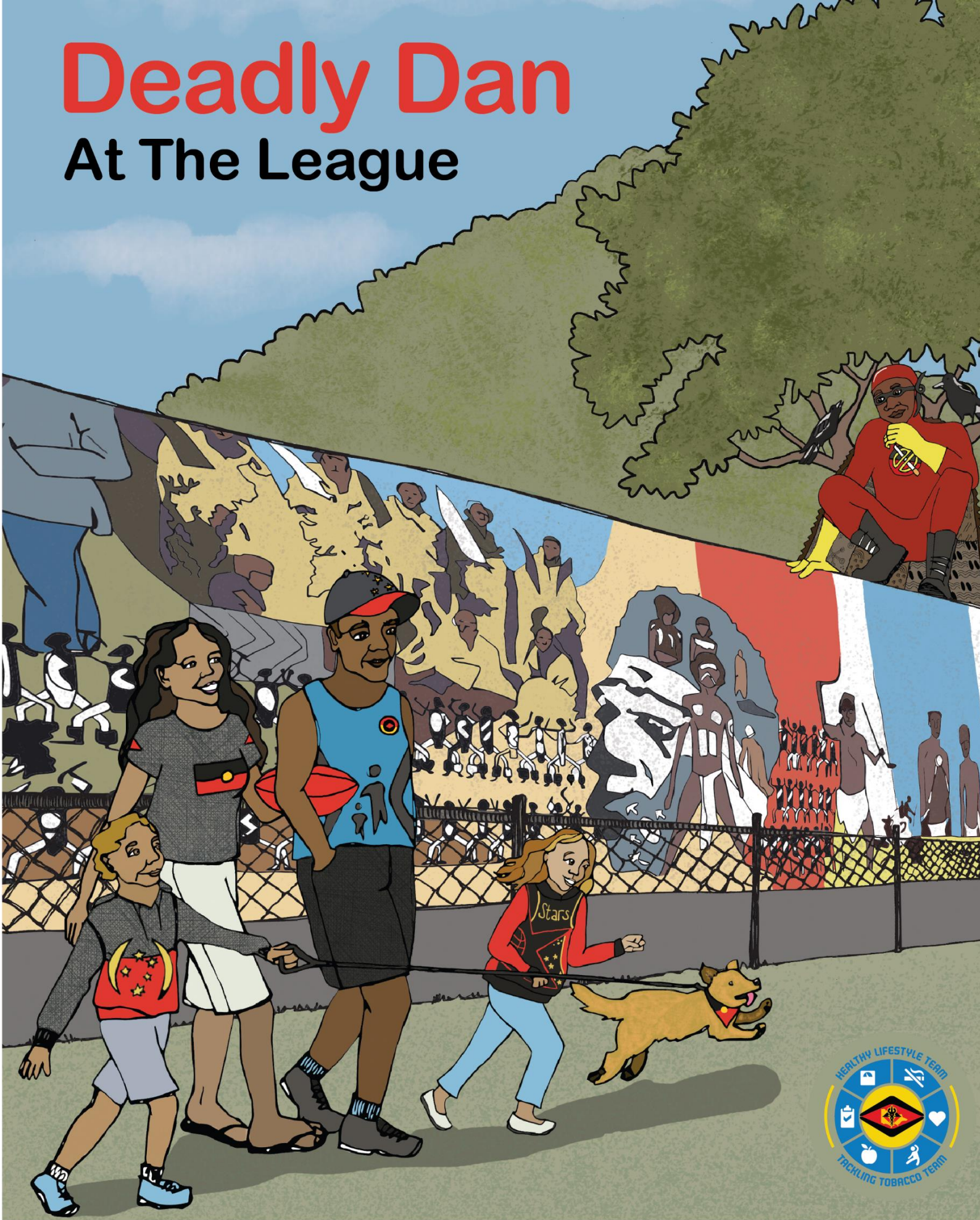


Deadly Dan

At The League



Teacher's Notes

DEADLY DAN

Deadly Dan is an Aboriginal superhero, dressed in a possum skin cloak, ready to save his Community from the dangers of tobacco. He shares his #StaySmokeFree message through his catch phrase: "You Smoke, You Choke!"

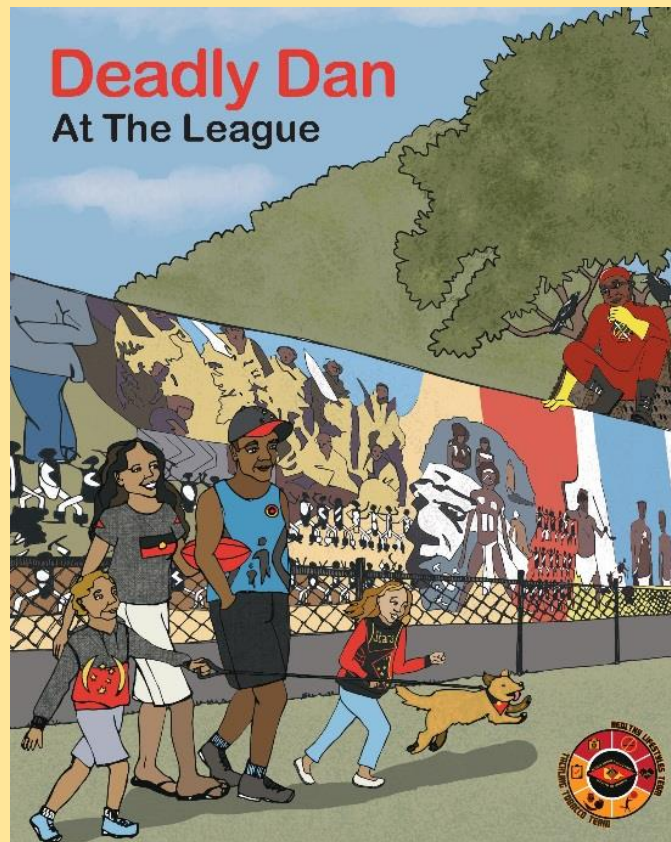
In addition to sharing the dangers of tobacco, Deadly Dan empowers Community to eat healthy (two fruit, five veg, they're the bomb!), drink water, and exercise. These messages are woven into the story line, and featured in a song/rap.

Deadly Dan is popular in the Aboriginal Community and children have the opportunity to meet him at Community events, including sporting carnivals.



THE BOOK

The Victorian Aboriginal Health Service's Tackling Indigenous Smoking Team built on the existing Deadly Dan character by creating a children's storybook which addresses the high rates of tobacco use in the Aboriginal Community. Deadly Dan the Smoke-Free Man and his catchy slogan, "You Smoke You Choke," appeals to the target audience of children and young people. The book aims to empower children to become healthy lifestyle ambassadors within the Community who deliver messages to secondary audiences (parents, siblings, carers, and Community members). Local champions and significant places, including the Fitzroy Stars Football Netball Club and the Aboriginal Advancement League, feature in the book, making it place-based and culturally appropriate.



THE FILM

The Victorian Aboriginal Health Service's Tackling Indigenous Smoking Team worked with a film production company to bring Deadly Dan's "You Smoke You Choke" message off the page and onto the screen. Local Aboriginal talent auditioned to play the characters, and to become smoke-free ambassadors for the Community. The film features many local cultural landmarks, including The Aborigines Advancement League and Victorian Aboriginal Health Service.

The film aims to engage Community through another medium to promote and strengthen Deadly Dan's messages about the dangers of tobacco. Although children are the target audience of the film, it provides additional opportunity to bring families and the wider Community together to make smoke-free choices.



EDUCATION SUITE OVERVIEW

The Deadly Dan Education Suite is an ongoing resource that will include 11 lesson plans under the following themes:

- Tobacco
 - Health Harms
 - Environmental Harms
 - Policy
- Place
 - St. Georges Road Mural & Local Aboriginal Heroes
 - Local Aboriginal Organisations
- Culture
 - Possum Skin Cloak
 - Wurundjeri Language
 - Totems
 - Boomerangs
- Physical Education & Nutrition
 - Traditional Games & Marngrooks
 - Nutrition & Drinking Water

This version of Teacher's Notes covers the following lessons:

- Tobacco
 - Health Harms
 - Activity: True or False & What am I
- Place
 - St. Georges Road Mural & Local Aboriginal Heroes
 - Activity: Design your own Mural

TOBACCO HEALTH HARMS

Activity: True or False & What Am I

Time	Focus/Activity	Resources	Outcomes
5 mins	Tobacco Health Harms background <ul style="list-style-type: none"> Gather information from the class about the health consequences of smoking 	Factsheet: Tobacco Health Harms	<ul style="list-style-type: none"> Students share current knowledge of the tobacco health harms.
10-15 mins	True or False <ul style="list-style-type: none"> Option A: Read the provided scenarios to the class and see if they can identify the statement as true or false aloud or by raising their hand. Option B: Ask children to stand in the middle of the room and allocate true to one side and false to the other. Ask students to move to the side of the room they believe fits the statement. 	True or False Scenario/Answer Sheet	<ul style="list-style-type: none"> Students are able to identify health consequences of tobacco.
20 mins	What am I? <ul style="list-style-type: none"> In groups of 4 -5, ask students to draw the outline of a body on butcher's paper. Read each statement and ask them to guess what part of the body it refers to. 	What Am I Statement/Answer Sheet	<ul style="list-style-type: none"> Students understand how tobacco affects specific body parts, and has serious overall health consequences.

Factsheet: Tobacco Health Harms

- Nicotine is the addictive drug in tobacco
- Some of the chemicals you breathe in from cigarette smoke:

Chemical:	Used in:
Nicotine	Bug sprays
Sulfuric acid and Cadmium	Car batteries
Naphthalene	Moth balls
Tar	Road material
Carbon Monoxide	Car exhaust
DDT	Insecticides
Methanol	Rocket fuel
Acetone	Nail-polish remover
Butane	Cigarette lighters
Ammonia	Cleaning products
Arsenic	Rat poison

- In Australia more people are killed by smoking than the combination of deaths caused by alcohol, other drugs, road/rail/air crashes, poisoning, drownings, fires, lightning, electrocution, snake/spider/shark bites
- Only a few cigarettes need to be consumed for a person to become addicted. You can become addicted even if you only smoke occasionally, such as at parties or on holidays.
- Among the five greatest risk factors for mortality, tobacco use is the single most preventable cause of death.
- There are more than 4000 chemicals that are dangerous to your health when you breathe in second-hand smoke, these can cause: breathing problems, sneezing and coughing, smelly hair and clothes, ear infections, etc.
- 80% of lung cancer cases are due to smoking and is the most common form of cancer caused by smoking. This is because cigarette smoke contains many chemicals that make it difficult for the lungs to filter clear air.
- 30% of heart disease in those under 65 years of age is caused by smoking. Smoking temporarily raises heart rate and blood pressure and reduces the ability of blood to carry oxygen. Smoking clogs the arteries with dangerous fatty deposits.
- Emphysema is a condition that results in shortness of breath as well as coughing. The major cause of emphysema is smoking. Emphysema is when the air sacs of the lungs are damaged and cause the small airways to collapse. This makes it extremely difficult to breathe.

For more information:

- https://www.quit.org.au/tools/effects-smoking-your-body/?gclid=EAlaIQobChMIzLqB9dfW2gIVTiQrCh1EigsvEAAYASAAEgKpi_D_BwE
- https://www.educationworld.com/a_lesson/TM/WS_smoking_game.shtml
- <https://www.smarterthansmoking.org.au/for-schools/primary-resources/>
- https://www.quit.org.au/tools/effects-smoking-your-body/?gclid=EAlaIQobChMIgprX48Pg2gIVkTUrCh02RQImEAAYASAAEgIJn_D_BwE
- <https://www.healthdirect.gov.au/emphysema>

True or False Scenario/Answer Sheet

- 1) Throat cancer is the most common form of cancer caused by smoking.
(False – Lung cancer is the most common form of cancer, and is responsible for 80% of lung cancer cases)
- 2) In Australia, more people are killed by smoking than the combination of deaths caused by alcohol, other drugs, road/rail/air crashes, poisoning, drownings, fires, lightning, electrocution, snake/spider/shark bites.
(True- smoking can damage blood vessels walls making it more difficult for the heart to pump blood to the hands and feet – resulting in discoloration)
- 3) Smokers don't get wrinkles.
(False – smokers tend to develop wrinkles earlier than non-smokers)
- 4) Smoking can cause type-2 diabetes.
(True - Smokers with diabetes have a greater risk of heart disease, stroke and disease of the blood vessels than non-smokers with diabetes)
- 5) Smoking cigarettes can give you great vision.
(False – Smoking does not improve your vision. It increases the likelihood of macular degeneration which is the most common cause of blindness for people aged 40+)
- 6) Cutting down on cigarettes or changing to milder cigarettes will improve your health.
(False – any form of smoking is dangerous and can result in negative health-related outcomes)
- 7) It is too late to quit, the damage is already done.
(False – your body starts to repair itself almost immediately when you stop smoking)
- 8) When you smoke your body temperature becomes irregular
(True – 20 minutes after smoking a cigarette your body temperature returns to normal)
- 9) Smoking dulls your taste and smell.
(True – stop smoking and within 48hours your ability to taste and smell greatly improves)
- 10) People who have smoked cigarettes will have a 'smokers cough' forever'.
(False – In 1-9 months coughing, sinus congestion, fatigue and shortness of breath will all decrease)

What Am I Statement/Answer Sheet

Statements:

Cigarettes make me lose my shine and make me smell.	Cigarette smoke makes me sore, watery and itchy. Cigarette smoke also makes it hard for me to wear contact lenses.	Cigarette smoke causes a part of me to block up and develop infections. This is called glue ear.
Cigarettes cause me to develop wrinkles and become dry and discoloured. I also take longer to heal if I get cut or scratched than my friends who don't smoke.	Cigarettes give me smelly breath and stained teeth. I can't taste my food as well as my friends who don't smoke.	Cigarettes can make it harder for me to breathe so I don't feel as fit as other people.
Cigarettes increase blood pressure as blood vessels become smaller in the body. This means I have to beat faster and work harder to push blood around the body.	Cigarettes damage my nasal hairs and make me lose my sense of smell.	Cigarettes give me stained fingers and I sometimes shake if I haven't had a cigarette for a while.

Answers:

Hair	Eyes	Ears
Skin	Mouth	Lungs
Heart	Nose	Hands

PLACE

Activity: Design your own mural

Time	Focus/Activity	Resources	Outcomes
5 mins	Mural Background <ul style="list-style-type: none"> Discuss the history of the Aboriginal Advancement League and St. Georges Road Mural, including its location and significance for local Aboriginal people, with the class. 	<ul style="list-style-type: none"> Factsheets: Aborigines Advancement League & St. Georges Road Mural 	<ul style="list-style-type: none"> Students recognise the St. Georges Road Mural, and understand its history and significance.
10 mins	Jock Austin & Sir Douglas Nicholls <ul style="list-style-type: none"> Discuss Jock Austin and Sir Douglas Nicholls (show photos) with the class, and explain why they are important leaders. Ask the class what makes Jock Austin & Sir Douglas inspiring. Ask the class to identify important people to them, including well known heroes and personal heroes. 	<ul style="list-style-type: none"> Factsheet: Jock Austin & Sir Douglas Nicholls 	<ul style="list-style-type: none"> Students are familiar with historical activism of these Aboriginal leaders. Students understand the importance sharing stories of inspiring people.
30 mins	Design your own Mural <ul style="list-style-type: none"> Students design their own mural which includes people and moments that influence and inspire them. 	<ul style="list-style-type: none"> Design your own mural template. 	<ul style="list-style-type: none"> Students understand the importance of sharing stories of inspiring people.
20 mins	Sharing your Mural <ul style="list-style-type: none"> Ask students to share their mural creation and explain what they created. For example, what are they proud of and who inspires them? 	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Students practice and demonstrate public speaking skills.

Factsheet: Aborigines Advancement League

The story of Deadly Dan takes place at The Aborigines Advancement League (The League). The League was formed in 1957 in Thornbury and is the oldest Aboriginal organisation in Australia. In the 1960s The League became fully controlled by Aboriginal people. The League is significant in the Community for its influence and fight for the civil rights of Aboriginal and Torres Strait Islander people. The organisation has a long history of initiating programs to promote self-determination of Aboriginal people in Victoria, and has ultimately become a place of leadership and inspiring community heroes.

Key talking points:

- First and oldest Aboriginal organisation in Australia
- Was significant in the fight for Aboriginal & Torres Strait Islander rights
- Promotes self-determination of Aboriginal people in Victoria
- Demonstrates Aboriginal leadership and has many inspiring community heroes

More information:

- http://aal.org.au/HOME/HOME_01.html
- <https://collections.museumvictoria.com.au/articles/8066>
- <http://www.emelbourne.net.au/biogs/EM01551b.htm>

Factsheet: St. Georges Road Mural

The St. Georges Road Mural is featured on the front of the Deadly Dan book and is a familiar and important landmark to Aboriginal people in Victoria. It features Aboriginal leaders and heroes including Sir Douglas Nicholls, Archie Roach and Ruby Hunter.

The Mural was created in 1983 and was originally located opposite Northcote Town Hall on High street and named 'Northcote Koori Mural'. It was designed by Megan Evans in collaboration with members of the Aboriginal community including artists Lin Onus, Les Griggs, Ray Thomas, Millie Yarran, Elaine Trott and Ian Johnson.

The Mural was created to represent Aboriginal history, including the land rights movement, dispossession, oppression and ultimately the survival of the Aboriginal community.

In 2013 the mural was restored using a digital replica which includes a new panel designed by Gary Saunders. Today the Mural is located at the Aboriginal Advancement League along St. Georges Road.

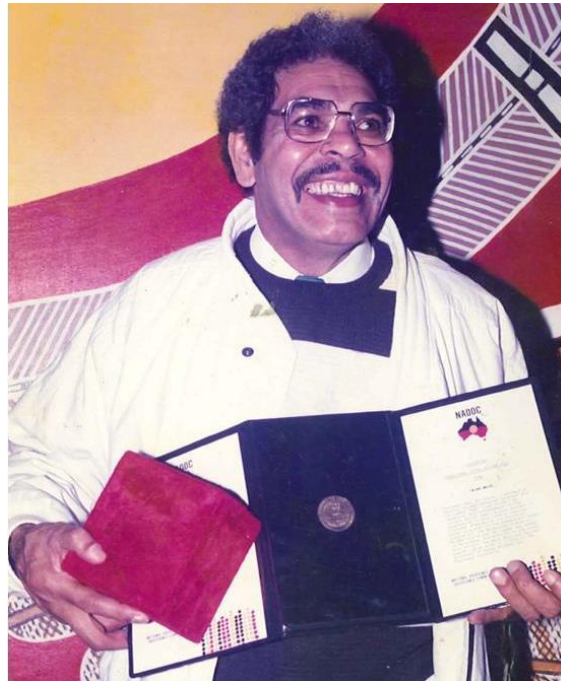
Key Talking Points:

- The mural represents the history and self-determination and survival of Aboriginal people
- Important local landmark to Aboriginal people of Victoria
- Showcases local Aboriginal talent through art

More information:

- <http://vhd.heritagecouncil.vic.gov.au/places/26690/download-report>
- <https://www.revolvy.com/main/index.php?s=Northcote%20Koori%20Mural>
- <http://www.heraldsun.com.au/leader/north/thornburys-famed-koori-mural-returns-in-digital-form/news-story/5aaec20272a7aac3b91edca5b33b08ee>
- <http://www.heraldsun.com.au/leader/north/thornburys-dilapidated-aborigines-advancement-league-koori-mural-to-be-replaced-with-digital-version/news-story/566219205e00e2559e8177dbfbf3968e>

Factsheet: Herbert 'Jock' Austin (1938-1990)



Jock Austin, a Gunditjmara man, moved to Melbourne in the late 1950s and was one of the most influential leaders in the Aboriginal community in Victoria. Jock promoted sport not only as a means to improve health and wellbeing, but also as a way to restore pride and purpose to the lives of the most disadvantaged.

He opened the Fitzroy Stars Aboriginal Community Youth Club Gymnasium in 1982 and its success lead the Aboriginal Development Commission to purchase a building in Gertrude Street Fitzroy, now known as Melbourne Aboriginal Youth, Sport and Recreation (MAYSAR). It is still located there today.

These facilities provided young Aboriginal people with a place to learn, train, and connect with peers; sports included boxing, cricket, netball, kickboxing and aerobics. Overtime though they became far more than just a youth gymnasium, it was a safe and welcoming place that offered shelter and structure to anyone who sought it.

Jock believed in the value of education and strived to help his people understand their history and the world around them.

Over the years, Jock and his wife opened their home to countless young people in need. A passionate footballer, Jock had a long association with the Fitzroy Stars Football Club (FSFC), an Aboriginal team established in the early 1970s. He also worked hard to establish what is today known as the Sir Doug Nicholls Sports Oval at the Aborigines Advancement League.

Key Talking Points:

- Jock was a charismatic leader who dedicated his life to promoting sports for Aboriginal people
- He opened many important training and Community facilities

More information:

- <https://www.vic.gov.au/aboriginalvictoria/community-engagement/leadership-programs/aboriginal-honour-roll/2013-victorian-aboriginal-honour-roll/herbert-jock-austin.html>
- <http://www.abc.net.au/radionational/programs/archived/hindsight/the-black-mile/2984390>
- <https://www.sbs.com.au/news/melbourne-gym-inspiring-next-generation-of-indigenous-boxers>

Factsheet: Sir Douglas Nicholls



Sir Douglas Nicholls lived an incredible life. He was born in 1906 at Cummeragunga on the land of his people, the Yorta Yorta people. He left school at the age of 14, when the Aborigines Protection Board forced him to leave his home and find work as a labourer. In his lifetime, he overcame the trauma of losing his sister, as well as facing racism and prejudice, and went on to have an incredible career as a professional sportsman and leader.

After a stellar football career with Fitzroy and representing Victoria in the State of Origin, Sir Douglas Nicholls went on to become a civil rights leader in Australia. He was a founding member of the Aborigines Advancement League in Victoria, whose Thornbury base remains a hub for many in the Koori Community. It is the home ground of the Fitzroy Stars football club known as the Sir Douglas Nicholls Oval.

Together with his wife, Sir Douglas Nicholls played a pivotal role in fighting for the rights of Aboriginal people in Australia. They worked tirelessly to improve conditions for their people in Melbourne, across Victoria and nationally.

Key Talking Points:

- Sir Douglas Nicholls was a footballer and civil rights leader in Australia

More information:

- <https://www.amnesty.org.au/sir-doug-nicholls/>
- <http://adb.anu.edu.au/biography/nicholls-sir-douglas-ralph-doug-14920>

Draw your own mural!



VICTORIAN ABORIGINAL
HEALTH SERVICE
Caring for the Community