

## PHSE

Usually at this time of year, we would be learning about Drugs education. We would appreciate it if you could take the time to discuss the following issues with your children.

### Lesson 1: The Dangers of Smoking


Read this information sheet together.

## The Dangers of Smoking

Millions of people in the United Kingdom are smokers. However, there are lots of benefits to giving up smoking as cigarettes are not only a danger to health but are also very expensive.

### The Cost of Cigarettes

A person that smokes 20 cigarettes each day will spend nearly £50 every week on cigarettes. During a year, that adds up to more than £2000! Imagine all the other ways this much money could be spent - holidays, treats or days out... what a waste! Smoking is also expensive on a larger scale as it costs the country a lot of money. Approximately 83% of the cost of a pack of cigarettes goes to the UK government to help to pay for the medical care of treating health problems relating to smoking but even this huge amount is not enough to cover the total bill.



### Smoking and Health

Smoking is also extremely harmful to health. The chemicals in cigarettes can cause all types of health problems, ranging from coughs to much more serious illnesses, such as cancer and emphysema (a condition that affects the lungs and causes extreme difficulties in breathing).

#### Did You Know?

These are just some of the chemicals in cigarettes:

- nicotine
- tar
- carbon monoxide
- formaldehyde (used to embalm dead bodies)
- hydrogen cyanide (a deadly poison)
- arsenic (used in rat poison)
- ammonia (used for cleaning windows and toilet bowls)
- DDT (a banned insecticide)
- polonium (a radioactive element)

The nicotine in cigarette smoke is an addictive substance, which is one of the reasons why so many people find it difficult to stop smoking once they have started. Nicotine affects the brain and causes brain cells to send messages to other areas of the body to make a person more relaxed. When this feeling wears off, the smoker feels the need to smoke another cigarette - this is called a 'craving'.

## The Dangers of Smoking

### The Other Effects of Cigarettes

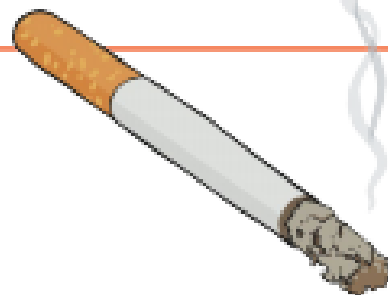
The tar in cigarettes can stain teeth and fingers yellow. The carbon monoxide in them decreases the amount of oxygen in the blood, which makes the heart work harder than normal. The longer a person smokes for, the more chance they have of contracting cancer. Many people associate only lung cancer with cigarette smoke, however, it can cause cancer in many areas of the body.

### Stopping Smoking

Even though stopping smoking is difficult, there are lots of places to get support, particularly through advice from the NHS. People often use nicotine patches so that they can slowly get used to there being less nicotine in their system. These patches gradually allow less and less nicotine into a smoker's body, which makes it easier to stop. Within 1 – 9 months of stopping smoking, the lung capacity begins to increase, meaning it is easier for an ex-smoker to breathe.

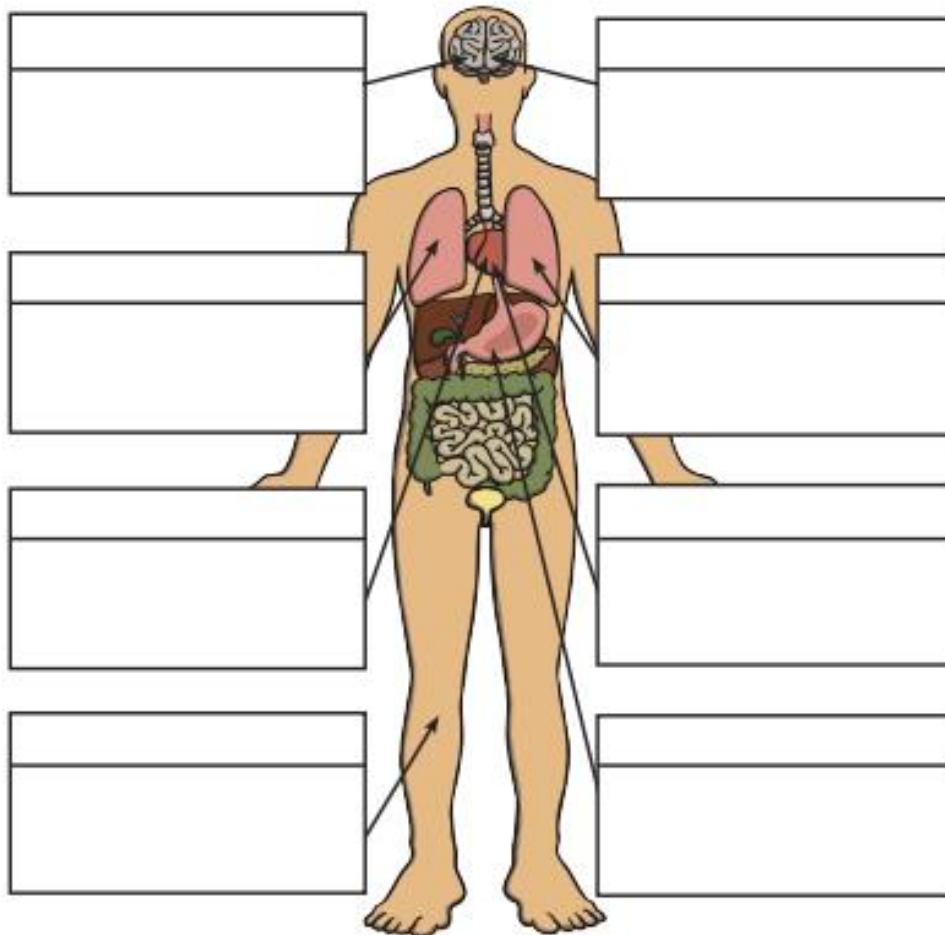
### Statistics

- 1 in 5 adults (19%) in the UK are smokers: 20% of men and 17% of women.
- This means that there are approximately 9.6 million adult smokers in the country.
- Smoking rates in the UK have halved since 1974, when 51% of men and 41% of women smoked.



## The Dangers of Smoking

Look at the image of the human body and its organs. Think about what you know about the dangers of smoking and how it affects the human body. Cut out the cards that show the effects smoking has on the body and stick them next to the correct organ to label the diagram.



Can you think of an effective health warning to print onto cigarette packets to try and encourage people to quit smoking? \_\_\_\_\_

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Nicotine causes this organ to  
create adrenaline and make a  
person feel relaxed.

Chemicals within smoke can cause  
this organ to look older.

Smoking can cause conditions  
such as emphysema and cancer in  
these breathing organs.

When a person smokes, adrenaline  
causes this organ to work harder  
to pump more oxygen around the  
blood stream.

Smoking can cause ulcers, which  
can cause problems with digestion  
in this major organ.

Smokers can be in danger of  
suffering from a stroke, where this  
organs blood supply is cut off.

Smoking can cause tar to collect  
in these organs, which causes  
breathing difficulties.

Carbon monoxide affects this  
organ by blocking blood vessels.

brain

brain

heart

heart

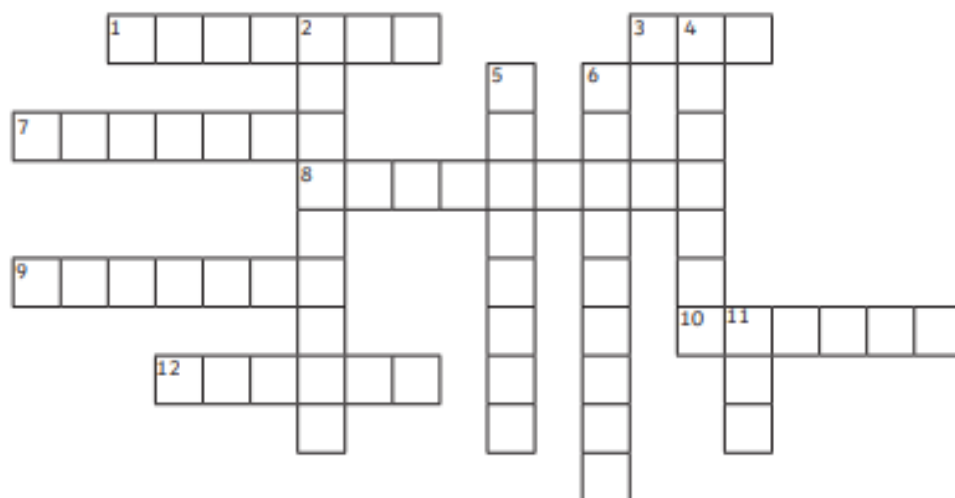
skin

lung

lungs

stomach

## The Dangers of Smoking



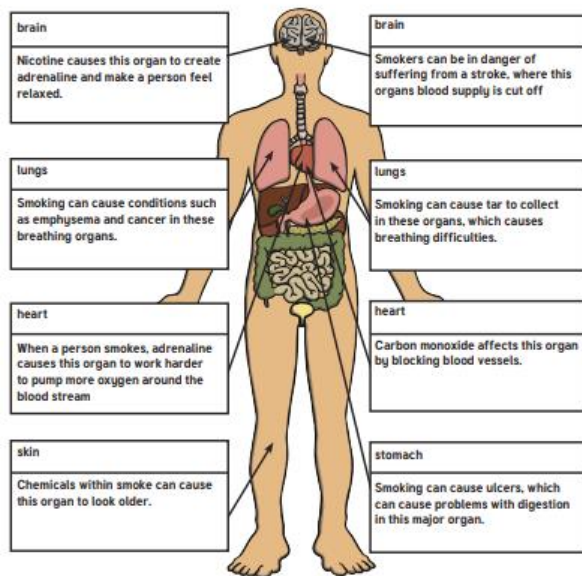
### Across

1. The main ingredient of a cigarette.
3. The sticky substance in cigarettes, which can stain teeth and fingers yellow.
7. The feeling a person gets that makes them want to smoke again.
8. People find it hard to stop smoking because smoking is \_\_\_\_\_.
9. Breathing in someone else's smoke is called \_\_\_\_\_ smoking.
10. A serious illness, which can be caused by smoking.
12. The part of a cigarette that a person holds.

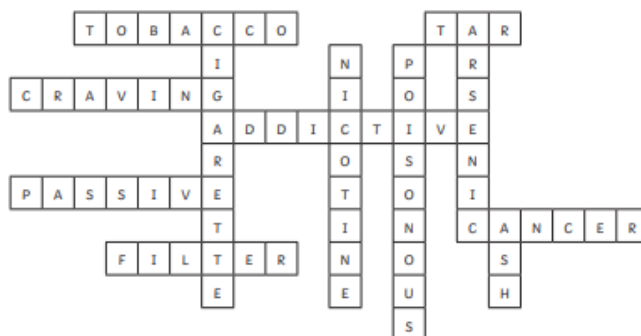
### Down

2. The name of the sticks that people may smoke.
4. A poisonous chemical in cigarettes that is also used in rat poison.
5. The addictive substance in cigarettes.
6. The chemicals in cigarettes are \_\_\_\_\_.
11. The remains of a burnt cigarette.

## The Dangers of Smoking Answers



## The Dangers of Smoking **Answers**



### Across

- The main ingredient of a cigarette.  
**Tobacco**
- The sticky substance in cigarettes, which can stain teeth and fingers yellow.  
**Tar**
- The feeling a person gets that makes them want to smoke again.  
**Craving**
- People find it hard to stop smoking because smoking is **Addictive**.
- Breathing in someone else's smoke is called **Passive** smoking.
- A serious illness, which can be caused by smoking.  
**Cancer**
- The part of a cigarette that a person holds.  
**Filter**

### Down

- The name of the sticks that people may smoke.  
**Cigarette**
- A poisonous chemical in cigarettes that is also used in rat poison.  
**Arsenic**
- The addictive substance in cigarettes.  
**Nicotine**
- The chemicals in cigarettes are **Poisonous**.
- The remains of a burnt cigarette.  
**Ash**

## Lesson 2: Drugs in Common Life

Read through the "Drugs in Common Life" Powerpoint together and then discuss the Did you know? cards.




This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).





Did You Know? Fact Cards

Did you know...  
caffeine makes your heart beat faster  
and can give you a headache?  
It also keeps you awake so you shouldn't  
have it before bedtime.

An illustration showing a person in a blue patterned nightgown sleeping in a bed. Next to them is a white cup of coffee on a saucer. To the right is a detailed anatomical drawing of a human heart.

Did You Know? Fact Cards

Did you know...  
it is illegal in Britain to buy alcohol  
if you are under 18 years of age?

An illustration of a shop assistant in a blue uniform serving a customer in a red jacket at a counter. To the right are a can of beer, a bottle of beer, and a bottle of wine.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#)


Did You Know? Fact Cards

Did you know...  
a young person's body cannot cope with  
the effects of alcohol and it could  
make them very ill?

An illustration of a young person in a red and white striped shirt looking distressed with their hand to their face. Next to them is a bottle of alcohol and a glass of red wine.

Did You Know? Fact Cards

Did you know...  
smoking can cause lung diseases  
and lung cancer?

An illustration of a doctor in a white coat standing next to a cigarette and a pack of cigarettes. A diagram of human lungs is also shown.

Did You Know? Fact Cards

Did you know...  
alcohol slows down the messages  
sent from the brain?

An illustration of a bottle of alcohol and a glass of wine. To the right is a diagram of a human brain with neural pathways.

Did You Know? Fact Cards

Did you know...  
16 and 17 year olds can have an alcoholic drink like  
wine, beer or cider with a meal in a restaurant if they  
are accompanied by an adult?

An illustration of a waiter in a white vest and bow tie serving a table with a bottle of alcohol and glasses.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#)

Did You Know? Fact Cards

Did you know...  
you have to be 18 to buy tobacco  
products in the UK?

An illustration of a shop assistant in a blue apron standing next to a cigarette and a pack of cigarettes.

Did You Know? Fact Cards

Did you know...  
inhaling the smoke from a cigarette  
someone else is smoking  
can damage our lungs?

An illustration of a nurse in blue scrubs standing next to a cigarette and a diagram of human lungs.