

# QUIT BUDDY GUIDE

## QUIT BUDDIES FOR THE STAY QUIT TO WIN CHALLENGE

Non-smokers and ex-smokers are invited to participate in the contest by serving as "Quit Buddies": they must register for the contest as part of a team with one or more smokers (maximum of three) who are also registered for the contest.

A Quit Buddy's role is to support smokers in the challenge to quit smoking.

## THE 10 COMMANDMENTS OF A GOOD QUIT BUDDY

1. Listen
2. Advise
3. Motivate
4. Help provide distractions
5. Protect from temptation
6. Call frequently for news
7. Express support
8. Ask "How can I help you during the challenge?"
9. Talk about the challenge to others
10. Congratulate and praise successes

**STRENGTH IN UNITY!**

Visit [www.nrbhss.ca/sqtwm](http://www.nrbhss.ca/sqtwm) for contest details.

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