back. That  
(1) cough is serious. I am (2) \_\_\_\_\_.

**Anya Basikov:** Doctor, could you please speak more slowly?

**Doctor:** Of course, Mrs. Basikov.

**Anya Basikov:** Will my husband (3) \_\_\_\_\_?

**Doctor:** Well, that depends on him. He needs to (4) \_\_\_\_\_  
smoking.

**Sasha Basikov:** No problem. I can quit smoking any time I want. Just not today!

**Doctor:** If you want to (5) \_\_\_\_\_ again, you have to stop  
smoking. Now! This can help you quit. It's called the  
(6) \_\_\_\_\_. You get the nicotine patch for free.

**Anya Basikov:** For free?

**Doctor:** For free. Call (7) \_\_\_\_\_. They will help you.  
This special gum can also help. And here is some  
(8) \_\_\_\_\_ about quitting. Mr. Basikov, you can  
quit smoking. You have to.

# Talking about Health



**can** = possible    **can't** = not possible

Circle **can** or **can't**. Follow the example.

1. Sasha can / **can't** swim because he has a serious cough.
2. The doctor can / can't help Sasha quit smoking.
3. Sasha can / can't also call 311 or 1-866-NY-QUITS to get free help.
4. Rishi can / can't help Sasha quit.
5. Sasha can / can't breathe well because he smokes.
6. Sasha can / can't taste Anya's cooking because he smokes.
7. Sasha can / can't save a lot of money every month when he quits.
8. When Sasha quits smoking, he can / can't swim in the winter again!

# Good Question!



Put the words in order. Follow the example.

1. you • Could • speak • please • slowly • more • ?

*Could you please speak more slowly?*

---

2. say • please • again • that • Could • you • ?
- 

3. explain • you • please • that • to • Could • me • ?
- 

4. you • for • me • spell • Could • please • that • word • ?
- 

Ask your own question. Start with *Could you please...*

?

# What Can You Say?

Call 311.

Wait a minute!

I am trying to quit smoking.

~~Could you please speak more slowly?~~

I am concerned.

Without you, I could not have done it.

What can you say? Follow the example.

1. You are **Anya**. Ask the doctor to slow down.

*Could you please speak more slowly?*

---

2. You are **the doctor**. Tell Sasha you are worried about his health.

---

3. You are **the doctor**. Tell Sasha how to get the nicotine patch for free.

---

4. You are **Sasha**. Tell your friends why you don't want a cigarette.

---

5. You are **Anya**. Tell Sasha and Rishi to wait for you.

---

6. You are **Sasha**. Thank Rishi for helping you quit smoking.

---

Say the words out loud—like actors on TV!

# What Can You Do?

Match the problem with the best solution. Follow the example.

## Problem

1. You want to see a doctor.

2. You don't understand the doctor.

3. You want to quit smoking.

4. You want to help a friend quit smoking.

5. The doctor says you need to exercise.

## Solution

A

• **Call 311.**

Say: *I need help to quit smoking.*

Ask: *Can you help me? How can I get the nicotine patch?*

B

• **Call 311.**

Say: *I need a doctor.*

Ask: *Is there a hospital in my neighborhood?*

C

• **Call 311.**

Ask: *Can you tell me about free exercise programs? Is there a public swimming pool in my neighborhood?*

• **Take walks with a friend.**

D

• **Ask the doctor:**

*Can you please slow down?*

*Can I have an interpreter?*

• **Bring a friend or family member.**

E

• **Visit: [www.nysmokefree.com](http://www.nysmokefree.com).**

Read: *"How to Help a Smoker Quit Smoking."*

• **Call the NY State Smokers' Quitline at 1-866-697-8487.**

Ask: *How can I help my friend quit smoking?*

# How Do They Feel?

Look at the pictures. Say the words.

It's winter!  
We're **excited** about  
swimming again!



My husband is  
the best swimmer.  
I'm **proud** of him!



Sasha's cough is serious.  
I'm **concerned** about him.



The doctor says  
I have to quit smoking.  
I am **upset** about it!



My best friend  
quit smoking!  
I am so **happy** for him!



Rishi helped me  
quit smoking.  
I am very **grateful** for  
his help.





# How Do You Feel?

Complete the sentences. Follow the example.

concerned about • ~~excited about~~ • grateful for  
happy for • proud of • upset about

1. It's your big break. Your band has a job at a wedding. How do you feel?

I am excited about the job.

2. You want to go uptown, but you took the subway downtown. Now you are late. How do you feel?

I am \_\_\_\_\_ it.

3. Your son wins the poetry contest at school. How do you feel?

I am \_\_\_\_\_ him.

4. Your grandmother needs to see the doctor. How do you feel?

I am \_\_\_\_\_ her health.

5. Your coworker helped you open a low-fee bank account. How do you feel?

I am \_\_\_\_\_ his help.

6. Your best friend just got married. How do you feel?

I am \_\_\_\_\_ her.

**big break** = big job opportunity  
**grateful for** = thankful for

# Watch the Show

## Who says it?

Watch **No Smoking**. Listen carefully.  
Find out who says these lines.

Who says it?

1. “And we are happy! Because it is freezing today!” \_\_\_\_\_
2. “You know, in my country, we have a great tradition.  
We only swim when it is warm!” \_\_\_\_\_
3. “I am in a bad mood today.” \_\_\_\_\_
4. “We quit. We all did. You gave us the idea.” \_\_\_\_\_
5. “Rishi, don’t feel bad. You did your best.  
But Sasha will never be able to quit.” \_\_\_\_\_
6. “Your kisses taste better, too.” \_\_\_\_\_



swim coach



Anya



Rishi



Sasha



Sasha’s neighbors

# Watch the Show

## What's going on?

What do you think Sasha is doing in this picture?  
What do you think Rishi is doing?



Watch  
**We Speak NYC • No Smoking**  
to find out what is going on.

Go to [www.nyc.gov/WeSpeakNYC](http://www.nyc.gov/WeSpeakNYC)



# What You Can Do To Learn More English

- ✔ Get together with friends who are learning English, too. Watch **We Speak NYC** together. Do the exercises together.
- ✔ Read the story out loud with a friend—like actors on TV! It's a good way to learn.
- ✔ Go to your local public library. To find the nearest library, call 311 or go to [www.nypl.org](http://www.nypl.org), [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org) or [www.queenslibrary.org](http://www.queenslibrary.org).
- ✔ If you have a high school diploma and want to improve your English and start college, go to [www.clip.cuny.edu](http://www.clip.cuny.edu) or [www.cuny.edu](http://www.cuny.edu).
- ✔ Make a list of words and expressions you learned from **No Smoking**.

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## Visit the **We Speak NYC** website.

- Read the Study Guides.
- Practice your English.
- Watch videos of all the episodes.
- Read about your favorite characters!

[www.nyc.gov/WeSpeakNYC](http://www.nyc.gov/WeSpeakNYC)



# What You Can Do To Stay Healthy

Go swimming!  
Come to the beach,  
or call 311 and ask  
about a public swimming  
pool near you.

Take free dance  
classes at a  
community center.

Take a walk  
on the boardwalk  
in Coney Island.

Eat  
healthy  
food!

Get regular check-ups.  
Don't wait 20 years  
to see the doctor—  
like Sasha!

## Call 311.

Ask about free exercise programs.

Ask about low-cost health insurance for you and your family.

Visit the **We Speak NYC** website for more ideas.

[www.nyc.gov/WeSpeakNYC](http://www.nyc.gov/WeSpeakNYC)

Study for a career in health care at  
The City University of New York (CUNY).  
To find a CUNY college near you, go to [www.cuny.edu](http://www.cuny.edu).

# What You Can Do To Quit Smoking



## Sasha

Call 311 or  
1-866-NY-QUITS.

Tell them you want  
to quit smoking.

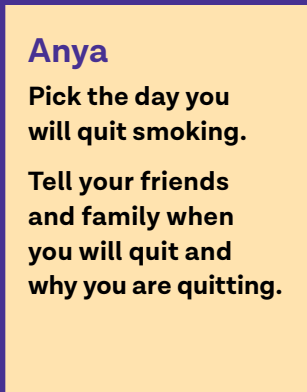
Ask your friends  
and family to  
help you.



## Rishi

If you know  
someone who  
wants to  
quit smoking,  
help them!

Watch the show.  
See what I do  
to help Sasha.



## Anya

Pick the day you  
will quit smoking.

Tell your friends  
and family when  
you will quit and  
why you are quitting.

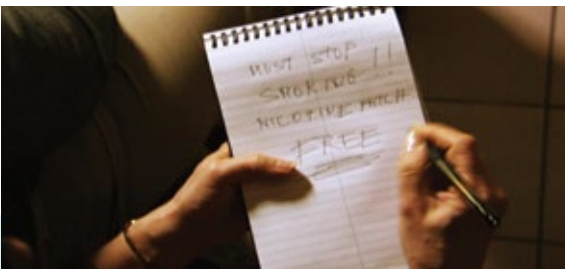


## Doctor

Make an  
appointment with  
your doctor.

Don't wait!

The best thing  
you can do for  
your health:  
Quit Smoking!



*Anya is taking notes at  
the doctor's office.*



*The doctor is showing how to  
use the nicotine patch.*

## Dictionary: Translation of Key Words

English	Español	中文
1. appointment	cita	預約
2. breathe	respirar	呼吸
3. brochure	folleto	手冊
4. champion	campeón	冠軍
5. a cough	una tos	咳嗽
6. get exercise	hacer ejercicio	獲得鍛鍊
7. good mood/bad mood	buen humor/mal humor	心情良好/心情不佳
8. lung cancer	cáncer de pulmón	肺癌
9. nicotine patch	parche de nicotina	尼古丁貼片
10. quit smoking	dejar de fumar	戒菸



Go to [www.nyc.gov/WeSpeakNYC](http://www.nyc.gov/WeSpeakNYC) to learn more.

Русский	বাংলা	العربية
приём (у врача)	অ্যাপয়েন্টমেন্ট	موعد
дышать	শ্বাসের সাথে টেনে নেওয়া	تنفس
брошюра	তথ্য-পুস্তিকা	كتيب
чемпион	চ্যাম্পিয়ান	بطل
кашель	কাশি	سعال
делать физические упражнения	ব্যায়াম করা	ممارسة التمارين الرياضية
хорошее настроение/плохое настроение	ভালো মেজাজ/খারাপ মেজাজ	مزاج جيد/مزاج سيء
	ফুসফুসের ক্যান্সার	سرطان الرئة
никотиновый пластырь	নিকোটিন প্যাচ	لصقة النيكوتين
бросить курить	ধূমপান ছেড়ে দেওয়া	إقلاع عن التدخين



# Answers

## Pages 11-12

1. Sasha
2. Anya
3. Rishi
4. coach
5. doctor

## Page 13

1. is
2. has
3. has to
4. quit
5. gives
6. help
7. knows
8. was
9. wakes up
10. calls
11. doesn't smoke
12. feels, saves
13. thanks
14. says

## Page 14

1. pages 1, 2
2. pages 3, 4
3. page 6
4. page 6
5. page 8
6. page 8
7. page 8
8. page 9
9. page 10

## Page 15

1. a person who has not yet quit smoking
2. improve your health
3. stop smoking
4. a person the doctor helps
5. a sound you make when your throat or lungs aren't clear
6. in good condition, not sick
7. \$0, no charge
8. a number to call to quit smoking
9. medication to put on your skin to help quit smoking
10. worried

## Page 16

1. cough
2. concerned
3. get better
4. quit
5. swim
6. nicotine patch
7. 311
8. information

## Page 17

1. can't
2. can
3. can
4. can
5. can't
6. can't
7. can
8. can

## Page 18

1. Could you please speak more slowly?
2. Could you please say that again?
3. Could you please explain that to me?
4. Could you please spell that word for me?

## Page 19

1. Could you please speak more slowly?
2. I am concerned.
3. Call 311.
4. I am trying to quit smoking.
5. Wait a minute!
6. Without you, I could not have done it.

## Page 20

1. B
2. D
3. A
4. E
5. C

## Page 22

1. excited about
2. upset about
3. proud of
4. concerned about
5. grateful for
6. happy for

## Page 23: Watch the show for these answers.

1. swim coach
2. Rishi
3. Sasha
4. Sasha's neighbor
5. Sasha's neighbor
6. Anya

## Page 25: There are other correct answers.

cough, doctor, hospital, quit, swimming

**Watch  
Read  
Learn**



[www.nyc.gov/WeSpeakNYC](http://www.nyc.gov/WeSpeakNYC)