



KEYS TO

smoking

for children aged 7 to 11 years old



An Overview of the 10 Key Sessions

KNOWLEDGE

Key Session 1*	What do you already know about smoking?	Valuing existing knowledge	Language skills; writing, speaking and listening	Sharing ideas and knowledge Creating a class display
Key Session 2	What is in tobacco smoke?	The dangerous content of cigarettes	Reading, speaking and listening, Art	Producing a poster in small groups
Key Session 3	How does smoking affect the body?	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
Key Session 4	What are the wider effects of smoking?	The wider impacts of smoking, such as the environment, cost and passive smoking	Drama and language skills	Producing a radio or television advertisement
Key Session 5	What are the laws about smoking?	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

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

SKILLS

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