

Subject- Year 8 Health

Term 2 Week 2

Lesson

Content- Smoking

- 1**
- The secondary school experience is the time when young people are at greatest risk of smoking experimentation and uptake. The 2014 ASSAD data states that 91% of 12 year olds and 87% of 13 year olds have never smoked. However, by the age of 17 years, only 66% have never smoked (Department of Health, 2016). Therefore, conducting smoking education throughout the high school years is vital for educating students to make positive health decisions.
- Research tells us that the younger a person starts smoking, the more likely they may become a regular adult smoker. We also know that many young people who are aware of the harms associated with tobacco still see it as okay to 'try smoking once' to satisfy their curiosity. It is therefore important to readdress smoking in secondary health programs, as attitudes towards smoking also change over time.
- Task 1- Answer the following questions**
1. What do you think are the three most active ingredients in cigarettes and cigarette smoke?
 2. What other substances can be found in cigarette smoke?
 3. How do these four headings relate to drug education, liver, lover, livelihood and law.
- Liver - Physical or mental health harms
 - Lover - Relationship harms
 - Livelihood – Financial and employment harms
 - Law - Legal harms
- Task 2- Read though the information on the worksheet Smoking what's the harm? Write down the possible harms that may result from smoking, using the four L's**
- Task 3- Smoking what's the harm sheet 2- read the story about each character, then write the possible harms that may result from smoking. Remember the 4 L's.**
- Four L's**
- Liver** – get asthma, smelly breath, hair and clothes, shortness of breath, reduced sense of taste and smell, chance of becoming dependent after just a short time, glue ear and bronchial problems in babies.

Lower – offend someone with second hand (passive) smoke, get into trouble with parents or teachers by breaking family or school rules, have to lie or keep secrets, lose friends.

Livelihood – less money to buy other things, not able to work out or compete in sport due to illness, losing work or study time due to having to go for a cigarette.

Law – if underage, get into trouble with police, fines for retailer or persons selling or supplying cigarettes to minors or smoking implements for cannabis or e-cigarettes.

Task 4- Answer the following questions

1. What aspects of the tobacco laws do you think have been introduced to reduce the harm to young people from tobacco?
2. Are the possible harms from smoking cannabis more than smoking tobacco? Why?
3. Which harm might influence a young person's decision to not smoke? Why?
4. What things could you do to reduce the possible harms from passive smoking?

❖ **Reminder Emotions journal task was due Week 8 of Term 1. I will be extending this assignment until Week 3 Term 2. If you require the journal task sheet please email melissa.millar2@education.wa.edu.au .**