Healthy Me

Learning Objectives:
To know the health risks of smoking.
To make an informed decision about whether or not I choose to smoke and to know how to resist pressure.
How many people in the world are estimated to die from smoking-related illnesses each year?

A. 500,000  
B. 1 million  
C. 3 million  
D. 5 million  

What makes smoking addictive?

A. Taste  
B. Nicotine  
C. Tar  
D. Wanting to look cool

Which of these facts about E-cigarettes/vaping are true?

A. Vaping contains fewer chemicals than tobacco  
B. Vaping can still cause the body damage  
C. Vaping is still addictive  
D. All of these

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D. 5 million The World Health Organisation estimate that 5 million smokers die each year as a result of smoking-related illnesses. That is equivalent to one person dying every 6 seconds.

B. Nicotine. This is a powerful stimulant addictive drug. Smoking immediately affects the heart by speeding up the heart rate and increasing blood pressure.

D. All of these. Health professionals and scientists are still investigating whether vaping causes long-term health problems. There is some evidence that vaping can lead people towards taking up smoking cigarettes and some to try illegal drugs.
True or false: Smoking only damages your health if you have been smoking for years.
A. True
B. False

B. False
Shortness of breath, more coughs and colds, etc. occurs in young smokers who have not been smoking for very long.

Is the number of people who smoke, rising, falling or staying roughly the same each year?
A. Rising
B. Staying the same
C. Falling

C. Falling. Smoking is less popular in the adult population than it used to be. This is because people know about the health risks, the rising costs, and laws in some countries that make smoking anti-social and banned from being advertised.

If we all know the dangers of cigarette smoking, why do young people start to smoke?
A. Because their parents smoke
B. Because they think it will help them stay slim
C. Because their friends smoke
D. Because they think they might try it and can easily give up when they want to

There is no correct answer for this. Which answer do you think is most correct? Do you think there are other reasons young people might start smoking?
Have a look at this poster.

It shows all the harmful effects that smoking can have on the body.

It is part of a campaign trying to discourage young people from starting smoking.

If smokers saw this poster would it be a good advert for smoking?

Would it make them give up?

Would it encourage young people to start smoking?
At the end of the Healthy Me puzzle, we will be having a debate about whether the media (TV, films and magazines), the internet and social media encourage people to live healthy lifestyles.

Today, we’re going to think about how smoking is portrayed in the media.
Have a look at these images and think about these questions:

What sort of messages are being promoted?

Is smoking still looked on as 'cool' or something that is associated with being 'tough'?

Is smoking shown to be 'fashionable'?

Does the media put 'pressure' on young people to behave in certain ways?
What about celebrities that smoke? What messages might that be giving to young people?
The media can be helpful in preventing or reducing smoking by warning people of the dangers.

It can also be harmful by possibly encouraging people to take up smoking.

Which do you feel are the more powerful messages? Which messages put more 'pressure' on young people?
Activity:
Have a go at this cut and stick activity to label the parts of the body and how they are affected by smoking.