



Different hazards from different kinds of smoke

Duration	1 hour
Time of year	Any
Place	Classroom
Materials	Paper
Aims	<ul style="list-style-type: none">● To explain the different types of smoke● To explain the health effects of smoking● To raise awareness of the harmful effects of smoking on your own health and the health of people around you
Methods	Association game, discussion, brainstorming

ASSOCIATION GAME

Sources of smoke

- ▶ Draw three balloons on the blackboard and ask the children how many kinds of smoke they are aware of. Discuss their responses.

- ▶ **Primary smoke**

- Explain to the children how smoking cigarettes can seriously damage the airways.

The lungs are lined with tiny hairs called cilia. The wave-like motion of these hairs sweeps dust, pollen and other irritants out of the lungs. However, cigarette smoke damages these tiny hairs. This means the smoker's lungs are less able to clean themselves, which can lead to the accumulation of mucus and toxic substances, thus increasing the risk of lung infections and disease and, in youngsters, affecting lung development. Smoking can also damage the small airways and air sacs within the lungs, resulting in other respiratory diseases in the long term (e.g. emphysema) that reduce the ability to breath.

- ▶ Ask the children how you can tell if someone has just finished smoking a cigarette (examples include bad breath and smelly clothes).
- ▶ Ask the children how you can tell if a person smokes a lot or has been smoking for many years (stained yellow or brownish teeth; yellow nicotine stains on the fingers; and a persistent cough and hoarse voice).





- ▶ Draw a person on the blackboard and circle the main organs affected by cigarette smoking (lung, heart etc.).

▶ **Second-hand smoke**

Explain that second-hand smoke can affect the health of other people (and pets too). If a person is smoking near you, you may end up:

- coughing;
- sneezing;
- having itchy eyes; or
- having difficulties in breathing normally.

▶ **Third-hand smoke**

Young children are not able to choose to leave a smoke-filled room or to live in a smoke-free environment, but some simple examples may help them to recognise the risks.

- ▶ Ask the children if they have ever noticed anything happening to them when they walk into a room where people habitually smoke (e.g. coughing, sneezing, having itchy eyes).
- ▶ Ask if they can still smell smoke in a room that smokers have recently left.
- ▶ Ask if they can recognise the smell of smoke on pillows, curtains or other textiles in an environment that is not smoke free.

DISCUSSION

Say no to cigarettes!

- ▶ Ask the children to think about how smoking might affect their lives. Base the discussion around the following effects of smoking at a young age:
 - reduced levels of fitness;
 - bad breath;
 - being unattractive to non-smoking peers;
 - wasting money that could be spent on clothes, music or other things; and
 - addiction to nicotine.

Many young people develop symptoms of addiction even if they do not smoke every day. In some cases, symptoms develop within days or weeks of starting to smoke.

- ▶ Further information can be obtained from two World Health Organization publications:
 - **Global Report: Mortality Attributable to Tobacco**, 2012.
 - **Global Burden of Disease Related to Second-Hand Smoke**, 2010.

