



Introducing Tobacco

Risks, Laws and Habits

2007
22 Minutes

Teacher Notes:

Sally Lasslett

M.Ed. (H & PE), Grad. Dip. Ed., B. App. Sc.

Program Synopsis

Despite the fact there is a wealth of information in the public arena about the risks of tobacco smoking; young people continue to do it. Unfortunately, a majority of young people who begin by experimenting with smoking go on to develop some type of smoking habit, which increases the risk of them suffering health problems. This program is about tobacco, and looks at the whole area of risk-taking and drugs. It examines what tobacco is and who typically uses it, explores some of the short and long term effects, looks at some of the laws on tobacco products and usage, and emphasises the importance of being informed about tobacco and its associated risks.

VEA Inc

10 Mitchell Place

Suite 103

White Plains, NY 10601

Phone: 866 727 0840

Fax: 866 727 0839

Website: www.veavidoe.com



Introduction

Smoking causes over 80% of all drug related deaths in Australia, far more than alcohol or illicit drugs!

Did you know that 80% of young people who smoke regularly continue to smoke as adults?

Nearly half the smokers under 30 started smoking by the age of 15. Cigarette advertising in Australia has been banned, but if you watch closely, more actors in movies and television programs are shown smoking (it's called 'product placement'). Everyone knows the risks of smoking, but young people are still starting to smoke, and continuing to smoke. So, why do they do it? This program will help students to understand the reasons why young people begin to smoke, it will provide them with a new and fresh approach to the short and long term effects of tobacco, the current tobacco laws and provide suggestions for quitting.

Program Rationale

Why do young people start smoking when there is so much information available about the damage smoking does to the body? It has been suggested that young people are attracted to the 'image' they associate with smoking. The tobacco industry has created an image of smoking as being tough, cool, sophisticated, sexy, attractive or a form of rebellion. Although nicotine addiction keeps people smoking, young people usually start smoking because of the social image they want to present to others. The aim of this program is to provide students with the facts and allow them make informed choices for themselves.

Program Timeline

00.00	Introduction
00.45	Chapter 1 – Risk-Taking Behaviour & Drugs
04.57	Chapter 2 – What Tobacco Is & Who Uses It
09.37	Chapter 3 – Short & Long Term Effects
12.57	Chapter 4 – Laws on Tobacco Usage
16.00	Chapter 5 – Being Informed
20.54	Credits
21.36	End Program

Internet Resources:

- www.kickbuttsday.org
- www.standonline.org

Related Programs

- Just Tobacco? You're Kidding
- Not Fatal Butt...
- Introducing Cannabis



rogram Worksheet

Before the Program

1. What is health?
2. What makes me healthy?

Physical Health	Social Health	Emotional Health	Intellectual Health

3. Environmental influences on health

Environmental Influences on health	"Other" influences
------------------------------------	--------------------



--	--



4. Mix and match the following chemicals so that you understand the effect that these chemicals have on smokers

Chemicals	Explanation
Tar	The drug in tobacco smoke that causes addiction among smokers. The strength of addiction is said to be as powerful as or more so than that of heroin. This chemical is a poison; swallowing one-drop nicotine can kill an adult.
Carbon Monoxide	This chemical is released when a cigarette burns; it is the main cause of lung and throat cancer in smokers.
Nicotine	A colourless, odourless and very toxic gas, which is taken up more readily by the lungs than oxygen. High levels of this chemical in the blood is typical of smokers and, together with nicotine, increases the risk of heart disease, hardening of the arteries and other circulatory problems.

5. From the list of health conditions below circle those that you think are caused by smoking.

Lung cancer	Cancer of the nasal cavity	Yellow fingers and nails
Heart disease	Heart attack	Wrinkles
Emphysema	Lower fertility in men and women	Ulcers
Chronic bronchitis	Asthma	Miscarriage
Anorexia	Diabetes	Stained teeth
Throat cancer	Bad breath	Loss of appetite and poor nutrition
Tongue cancer	Smelly hair	Osteoporosis
Breast cancer		

6. Use the web or your library resources and investigation three of the diseases that result from smoking tobacco. Find out the following about each of the diseases:

- A description of the diseases
- Signs of symptoms of the diseases
- Side effects
- Causes – what other factors result in a person having this disease apart from smoking – if there are any?
- Treatment that is available to relieve the symptoms of side effects.



During the Program

1. Make a list of reasons why people use drugs.

2. Define the term risk-taking.

3. Explain the difference between:

A: Low Risk

B: High Risk

4. 1 in _____ people die due to tobacco use.

5. Why do people smoke when they know it is bad for their health? Make a list of the reasons.

6. Is cigarette smoking social? Provide your own response to this question.



7. Define the term drug.

8. List the three classifications of drugs.

9. Complete this table to explain the difference between the three classifications of drugs.

1.	2.	3.



10. Drugs become illegal because society believes that they are harmful. True or False?

11. Make a list of illness/diseases that are a result of tobacco use.

12. The ⁿ _____ found in cigarettes is what makes you hooked.

13. Why do young people take up smoking?

14. With teenagers, more _____ than _____ smoke.

15. Complete the table to make a list of the short term and long term effects of tobacco use.

Short term effects	Long term effects
--------------------	-------------------



--	--



16. There are _____ diseases that are caused by smoking.

17. Smoking is a direct cause of _____ types of cancers.

18. What is passive smoking?

19. Make a list of the harms associated with passive smoking.

20. State the laws associated with tobacco.

21. Approximately _____ of the adult population are smokers.

22. Tobacco kills _____ in _____ of its uses.

23. How can you seek assistance if you want to quit smoking?

24. The Quit Australia telephone number is _____

25. What can happen when a person quits smoking?

26. State five of the benefits of quitting tobacco.

Introducing Tobacco:





After the Program

1. If there are so many side effects of smoking why do you think people continue to smoke?
 - Develop a spider map and provide reasons why you think people smoke.
 - See if you can develop these ideas further and provide the influences that affect each of these reasons.

For example: The REASON why people might smoke is because of boredom, the INFLUENCE here is friends.
2. Look at the list of the effects of smoking in the table below and indicate with a tick in the correct box which are immediate (happen this minute or within the week) effects or long-term effects (happen over a period of time, maybe even years).
3. Quitting smoking is the best way to relieve or improve the effects associated with smoking. Develop two ways in which these effects of smoking could be improved or relieved for someone who is having difficulties quitting smoking, put your answerers in the table below

Effects	Immediate	Long Term	Two ways to relieve or improve these side effects
Peripheral vascular disease due to decreased blood flow to the legs.			
Smoking one cigarette raises a person's blood pressure and heart rate, and decreases the blood flow to body extremities like the fingers and toes.			
Cancer of the lung, throat, mouth, bladder, kidney, pancreas, cervix, stomach			
Facial wrinkles appearing much earlier and, in general, look older than non-smokers of the same age.			
A smoker may experience dizziness, nausea, watery eyes and acid in the stomach.			
Colds and 'flu			



Harder to recover from minor illnesses.			
Impotence in men, while women who smoke are less fertile than non-smokers.			
Reduced fitness			
Stomach ulcers			
Brain and nervous system activity are stimulated for a short time and then reduced.			
Yellow stains on fingers and teeth			
Heart attack and coronary disease			
Appetite, taste and smell are weakened.			
Shortness of breath			
Decreased sense of taste and smell.			



Emphysema: a progressive and potentially fatal lung disease			
---	--	--	--



Persistent coughs			
Respiratory infections such as pneumonia and chronic bronchitis			

4. Fill the blanks.

Use the words in the box below to fill the blanks.

nicotine	rate	side stream	low birth weight
4000	passive smoking	pressure	smoke
stillbirth	cigarette		

- a) There are _____ chemical compounds found in tobacco _____. _____ is the most dangerous chemical to our health, it increases blood _____ and the heart _____.
- b) Cigarette smoking is a risk factor for miscarriage, _____ and _____.
- c) The breathing in of someone else cigarette smoke is called _____. Smoke that comes from the burning end of a _____ is known as _____ smoke.



5. Help me Quit!

- a) You have been asked by a friend to help them quit smoking; provide a list of 10 suggestions that could assist them to quit the habit.

Quit Smoking Suggestions	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

- b) You also suggest that your friend seeks professional help to quit smoking. Can you make a list of people, places or professionals that can assist your friends to quit?

People	Places	Professionals

6. Explain why you think it is so difficult for people to quit smoking.

Introducing Tobacco:

