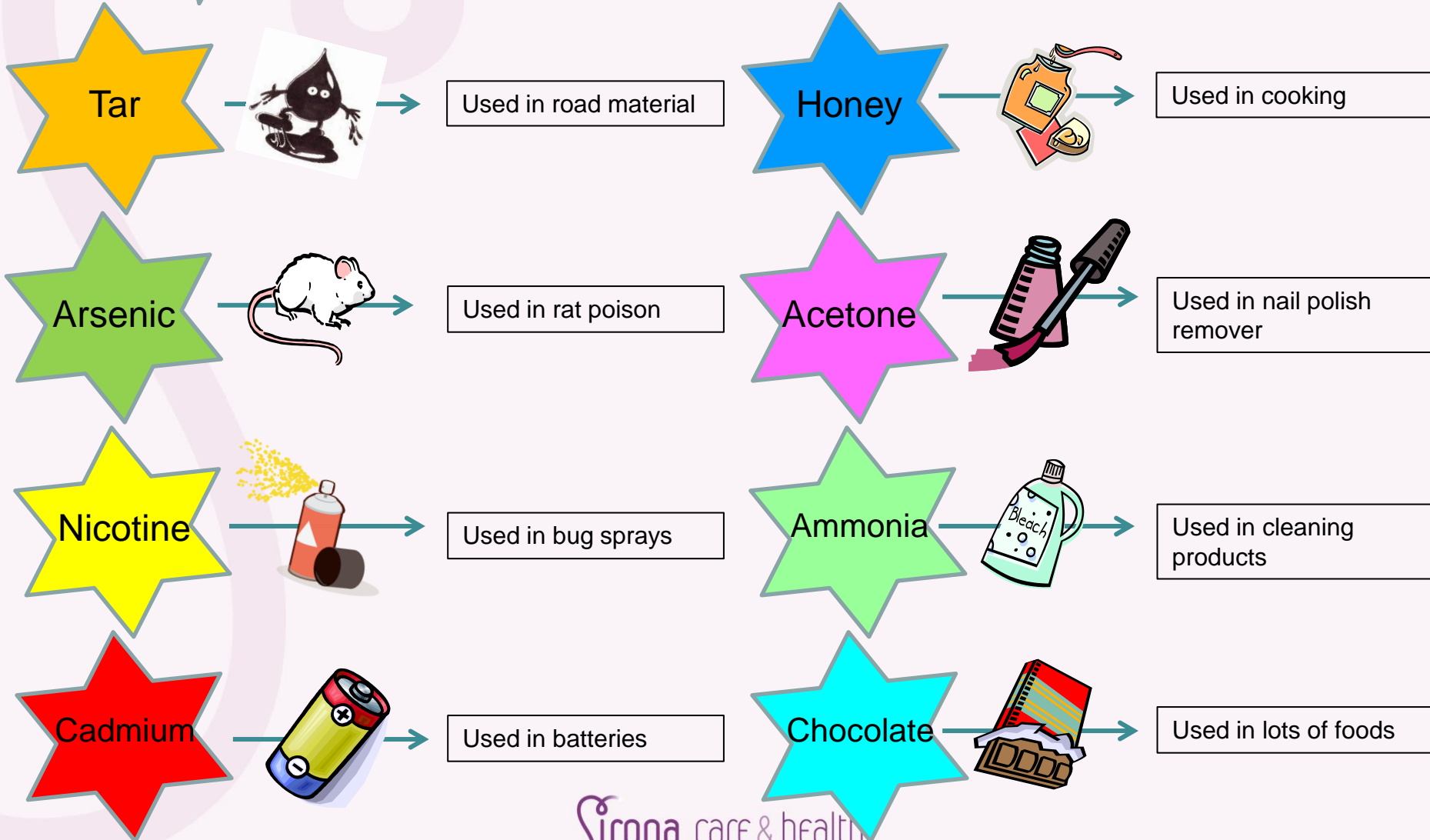


Information about Smoking Primary School Presentation and Activities (Yr 5)

By Ruth Sampson
Health Improvement Specialist

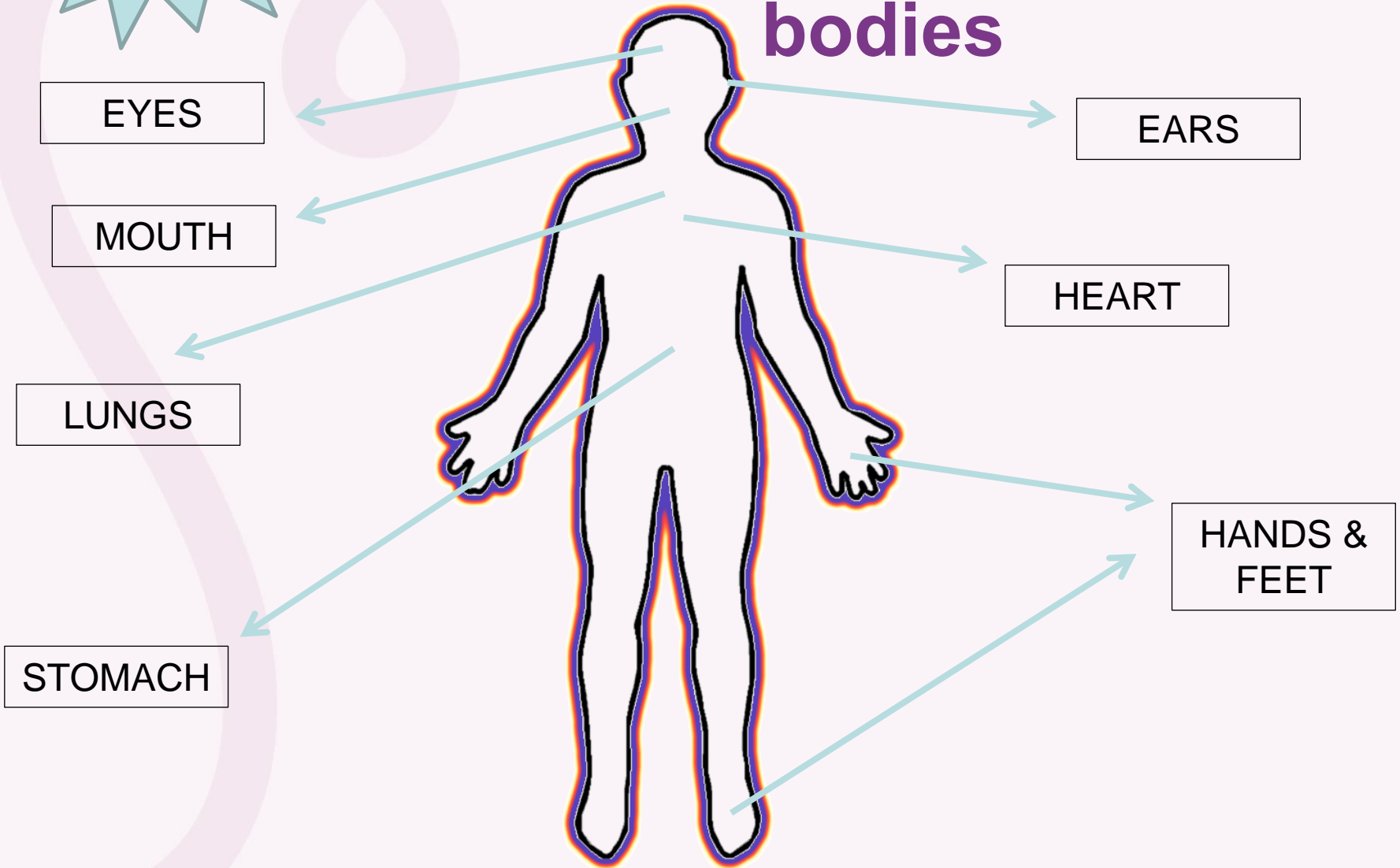
What's in a Cigarette?

Activity 1



Activity 2

How smoking effects our bodies





Activity 2

Smoke causes stinging and irritation. The blood vessels can get badly damaged.

Common problems can occur such as infections and blockages. Most common in children.

Bad breath and stained teeth can happen really quickly after smoking. Food can taste different.

Damage to blood circulation increases the risk of serious problems and disease

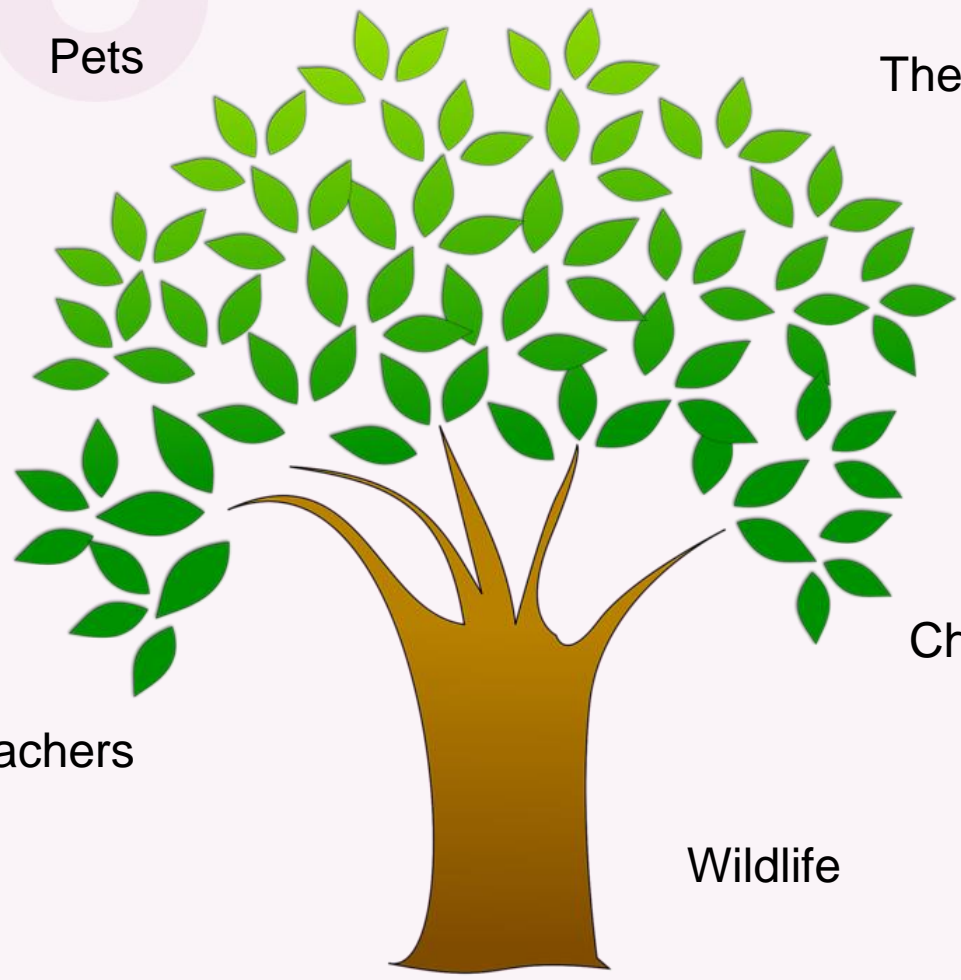
Coughs, colds, wheezing & asthma are just some of the problems. Cancer is the biggest killer!

Smoking weakens the muscles, which makes it hard to digest food. Cancer and ulcers are caused by smoking.

Poor blood & oxygen supply makes it hard to move. Smoking reduces oxygen, which we need.

Activity 3

What / Who can smoking effect?



Pets

The Environment

Money

Family

Babies

Children

Teachers

Wildlife

Activity 4

What is Secondhand Smoke?

Secondhand smoke is the smoke that is breathed out by somebody who is already smoking. It contains over 4,000 chemicals that can make people very poorly



The Secondhand Smoke Continuum...

NOT true

Not sure

Very true

1

2

3

4

5

6

7

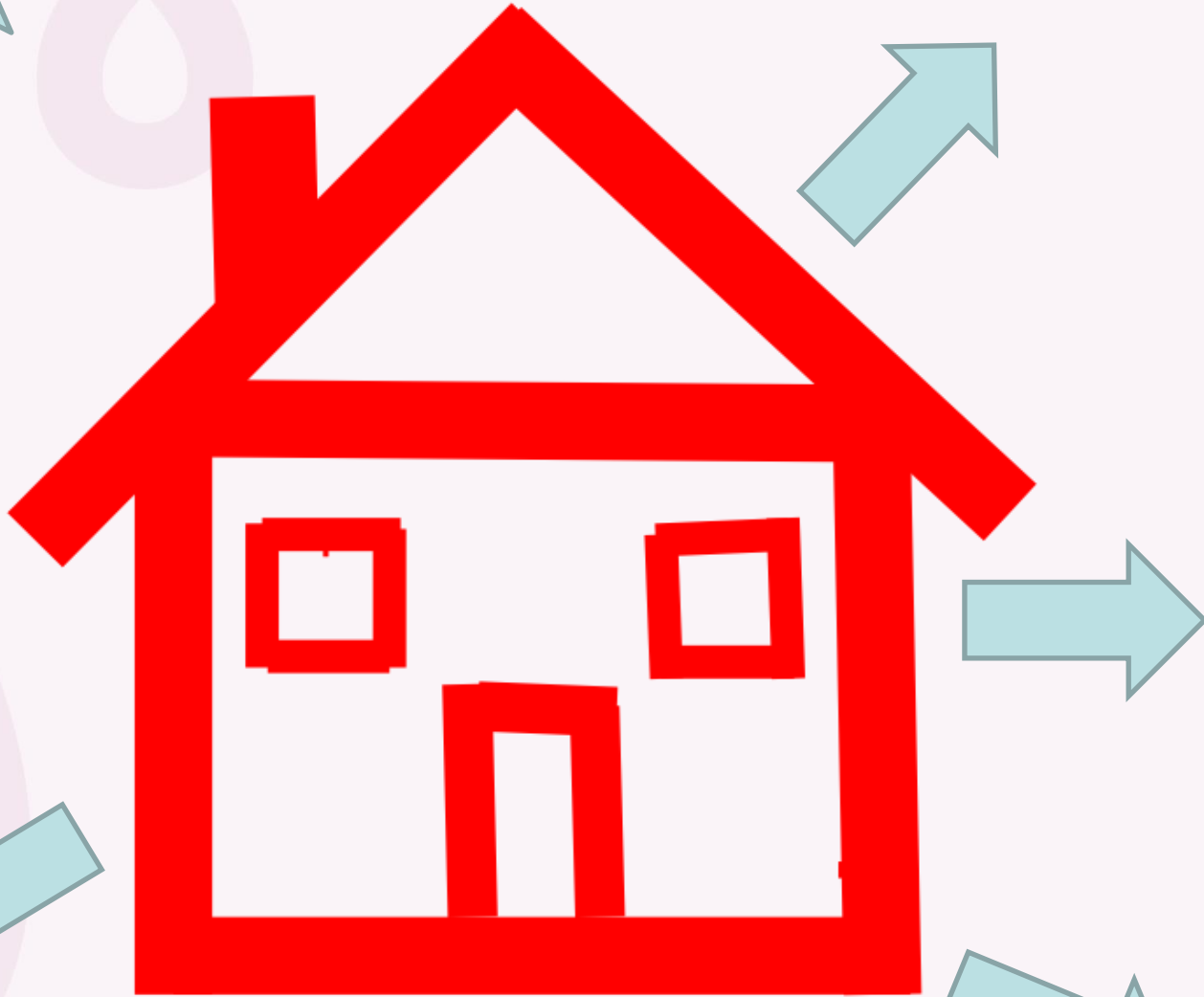
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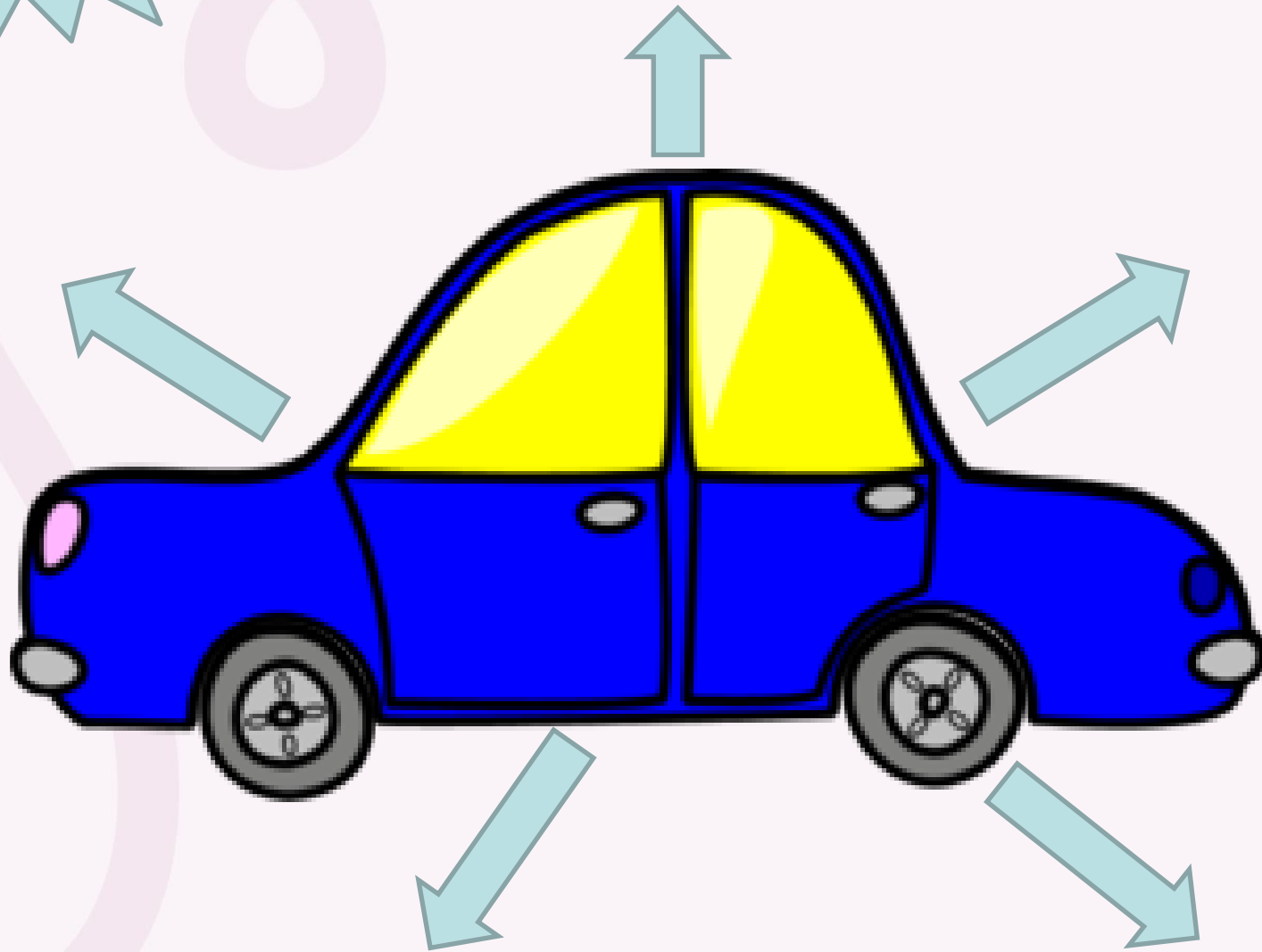
Activity 5

How can we protect Ourselves?



Activity 5

How can we protect Ourselves?



Activity 6

What are E-cigarettes?



A

C

B

D

- Electronic cigarettes are battery powered devices that deliver nicotine through vapour and not smoke.
- The vapour is like steam and doesn't contain the harmful chemicals and toxins like cigarettes

A: Battery

B: Heating part that creates the vapour

C: Liquid (can be flavoured) which contains nicotine

D: Mouthpiece

Activity 6

Where can people go to get help in stopping smoking?

