

# Monday 22<sup>nd</sup> February

PSHE: Keeping healthy

LI: I know the health risks of smoking and how it affects the  
body.

# Why is smoking so bad for us and why must we try to avoid second hand smoke?

## STARTER:

### Challenge:

Match up today's key words with their definitions on your sheet.



Key Term	Match Up	Definition	Use in a sentence
carcinogen		An addictive substance found in cigarettes	
nicotine		Inhaling the smoke of someone else's cigarette, cigar or pipe	
passive smoking		Poisonous	
toxic		A drug which increases activity in the brain	
stimulant		Dried leaves of a particular plant which have been fermented for the purposes of smoking	
addicted		A very serious disease where cells in the body can't stop dividing	
cancer		Something which causes cancer	
tobacco		Dependent on something both physically and mentally; unable to stop using it	

This is to see what you know already, so it does not matter if you are not sure!



# Answers: how many did you get right?

Term	Definition
carcinogen	Something which causes cancer
nicotine	An addictive substance found in cigarettes
tobacco	Dried leaves of a particular plant which have been fermented for the purposes of smoking
passive smoking	Inhaling the smoke of someone else's cigarette, cigar or pipe
toxic	Poisonous
stimulant	A drug which increases activity in the brain
addicted	Dependent on something both physically and mentally; unable to stop using it
cancer	A very serious disease where cells in the body can't stop dividing

On the next few slides, there will be information about the dangers of smoking.

Take notes on the findings as you will need this for the end part of the lesson.

# Smoking – The Facts

Smoking is very unhealthy. Cigarettes contain something called nicotine, which is extremely addictive, and that is why people find it very hard to stop once they have started.

Smoking is expensive. Cigarettes cost a lot of money! The average smoker spends an astonishing amount per year on cigarettes.

Lots of young people start smoking due to peer pressure and because they think it looks cool in front of other people. It doesn't!

It is against the law to buy cigarettes if you are under the age of 18. It is also illegal for adults to smoke in a car when children are inside.



# Why Is Smoking Dangerous?

Can you think of any reasons why smoking is a dangerous habit?

Cigarette smoke contains lots of harmful chemicals. They react in the opposite way as medicine does in our bodies.

Over time, these poisons can cause damage to the body and cause illnesses.

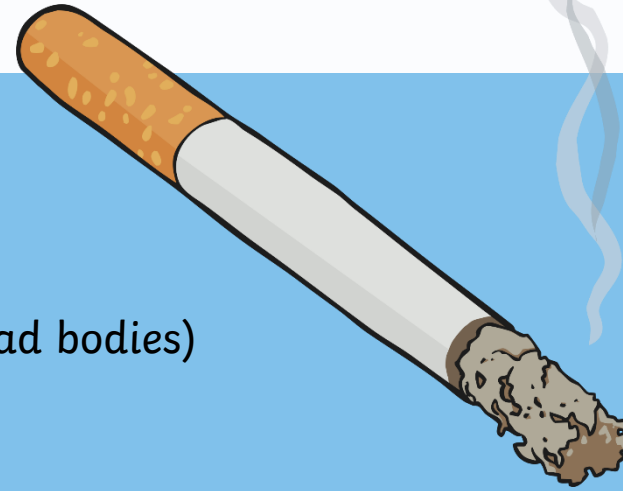


# What Is In a Cigarette?

There are 4000 chemicals in a cigarette including 43 substances that scientists have linked to causing cancer.

## These include:

- nicotine
- tar
- carbon monoxide
- formaldehyde (usually used to embalm dead bodies)
- hydrogen cyanide (a deadly poison)
- arsenic (usually used in rat poison)
- ammonia (usually used for cleaning windows and toilet bowls)
- DDT (a banned insecticide)
- polonium (a radioactive element)



# How Does Smoking Affect the Brain?

When someone smokes, the nicotine in the smoke goes to the brain. The cells in our brains then send messages to the rest of our body.

These messages can make a person feel more relaxed. However, when this feeling wears off, the person feels like they need to smoke again. This is called a **craving** and makes smoking addictive.

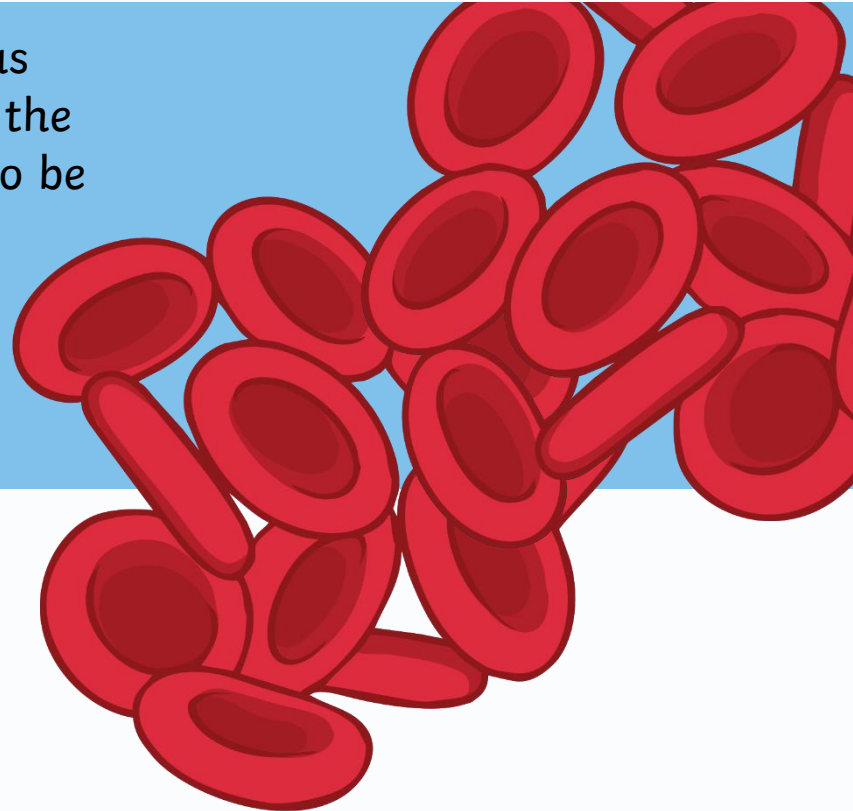




## How Does Smoking Affect the Heart and Lungs?

Nicotine from smoke reaches the brain and triggers something called **adrenaline**. Adrenaline makes the heart beat faster.

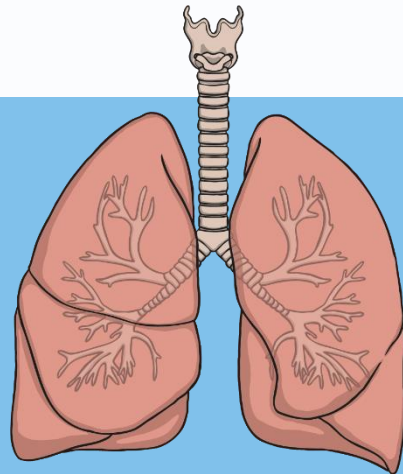
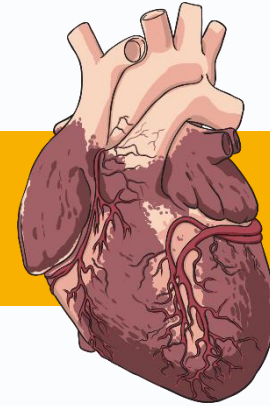
Smoking also releases a poisonous gas called **carbon monoxide** into the bloodstream. This causes there to be less oxygen than normal flowing through the blood.



## How Does Smoking Affect the Heart and Lungs?

As there is less oxygen in the blood, the heart starts to beat faster to create more oxygen to pump round the body.

This means that the heart is working harder than it normally does (sometimes up to 30% harder).



The longer a person smokes, the more fatty deposits build up in their blood vessels. This can cause problems like heart attacks.

# Tasks

## Task 1:

Using the facts you have collected, design your own cigarette packet. Your intention is to put people off buying cigarettes and to warn them of the dangers.

## Think:

- How could you have an eye-catching design that will make people read the information?
- What facts could you use to have the best affect on the 'customer'?
- Could you include illustrations to deter people from buying cigarettes?
- Make sure your information is **FACTUAL** and not made-up.

