

Instructions for photographs

Step 1: Collect the following equipment

1. A **Digital camera/smart phone** – with a resolution capability of at least 8 megapixels. Most recent digital camera/smart phone models less than 3 years old have this capacity.
2. A dining chair
3. An un-lit cigarette
4. A rug or blanket

Step 2: Prepare the background

- An **uncluttered space is essential** for taking the photographs. Everything that appears in the photo must be free of any clutter.

Please **AVOID**:

- **Patterned backgrounds**, the background must be plain, ideally taken inside against a wall
- **Objects in the background**, such as shelving, trees, people
- **Objects hanging off your body**, such as excessive jewelry, hats or clothing that obstructs your face
- **A camera with a tripod would be ideal** for taking all photographs from the same height and position. If this is not possible, **please do your best to ensure that the photographs are taken from the same position.**

Step 3: Take photos

There are seven (7) different photos in total; 4 photographs of you in different poses, one portrait picture of your partner, and a photo of your loved ones (all explained below).

1. Seated in an upright position and looking directly to the camera, cigarette in upright position shown. Ensure you are not slumped. Please do not light the cigarette.



2. Seated in an upright position and looking directly to the camera, unlit cigarette in hands down position shown



3. Seated in an upright position and head turned to your left, and looking in the same direction. Unlit cigarette held in hands down position.



4. Seated in an upright position and head turned to your left at the same angle, **but look upwards**. Hold unlit cigarette in hands down position shown.



5. Seated in a slumped position, facing front on to the camera. Place a blanket over your lap, across your waistline. NO cigarette in this photo.



6. A portrait-style picture of your partner, from elbows up, looking directly at the camera. NB THIS PICTURE IS NOT TAKEN IF YOUR PARTNER IS A SMOKER



7. A photograph of your family or loved ones. This is a photo of people you love or care for. This can be an existing photo if that is more convenient. It is optional for yourself and/or your partner to be in this photo.



Please note: In this instance, the word **'family'** refers to **any group of people who feel most close to you**. It does not need to conform to the traditional family structure.

Step 4: Save & send photos

Save each of the photos as a jpeg or PNG and upload to <https://jumpshare.com/i/y6ojRWL/iSCUPI> - this is the easiest way to do it.

The photos can also be sent via email to nslhd-quitnow@health.nsw.gov.au. However because picture files are typically large, we recommend that you to send each one attached to a separate email.

Please include your full name and email address for our reference.

The photographs will be used to create a personalised video for your viewing only and will not be shared with any other parties.