

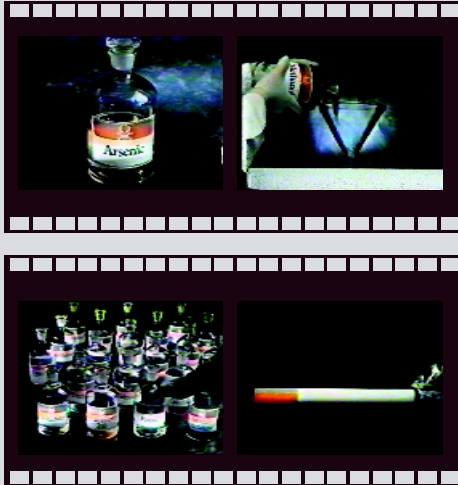
Smokefree

Approach: One to one

Level: Year 8 only

Resources: Video showing anti-smoking TV advertisement.

<i>Questions/instructions</i>	<i>% responses</i>
There are lots of advertisements that encourage people to not take up smoking cigarettes, or to give up if they already smoke. We are going to see one of these advertisements shortly.	y8
But before we watch the video, I would like you to tell me how you think smoking cigarettes might affect the smoker.	
1. When a person first starts smoking, say in the first month — how might that affect them?	
Possible positive effects:	
increased self-image, peer acceptance	4
feel more relaxed, less stressed	3
appetite reduced	1
Possible negative effects:	
throat irritation / coughing / nausea	36
complications of asthma, flu, etc.	5
financial and lifestyle costs	30
isolation: smokefree policies,	
smell of clothes	4
longer term consequences, not appropriate to question (<i>diseases, addiction, death</i>)	62
2. How about after a long time of smoking, say 10 to 20 years — how might that affect them?	
Possible negative effects:	
throat irritation / coughing / nausea	19
complications of asthma, flu, etc.	4
financial and lifestyle costs	22
isolation: smokefree policies,	
smell of clothes	4
damage to heart, lungs, blood vessels	46
diseases: cancer, bronchitis, etc.	61
addiction	14
3. How does someone who is smoking affect other people around them?	
<i>Prompt: Can you explain that further?</i>	
passive smoking effects	76
complicates illness	16
exerts peer pressure	15

<i>Questions/instructions</i>	<i>% responses</i>
Now let's watch an advertisement that advises people to not smoke.	y8
Play video	
	
Arsenic, DDT, Methanol, Hydrogen Cyanide. What do these deadly poisons have in common?. They are some of thousands of chemicals found in a widely used product. These poisons include many cancer-causing substances. Where are they found? ... In cigarette smoke. Its enough to make you sick, very sick.	
4. What do you think might be some of the reasons why people start smoking — even though advertisements like this show that smoking is bad for your health?	
As each reason is given encourage the student to elaborate.	
peer pressure	69
image	68
experimentation	16
others example	16
short term physical benefits	18
5. Do you think you might have a go at smoking one day?	
yes	8
maybe	13
no	79

Commentary

Many students gave long-term problems as answers to question 1, which was looking at short-term effects.