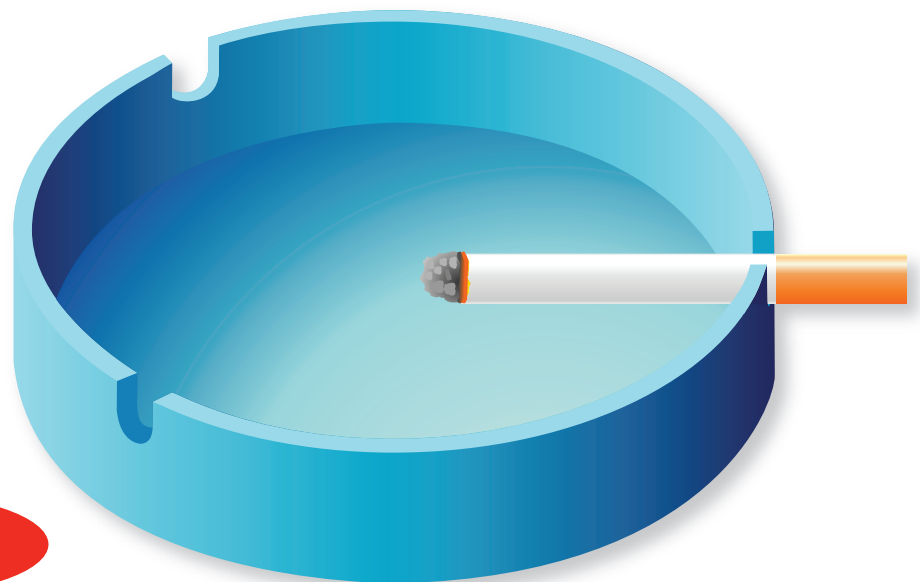




KEYS TO

# smoking

for children aged 7 to 11 years old



# Contents

Introduction for Teachers	01
An Overview of the 10 Key Sessions	03
Useful Sources of Information on Smoking	04
Acknowledgments	05
Information for Parents/Carers	06
Parents/Carers Questionnaire about smoking	07
Key Session 1: What do you already know about smoking?	08
Key Session 2: What is in tobacco smoke?	13
Key Session 3: How does smoking affect the body?	16
Key Session 4: What are the wider effects of smoking?	23
Key Session 5: What are the laws about smoking?	26
Key Session 6: Why are the advantages of being smokefree?	29
Key Session 7: Why do people choose to smoke or to stay smokefree?	32
Key Session 8: How can young people remain smokefree?	36
Key Session 9: How can you help others to be smokefree?	39
Key Session 10: How can you find out more about smoking?	42

# An Overview of the 10 Key Sessions

## KNOWLEDGE

<b>Key Session 1*</b>	<b>What do you already know about smoking?</b>	Valuing existing knowledge	Language skills; writing, speaking and listening	Sharing ideas and knowledge Creating a class display
<b>Key Session 2</b>	<b>What is in tobacco smoke?</b>	The dangerous content of cigarettes	Reading, speaking and listening, Art	Producing a poster in small groups
<b>Key Session 3</b>	<b>How does smoking affect the body?</b>	The breathing system. How cigarette smoke is incorporated. The short/long term health effects of smoking	Science, reading, Craft	Sorting the effects of smoking into short and long term
<b>Key Session 4</b>	<b>What are the wider effects of smoking?</b>	The wider impacts of smoking, such as the environment, cost and passive smoking	Drama and language skills	Producing a radio or television advertisement
<b>Key Session 5</b>	<b>What are the laws about smoking?</b>	Overview of the legal situation in UK countries on aspects of smoking	Listening, reading and writing skills	Completing information, then developing a smoking sign

## ATTITUDES

<b>Key Session 6</b>	<b>What are the advantages of being smokefree?</b>	Emphasising the positives of remaining smokefree	Art and design	Designing a positive representation of being smokefree
<b>Key Session 7*</b>	<b>Why do people choose to smoke or to stay smokefree?</b>	The importance of individual decision making. Attitude continuum	Reading skills, decision making	Checking out/challenging attitudes. Producing a presentation/alternative actions

## SKILLS

<b>Key Session 8</b>	<b>How can young people remain smokefree?</b>	Understanding how to say 'no' to a cigarette. Practising refusal skills	Art, Drama	Production of a storyboard as a basis for role play
<b>Key Session 9*</b>	<b>How can you help others to be smokefree?</b>	A focus on the smokefree message and the benefits of quitting smoking	Research skills, Art and design	Designing a leaflet/pamphlet
<b>Key Session 10</b>	<b>How can you find out more about smoking?</b>	Reviewing knowledge and learning how to find out more about the topic of smoking	Research and reference skills, ICT skills	Developing a presentation, preferably on Powerpoint

\* These sessions include the feedback from the parents/carers Questionnaire. It ensures that the information is relevant to them and allows for a link with the home that could provide opportunities for discussion. In addition, several of the Pupil Sheets may be taken home for sharing with parents/carers.

## Key Session 2:

# What is in tobacco smoke?

### Aim:

The aim of this session is to give information on the contents of tobacco smoke to aid understanding as to why and how smoking can have such an effect on the health of both smokers and those around them who choose to remain smokefree.

### Learning outcomes:

Pupils will have:

- ✦ Increased knowledge about the content of tobacco smoke and therefore have a better understanding of the dangers of smoking
- ✦ Presented information in a visual way
- ✦ Worked co-operatively within a group to develop a poster.

### Resources:

- ✦ One copy of PS 3 **What is in tobacco smoke?** for each small group
- ✦ Pens/pencils/felt tips/crayons/paints or other chosen art materials
- ✦ Large sheets of paper for each group for posters.

### Activity:

- ✦ Divide the class into small groups and hand out a copy of PS3 to each small group. Ask them to answer questions 1 and 2 on the sheet. It is unlikely that they will know the answers but they should be encouraged to have a guess. The impact of the true facts will be greater if they have thought about them in advance
- ✦ Bring the whole class together to compare answers, then give them the correct responses

#### Teacher note:

**Q1** The actual number is over 4000. Many of these are poisonous and over 60 are known to cause cancer

**Q2** All of the chemicals named on PS3 are in tobacco smoke

- ✦ It is the ideal time to give the pupils more information by using information on the Teacher Prompt Sheet overleaf

**Key message: the content of tobacco smoke explains why smoking can be such a dangerous activity for both those who smoke and those who breathe in other people's smoke but choose to remain smokefree.**

- ✦ Ask the small groups to discuss, design and draw a poster that will give information on some of the contents of tobacco smoke and link that to the danger of smoking.

### Reflection/review:

In pairs, ask the pupils to talk about what they would tell others about the dangers of smoking.

### Extension activity:

This information will be new to a number of adults too and would have an impact on parents/carers and visitors to the school. Pupils should be encouraged to take their posters home to discuss the issue. Another possibility would be to arrange for a display of the posters either in the school or within the local community, such as a health centre, dentist, library or supermarket. The pupils could discuss how to organise and execute this task.

## Key Session 2:

# Teacher Prompt Sheet

### Chemicals in cigarettes come from three sources:

The pupils may not have heard of all of the names, so their common uses are given to show how dangerous and even poisonous they can be. It is important that the students understand it is **the chemical included** that causes problems for smokers:

✧ Cigarettes are made of leaves from tobacco plants that are dried. There are a number of chemicals that are found naturally in the plant or will be released when burnt as in a cigarette, including:

☆ **Nicotine:** a drug that is addictive. It is a stimulant and increases heart rate and blood pressure

☆ **Tar:** produced when tobacco burns. It is brown and sticky, clogging up the lungs and breathing tubes

☆ **Carbon monoxide:** a poisonous gas produced when tobacco is burned

✧ There are other chemicals that have been added to the tobacco plant to help it to grow well, including:

☆ **Arsenic:** a poisonous substance put on plants to protect from insects and plants

✧ Yet more chemicals are added when cigarettes are made, including:

☆ **Ammonia:** allows smokers to get more nicotine from a cigarette and makes it more addictive

☆ **Acetone:** a solvent that allows the other chemicals to mix together

Information about some of the other 4000 chemicals can be found in some of the websites given in the **Useful Sources of Information on Smoking** section at the start of this resource.