

Smoking – session plan 1

Aims: By the end of the session young people will have a clearer understanding of the impacts of smoking.

Learning Outcomes:

By the end of the session the participants will:

- identify why people smoke
- identify non-health related negatives of smoking
- understand how much it costs to smoke
- understand the long term effects of smoking

Group size: 7-10 young people

Time: 1 hour

Venue: Youth club

Materials:

- Flip chart
- Pens
- Jelly beans (allow 8 per person)
- Post it notes
- Handouts the facts

Time	What	Who	With
10 mins	Why do people smoke? Write each reason on a post-it and put on the wall. Ask people to say if they smoke or have family that smoke. Discuss peer pressure.	Lead by youth worker	Post its
10 mins	What are the cosmetic signs of a smoker? (e.g. bad breath, discoloured teeth & fingers, smelly hair & clothes, lack of fitness, short of money)	Lead youth worker	Draw onto a stick person in groups of 2 or 3
15 mins	Ask each group to feedback on the cosmetic issues. The worker should write each point on the flipchart to form a complete list.	all	Flipchart
10 mins	Ask the young people to work out the cost of smoking for a month. Tell them the cost of a packet of cigarettes and that the average smoker smokes 13 cigarettes per day.	Groups of 2 or 3	Paper and Pens
10 mins	Talk about what is in a cigarette.	all	Flip chart and hand out
10 mins	What are the long term effects of smoking cigarettes.	all	Flipchart and hand out
5 mins	Have a jar of jelly beans and allow everyone to have 3, then tell them how many minutes they have lost from their lives if each jelly bean was a cigarette. (33 minutes – research has shown that a cigarette takes 11 minutes off the smokers life expectancy)	all	Jelly beans

Time	What	Who	With
	Give each young person another 5 jelly beans and then get to work out how many minutes they have lost.		
5 mins	Review and feedback of the session	all	
	Finish session		

Smoking

What does a cigarette contain?

Acetone	-	nail polish remover
Ammonia	-	toilet cleaner
Arsenic	-	Rat poison
Benzo(a)pyrene	-	Diesel exhaust fumes
Carbon Monoxide	-	Petrol exhaust fumes
DDT and Dieldrin	-	Insecticides
Formaldehyde	-	Preservative for dead people
Hydrogen Cyanide	-	Poison used in gas chambers
Methanol	-	Rocket fuel
Titanium	-	Metal used to make aeroplanes.

Health Risks to children and Young People

1. Colds ,coughs and bugs.
2. Asthma attacks or chest infections.
3. Lung cancer when they are adults.
4. Higher risk of Meningitis
5. Glue ear or partial deafness.

Risks to the smoker?

Serious illness including:

- Lung cancer
- other cancers
- Heart disease
- Bronchitis
- Emphysema
- Respiratory disease
- Stroke
- Reduced fertility