



NATIONAL BEST
PRACTICE UNIT
**TACKLING
INDIGENOUS
SMOKING**

20
26



STAYING STRONG AFTER NEW YEAR

Returning to work after the holidays can be stressful, and it's easy to feel like your resolution to cut back on cigarettes or vaping is slipping away. Don't give up. Every cigarette not smoked and every vape you skip is a win for your lungs, your wallet, and your family. Within 48 hours of quitting, oxygen levels rise, cravings ease a bit, and your body begins repairing itself. Keep going, your body is already thanking you.

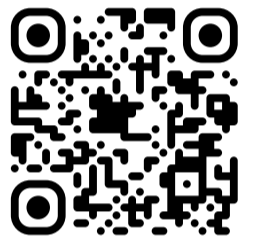
TOM'S MESSAGE

Quitting takes courage, not perfection. Every smoke and vape-free day adds to the 23,000 Aboriginal and Torres Strait Islander lives already saved through Tackling Indigenous Smoking.

*Prof Tom Calma AO
FANZSOG FAA FASSA FAHA,
Tackling Indigenous Smoking
National Coordinator*



Scan here to learn more about Tackling Indigenous Smoking.



JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 New Year's Day	2	3 ○
4 World Braille Day	5	6	7	8	9	10
11 ●	12	13	14	15	16	17
18	19 ●	20	21	22	23	24 International Day of Education
25	26 ● Survival Day	27 Term 1 commences (ACT, NSW, Qld, SA, Vic)	28 Term 1 commences (NT)	29	30	31 Performance Reports due to NBPU TIS

FRESH AIR, FRESH STARTS

This Valentine's Day, remember that being active and smoke-free isn't just good for your health, it makes you feel more confident and connected. Exercise is one of the best ways to distract from cravings and boost your mood while quitting. Invite someone special to join you for a walk, swim, or dance class. Breathing easy is the best kind of love story.



TOM'S MESSAGE

Love your lungs, your heart and your health as much as you love your mob, that's real self-care.

Prof Tom Calma AO
FANZSOG FAA FASSA FAHA,
Tackling Indigenous Smoking
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FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 ○ Term 1 commences (ACT, WA)	3	4 World Cancer Day	5 Term 1 commences (Tas)	6	7
8	9 ●	10	11	12	13	14 Valentine's Day Performance Report Review returned by NBP Unit
15	16	17 ● Random Acts of Kindness Day	18	19	20 World Day of Social Justice	21 Mother Language Day
22	23	24 ○ Launch of the Tackling Indigenous Smoking Digital Repository	25	26 National Apology Day	27	28 Performance Report due to FAM



Scan to download the My QuitBuddy App

TOM'S MESSAGE

Since Tackling Indigenous Smoking began, smoking rates among Aboriginal and Torres Strait Islander people have dropped by more than 10%. Every celebration without a cigarette keeps that number climbing.

*Prof Tom Calma AO
FANZSOG FAA FASSA FAHA,
Tackling Indigenous Smoking
National Coordinator*



MAD MARCH, CALM LUNGS

Festivals, footy, and busy schedules can trigger old habits. When stress or social pressure builds, remind yourself how far you've come. Replace that smoke break with a deep breath, a chat, or a quick walk. Using tools like the My QuitBuddy app or reaching out to a mate can keep you on track. Every moment you stay strong makes the next one easier.

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 World Compliment Day Clean Up Australia Day	2 Labour Day (WA)	3 ☉ World Wildlife Day	4 World Obesity Day	5	6	7
8 International Women's Day	9 Canberra Day (ACT) Adelaide Cup (SA) Eight Hours Day (Tas) Labour Day (Tas, Vic)	10	11 ☾	12 World Kidney Day	13	14
15	16	17 St Patrick's Day	18	19 ● National Close the Gap Day	20	21 Harmony Day
22	23	24	25	26 ☾	27	28
29	30	31				

HEALTHY MOB, STRONG COUNTRY

April is World Health Month, a perfect time to yarn about what good health looks like for you and your community. Tackling Indigenous Smoking teams are out there every day supporting people to live smoke-free. Since the program began, smoking rates among Aboriginal and Torres Strait Islander people have dropped by 10%, saving over 23,000 lives. Join the movement: talk about quitting, share your story, and inspire others to take that first step.



Scan here to see how TIS workers use the website



TOM'S MESSAGE

Tackling Indigenous Smoking works because it's community-led. When mob lead the way, everyone breathes easier.

*Prof Tom Calma AO
FANZSOG FAA FASSA FAHA,
Tackling Indigenous Smoking
National Coordinator*



NATIONAL BEST PRACTICE UNIT
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APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 ○ Term 1 concludes (ACT, NSW, NT, Qld, Vic, WA)	3 Good Friday	4 Easter Saturday
5 Easter Sunday	6 Easter Monday	7 Easter Tuesday (Tas) World Health Day	8	9	10 ● Term 1 concludes (SA)	11
12	13 Term 2 commences (NT)	14	15	16	17 ● Term 1 concludes (Tas)	18
19 World Liver Day	20 Term 2 commences (NSW, Qld, Vic, WA)	21	22 Earth Day	23	24 ○	25 Anzac Day
World Indigenous Cancer Conference 2026 – Rotorua						
26	27 Term 2 commences (SA)	28 Term 2 commences (ACT)	29	30		

BE SEEN, BE SMOKE-FREE

World No Tobacco Day is your chance to stand tall and show what healthy living looks like. Across Australia, communities are leading the way, hosting events, fun runs, barbecues, and workshops to celebrate smoke-free living. Since 2005, over 50,000 fewer Aboriginal and Torres Strait Islander people have smoked. Let's keep that number climbing by sharing stories of strength and success.



Scan to learn more about World No Tobacco Day

TOM'S MESSAGE

World No Tobacco Day reminds us how powerful community action can be. Our progress proves what's possible when we all breathe the same fresh air. Mob looks good smoke and vape-free; proud, strong and breathing easy.

*Prof Tom Calma AO
FANZSOG FAA FASSA FAHA,
Tackling Indigenous Smoking
National Coordinator*



MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 ○ World No Tobacco Day					1	2 ○
3	4 Heart Week Begins May Day (NT) Labour Day (Qld) Term 2 commences (Tas)	5 World Asthma Day	6	7	8	9
		Preventative Health Conference 2026				
10 ● Mother's Day	11	12	13	14	15 International Day of Families	16
					National Allied Health Conference	
17 ●	18	19	20	21	22	23 ○
24	25	26 National Sorry Day	27 National Reconciliation Week Begins	28	29	30

CARE FOR COUNTRY, CARE FOR YOURSELF

June brings both World Environment Day and Men's Health Month, two great reasons to take a breath of clean air. Cigarette butts are one of Australia's biggest litter problems, poisoning soil and waterways. Disposable vapes add to the waste, leaching chemicals and plastics into Country. Quitting means fewer toxins in the air and less rubbish on the ground. Protect your lungs and the land that gives us life.

TOM'S MESSAGE

Cigarette butts and vapes poison the land and water, caring for Country starts with caring for your lungs.

Prof Tom Calma AO
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Tackling Indigenous Smoking
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NATIONAL BEST PRACTICE UNIT
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JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Bowel Cancer Awareness Month begins</i> Reconciliation Day	2	3 <i>Mabo Day</i>	4 <i>Western Australia Day (WA)</i>	5 <i>World Environment Day</i>	6
7	8 <i>World Ocean Day</i> King's Birthday (ACT, NSW, NT, SA, Tas, Vic)	9 <i>Men's Health Week begins</i>	10	11	12	13
14 <i>World Blood Donor Day</i>	15 ●	16	17	18	19 <i>Term 2 concludes (NT)</i>	20
21	22 ○	23	24	25	26 <i>Term 2 concludes (Qld, Vic)</i>	27
28	29	30 ○				

GOOD MATES, GOOD CHOICES.

NAIDOC Week is a time to celebrate the brilliance, resilience, and leadership of Aboriginal and Torres Strait Islander peoples. Across the country, communities are coming together to dance, share stories, and honour Elders who've paved the way. This spirit of pride and connection is the same energy that helps mob stay strong in health. Choosing a smoke and vape-free life protects our culture, families, and Country. When we look after ourselves, we're looking after the next generation so they can carry the torch of NAIDOC for years to come.

TOM'S MESSAGE

NAIDOC Week is a time to honour our Elders, celebrate our culture, and recognise the strength that's carried us this far. Living smoke-free keeps that strength alive for the generations who follow.

*Prof Tom Calma AO
FANZSOG FAA FASSA FAHA,
Tackling Indigenous Smoking
National Coordinator*



JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <i>Coming of the Light (Torres Strait)</i>	2	3 Term 2 concludes (ACT, NSW, SA, WA)	4
5 NAIDOC Week begins	6	7	8 ☾	9	10 Term 2 concludes (Tas)	11
12 <i>National Diabetes Week begins</i>	13 Term 3 commences (Qld, Vic)	14 ● Term 3 commences (NT)	15	16	17	18
19	20 Term 3 commences (ACT, NSW, SA, WA)	21 ☾ <i>Performance Report due to NBPU TIS</i>	22	23	24	25
26 <i>National Aunt and Uncle Day</i>	27 Term 3 commences (Tas)	28 <i>World Hepatitis Day</i>	29	30 ○ <i>United Nations' International Day of Friendship</i>		

HEALTHY MUMS, HEALTHY BUBS

Breastfeeding Month is a reminder that the best start for our little ones begins before they're born. Smoking and vaping during pregnancy can reduce oxygen to the baby, leading to lower birth weight and early delivery. Quitting early helps babies grow healthier and thrive during breastfeeding. It also keeps third-hand smoke, the chemicals left behind on clothes and furniture, out of your home. A smoke-free home means cleaner air for the whole family.

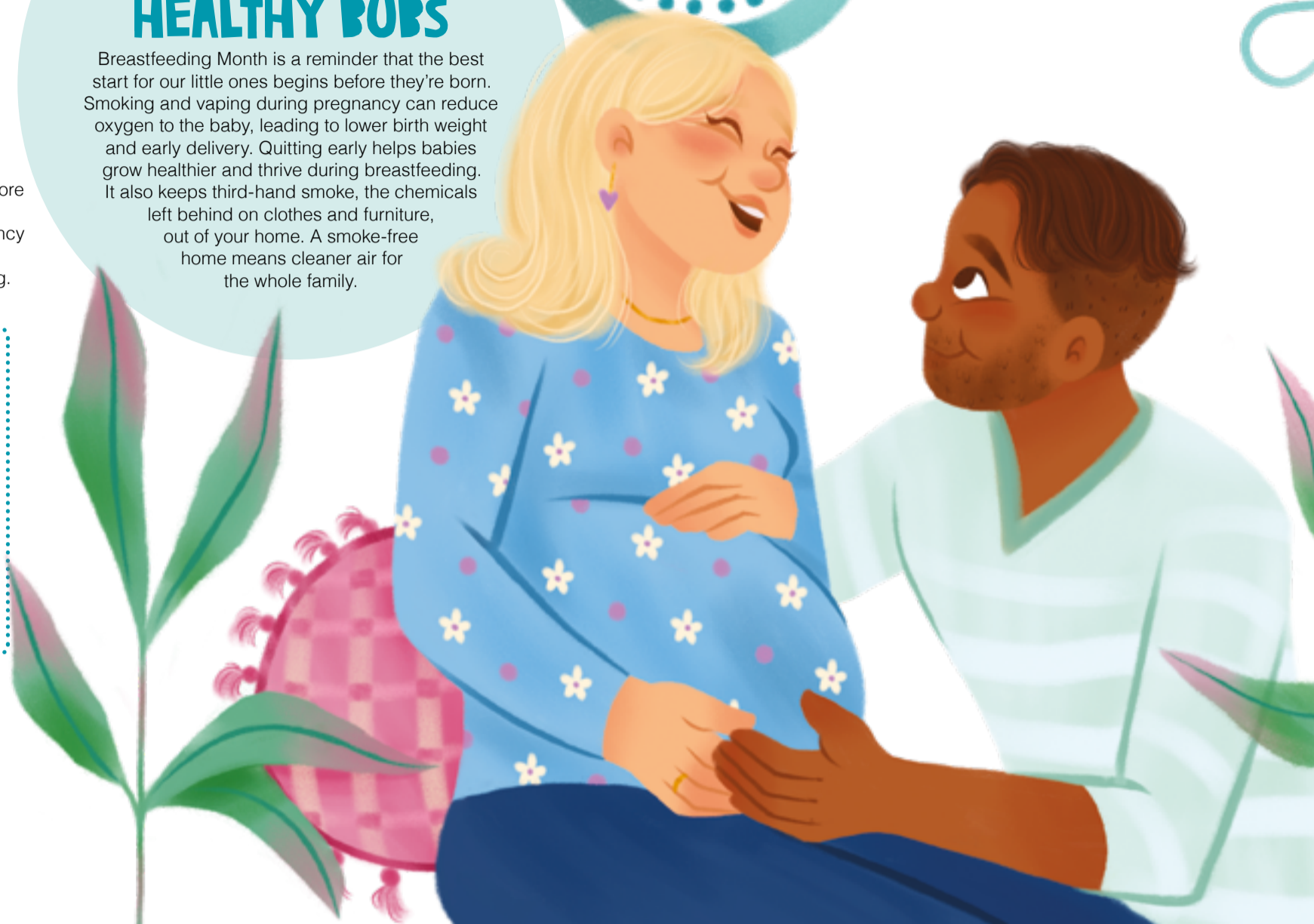


Scan to learn more about pregnancy and smoking.

TOM'S MESSAGE

Smoking and vaping during pregnancy can lead to low birth weights and asthma later in life. Quitting means stronger, healthier bubs. Every smoke-free day helps our babies grow strong.

*Prof Tom Calma AO
FANZSOG FAA FASSA FAHA,
Tackling Indigenous Smoking
National Coordinator*



AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1 World Breastfeeding Month Begins
2	3 Picnic Day (NT)	4 National Aboriginal and Torres Strait Islander Children's Day Performance Report Review returned by NBP U TIS	5	6 ☉	7 NAATSIHWP National Day of Recognition	8
9 International Day of the World's Indigenous Peoples	10	11	12	13 ☉	14	15
16	17	18 Performance Report due to DSS FAM	19	20 ☉	21	22
23	24	25	26	27	28 ☉ Red Nose Day	29

IT'S OKAY TO ASK FOR HELP

R U OK? Day is a good time to check in with yourself and your mob. Quitting can stir up emotions, but you don't have to face them alone. Aboriginal Quitline (13 7848) offers free, confidential support from counsellors who understand community and culture. They'll help you make a plan that works for you, with follow-up calls if you'd like them. Every yarn can bring you closer to your goal.

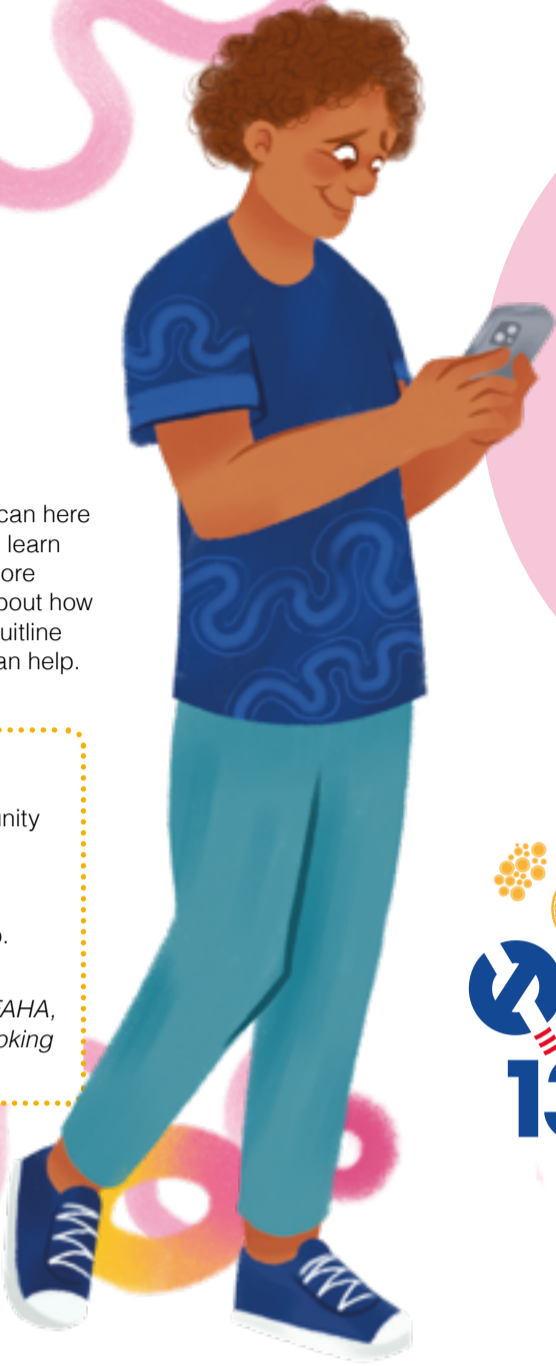


Scan here to learn more about how Quitline can help.

TOM'S MESSAGE

Using Quitline or community support can quadruple your chances of quitting. Strength isn't doing it alone, it's asking for help.

*Prof Tom Calma AO
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SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Prostate Cancer Awareness Month begins Women's Health Month begins	2	3	4 Indigenous Literacy Day	5
6 Father's Day	7	8	9	10 R U OK? Day	11	12
13 Anniversary of the UN Declaration on the Rights of Indigenous People	14	15	16	17	18 Term 3 concludes (NT, Vic)	19
20	21	22	23	24	25 AFL Grand Final Holiday (Vic) Term 3 concludes (ACT, NSW, SA, WA)	26
27	28 King's Birthday (WA)	29	30	31		

TASTE THE GOOD LIFE

Healthy Eating Month reminds us how much quitting changes our senses. Within a week, your taste buds and sense of smell start to recover, making every meal richer. Quitting also improves blood flow, helping your body absorb more nutrients and fight infection. Celebrate your success with good food, laughter, and smoke-free gatherings, your body will notice the difference.

TOM'S MESSAGE

Quitting doesn't take away joy, it brings it back. Food tastes better, the air smells sweeter, and energy returns.

Prof Tom Calma AO
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Tackling Indigenous Smoking
National Coordinator



OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 International Day of Older Persons Breast Cancer Awareness Month begins Healthy Eating Month begins	2 Term 3 concludes (Tas)	3 ☾
4	5 Labour Day (ACT, NSW, SA) King's Birthday (Qld) Term 4 commences (NT)	6 Term 4 commences (Qld)	7	8	9 World Sight Day	10
11 ☀	12 Term 4 commences (ACT, NSW, SA, WA)	13	14	15 Pregnancy and Infant Loss Awareness Day	16	17 International Day for the Eradication of Poverty
18	19 ☀ Term 4 commences (Tas)	20	21	22	23	24
25	26 ☀ Grandparent's Day	27	28	29 World Stroke Day	30	31

STRONGER LUNGS, LONGER LIFE

November is Lung Cancer Awareness Month, a reminder of how powerful quitting can be. Smoking is the main cause of lung cancer, but lung health improves the moment you quit. Within a year, your risk of heart disease is halved; within ten, your lung cancer risk drops dramatically. Aboriginal and Torres Strait Islander smoking rates continue to fall, thanks to strong community action and better access to screening. Every breath counts toward a longer, stronger life.

TOM'S MESSAGE

It's never too late to breathe better and live longer. Healthy lungs mean more time doing what you love.

Prof Tom Calma AO
FANZSOG FAA FASSA FAHA,
Tackling Indigenous Smoking
National Coordinator



Scan here to learn more about the National Lung Cancer Screening Program.



NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Lung Cancer Awareness Month begins	2 ● Recreation Day (Tas)	3 Melbourne Cup (Vic)	4	5	6	7
8	9 ●	10	11 Remembrance Day	12	13	14 World Diabetes Day
15	16	17 ○	18	19	20	21
22	23	24	25 ○	26	27	28
29	30					

HEALTH IS THE BEST GIFT

As we gather for Christmas and the holidays, it's a good time to reflect on what really matters, family, health, and community. Quitting smoking saves the average person over \$15,000 a year, and that money could go toward holidays, gifts, or savings. More importantly, it means more years celebrating with loved ones. If cravings hit over the holidays, remember Aboriginal Quitline is there to yarn with, even during the festive rush. Start the new year with fresh air and a full heart.

TOM'S MESSAGE

The best present you can give your mob is a longer, healthier life together.

Prof Tom Calma AO
FANZSOG FAA FASSA FAHA,
Tackling Indigenous Smoking
National Coordinator



DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ☉	2 International Day of People with a Disability	3	4	5
6	7	8	9 ●	10 Human Rights Day	11 Term 4 concludes (NT, Qld, SA)	12
13	14	15	16	17 ☉ Term 4 concludes (NSW, WA)	18 Term 4 concludes (Tas, Vic)	19 ☉
20	21	22	23	24 ☉ Christmas Eve	25 Christmas Day	26 Boxing Day (ACT, NSW, NT, Qld, Tas, Vic, WA) Proclamation Day (SA)
27	28 Boxing Day Public Holiday	29	30	31 ☉ New Years Eve		

THANK
YOU TO ALL
THE TACKLING
INDIGENOUS
SMOKING TEAMS
ACROSS AUSTRALIA



2025 National Tackling Indigenous Smoking (TIS) Workers Workshop held on the lands of the Larrakia people in Garramilla (Darwin)

ABOUT THE CALENDAR ARTIST

Jade Goodwin is a First Nations (Gamilaroi) illustrator based in Australia. Jade's creative journey began at an early age in her grandparents' screen printing studio, where she would spend an endless amount of time crafting anything she could from the studio supplies. Her passion for creativity and illustration grew over time, eventually leading to a successful career in the children's publishing industry. In November 2021, Jade signed her first picture book contract with Penguin Random House, which paved the way for her to work with leading publishers such as HarperCollins, Hachette, Allen & Unwin, Magabala, Hardie Grant (Bright Light) and Affirm Press. <https://jadegoodwin.com.au/>

Photo credit: Travis De Vries



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Smoking
Newsletter.



2027 CALENDAR

JANUARY

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FEBRUARY

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MARCH

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APRIL

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

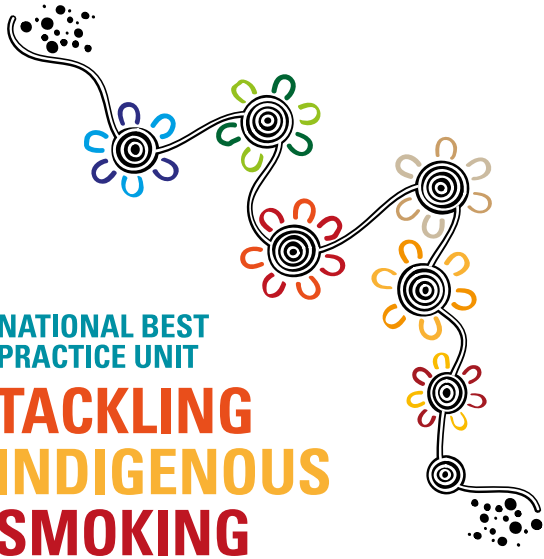
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DECEMBER

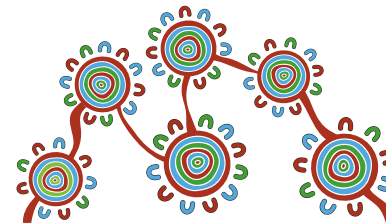
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All materials in this calendar can be reused by TIS teams for social media, presentations and promotions. Download a digital version from tacklingsmoking.org.au



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