

## SMOKING

- Knowledge** After working through this lesson, participants will be able to
- Attitude**
- Practice**
1. Give reasons why people smoke.
  2. Demonstrate the dangers of smoking.
  3. Explain health risks caused by smoking.
- Overview** This is a lesson in the series on smoking. See also the health stories about smoking. Note: practice the smoking demonstration before you teach it.
- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
  - *Smoking* picture book
  - Handouts:
    - *Smoking Demonstration*
    - *How Nicotine Works*
    - *Dangers Of Smoking*

### LESSON

60 minutes

#### Demonstration: (10 minutes)

*Instructions:* Loosely pack a clear plastic soda bottle with cotton wool, leaving some empty space. Insert a cigarette in the opening and pack it firmly into place with more cotton wool.

Light the cigarette and repeatedly squeeze and release the bottle so that air is drawn in through the cigarette to the cotton wool. Continue until the cotton wool is thoroughly stained.

Ask: What happens to the lungs, day after day and year after year, when a person smokes?

Ask SHOWD Questions:

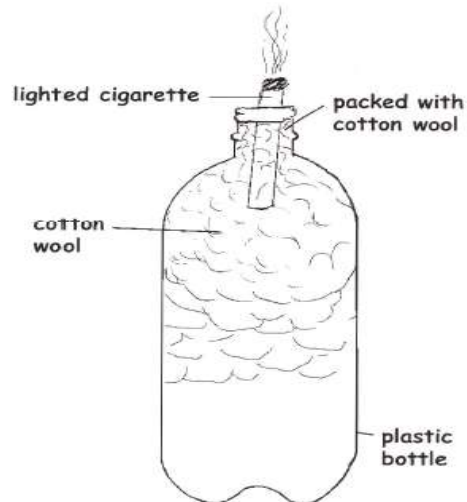
*What did you See?*

*What was Happening?*

*Does this happen in Our place?*

*Why does this happen?*

*What will we Do about it?*



## SMOKING

### Why do People Smoke? (10 minutes)

**A.** Answer as if you were a smoker. Why do people smoke cigarettes?

1. "I enjoy it."
2. "All my friends smoke."
3. To be popular
4. To look good
5. To lose weight
6. To feel better about myself
7. It feels good.
8. "I like it."
9. To be like the other guys.

**B.** Nicotine

1. Nicotine is very addictive.
2. Nicotine makes you feel good.
3. When you smoke, nicotine gives you a high or a "buzz".
4. It gives you energy
5. Nicotine causes cancer.

**C.** Draw the diagram of *How nicotine works*. What does nicotine do?

1. Nicotine from the cigarette goes to the brain.
2. It quickly gives a feeling of pleasure—a "high" or "buzz".
3. But the buzz fades away quickly.
4. The smoker then feels tired and depressed.
5. The smoker wants to smoke again to get back to feeling good.
6. This creates a cycle of smoking → feel good → wears off → depression → want to smoke more.
7. So smokers become addicted to the nicotine in cigarettes.
8. It is very hard to quit smoking.

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### Dangers of Smoking (25 minutes)

**A.** Divide into small groups. What are some of the dangers of smoking? How does smoking damage your health? Start with the illustration, *Dangers of smoking*, but add your own ideas and your own pictures.

1. Many people smoke in order to be popular.
2. But smoking stains your teeth.
3. Smoking makes your breath smell bad.
4. Smoking can cause cavities.
5. Smoking may look sexy, but it makes sex harder for men.
6. Smoking causes weak bones, or osteoporosis.
7. Smoking causes acid reflux and stomach ulcers.
8. Smoking causes lung disease.
9. Many people have a smoker's cough and diseases like emphysema and bronchitis.
10. Smoking causes lung cancer.
11. Smoking causes narrowing of the arteries.
12. Smoking causes heart attacks and strokes.
13. Smoking hurts babies.
14. Smoking even damages people who don't smoke ("second-hand smoking").
15. Many people die from smoking.

## SMOKING

- B.** If smoking is so dangerous, then why do people keep on smoking?
1. Many of these changes and diseases take years to develop.
  2. Smoking is an addiction. It is hard to quit.
  3. People think, "That won't happen to me."
- C.** What is the overall impact of smoking around the world?
1. Over time, smoking kills up to half of the people who smoke.
  2. Every year, more than five million deaths are caused by smoking.
  3. That number is rising.
  4. Most smokers live in low- and middle-income countries.
  5. Smoking kills.

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### **Advice** (5 minutes)

*Instructions:* Discuss in large group.

- A.** Based on all of this, what is your advice to young people?
1. DON'T SMOKE!
  2. Don't try it.
  3. Don't get started with smoking
- B.** What is your advice for someone who already smokes?
1. QUIT SMOKING!
  2. If you stop now, your health risks will be less.
- C.** Give a two word summary of this lesson.
1. Don't smoke!
  2. Smoking kills.
- D.** During the week, use the *Smoking* picture book to teach your neighbors about smoking. (Give out booklets.)
1. Teach your neighbors

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### **Conclusion and Take-Away** (5 minutes)

Discuss together:

- A.** What are some of the risks of smoking?
- B.** Who can we talk with about smoking?

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### **References:**

American Cancer Society. 2011. *Questions about smoking, tobacco, and health*. Available from: <http://www.cancer.org>

Bailey, D., H. Hawes and G. Bonati (editors). 1992. *Child-to-Child: A Resource Book. Part 2: The Child-to-Child Activity Sheets*. The Child-to-Child Trust. (Available from TALC)

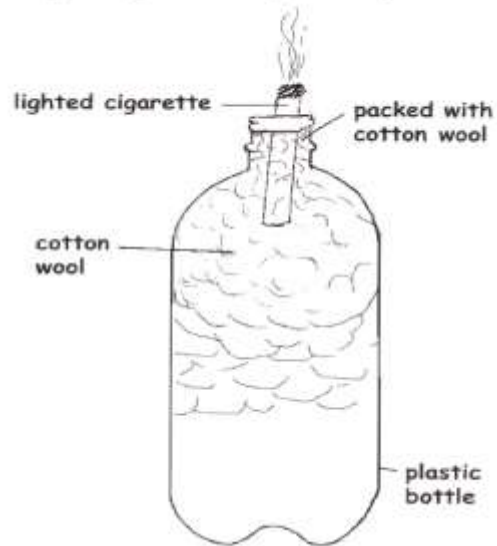
Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

The Patient Education Institute. 2010. *X-Plain Smoking: The facts*. Available from <http://www.nlm.nih.gov/medlineplus/tutorials/smokingthefacts/hp099205.pdf>

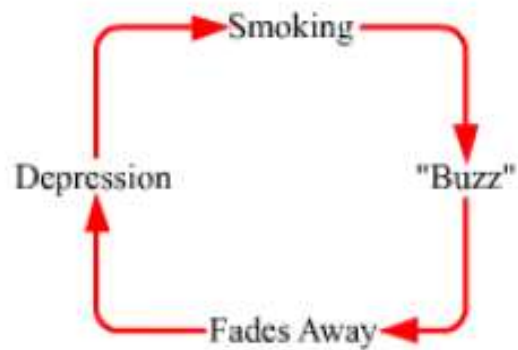
# SMOKING

## SMOKING DEMONSTRATION

Lung damage caused by smoking



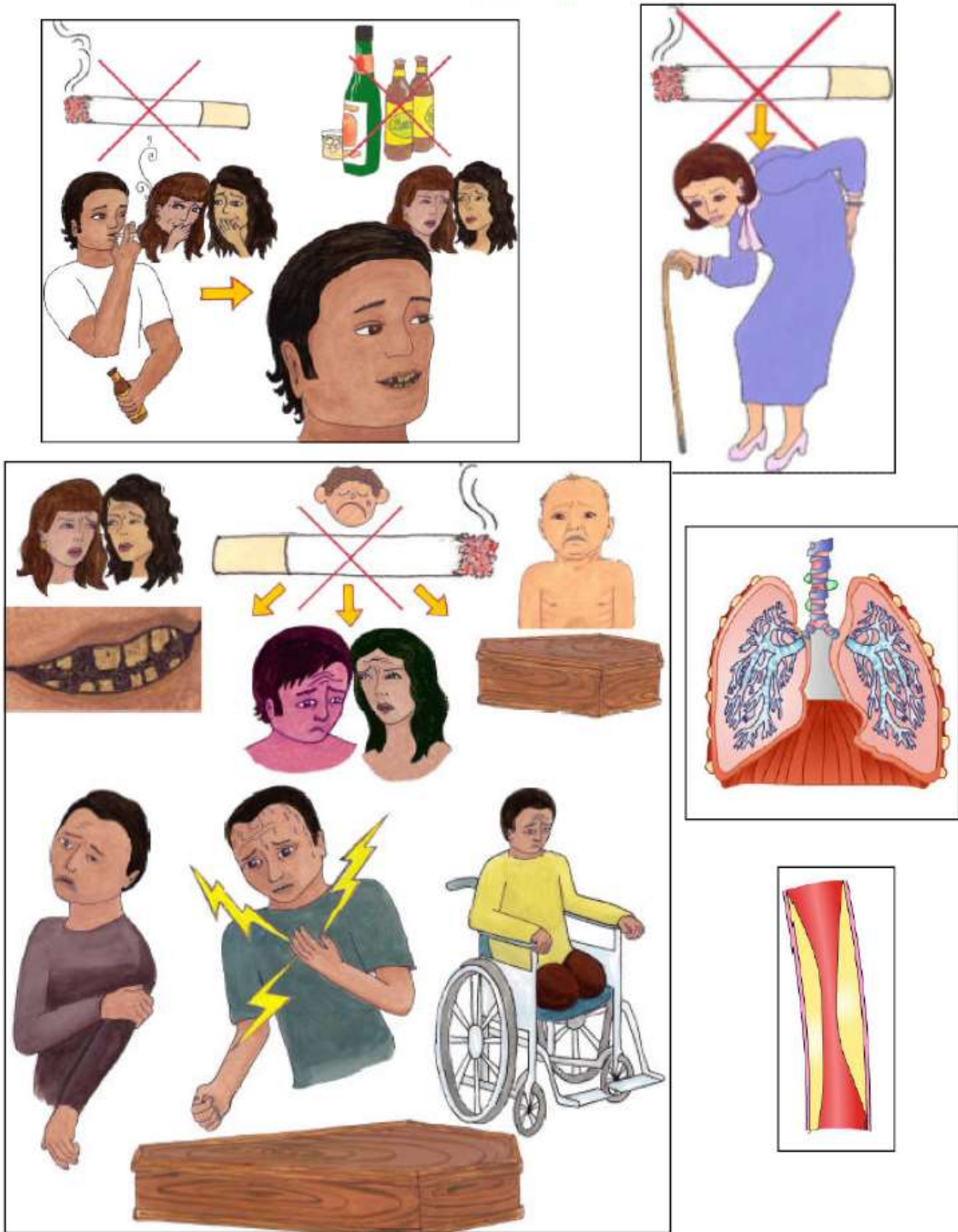
## HOW NICOTINE WORKS



**Sources:** Child-to-Child: A Resource Book. Part 2: The Child-to-Child Activity Sheets. The Child-to-Child Trust. (Available from TALC)  
The Patient Education Institute. 2010. X-Plain Smoking: The facts.

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## DANGERS OF SMOKING



**Sources:** Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>  
The Patient Education Institute. 2010. *X-Plain Smoking: The facts.*