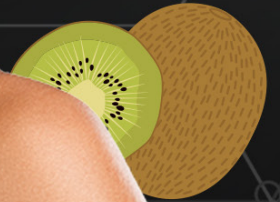
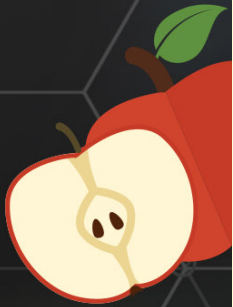
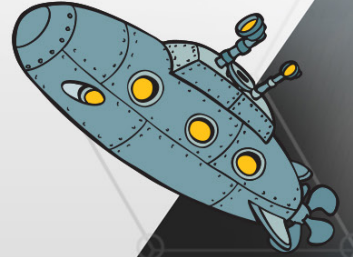




**Power Community
Youth Program**



VIRTUAL CLASSROOM

SMARTER THAN SMOKING



MAJOR PARTNERS:



Government
of South Australia

Department for Education

NAVAL
GROUP

PARTNER:

SEELEY
INTERNATIONAL

Braemar
HEATING COOLING

SMARTER THAN SMOKING

Xavier Duursma

Smoking - it's enough to make you sick!

It causes more deaths per year than any other drug-related sickness.



Tick the box if you think the statement is True (T) or False (F)

Smoking harms unborn babies. T ☐ F ☐

Smoking causes lung disease and heart disease. T ☐ F ☐

Makers of cigarettes must have warnings on packets of the harms of smoking. T ☐ F ☐

It is against the law to smoke in a car with children. T ☐ F ☐

It is illegal to sell cigarettes to children under 18 years of age. T ☐ F ☐

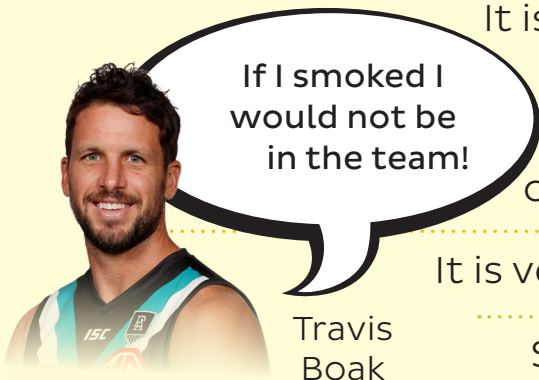
It is very hard to stop smoking. T ☐ F ☐

Smoking one cigarette will not hurt me. T ☐ F ☐

A smoker spends over \$5000 a year on cigarettes. T ☐ F ☐

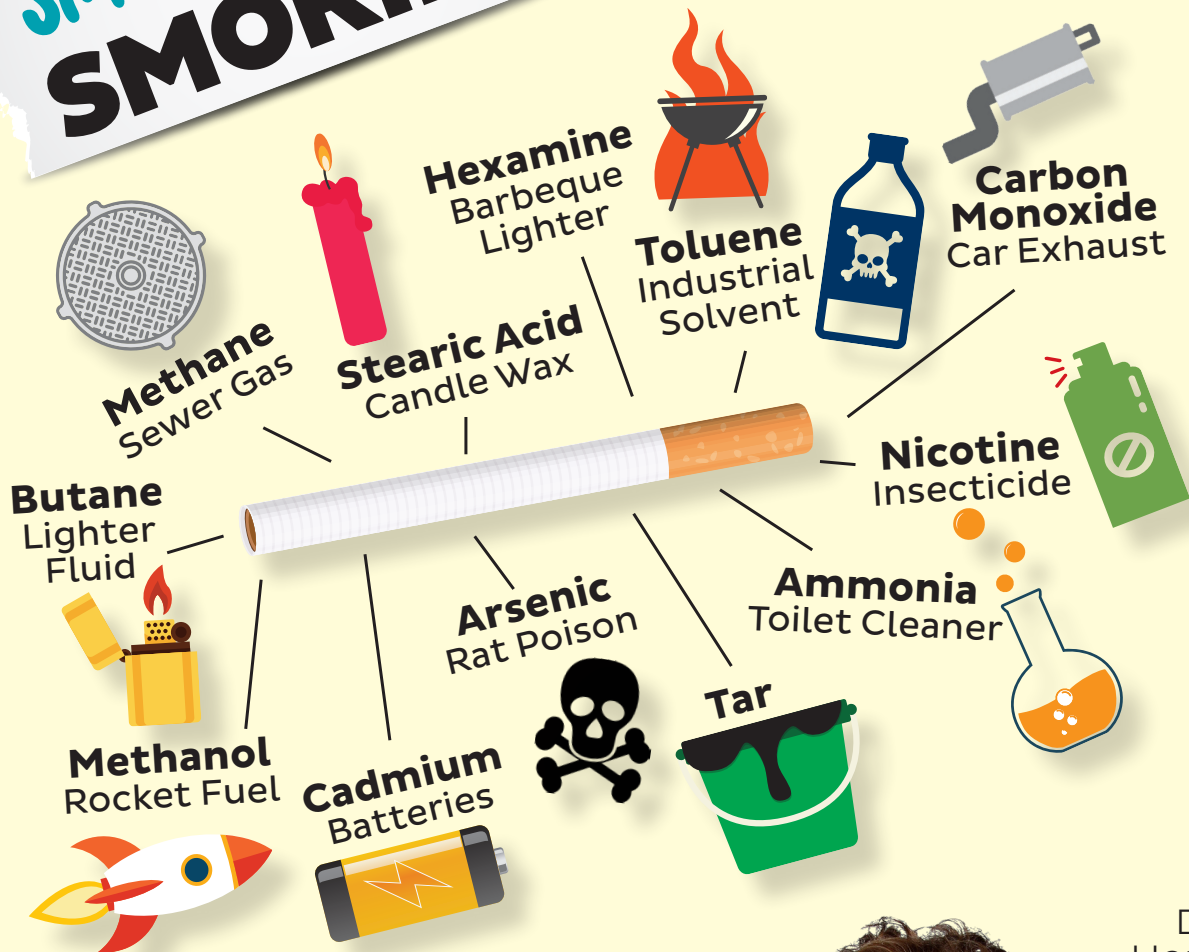
List 3 short term and 3 long term reasons not to smoke.

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>



Travis Boak

SMARTER THAN SMOKING



TOBACCO SMOKE CONTAINS UP TO 4,000 CHEMICALS!

Nicotine added to make you
crave another, it will make you

a to smoking.

Check out
smarterthansmoking.org.au
to find out more about tobacco
and its dangers.

Dan
Houston



SMARTER THAN SMOKING

Charlie
Dixon



There are positive and negative consequences to each decision we make.

One of your best mates has taken up smoking and insists you join them. **You decide not to because you have learnt at school about the damage cigarettes do to your body.** You tell your friend and they walk off upset or angry saying mates do everything together!



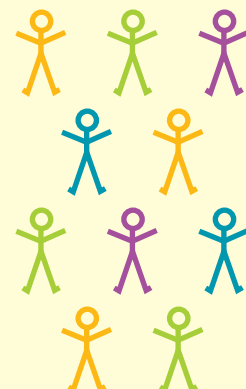
Did you make the best decision? **Yes** ☐ **No** ☐

Positive consequence:

Negative consequence:

How can you help him/her?

Very few people in Australia decide to smoke. Out of ten people, how many do you think smoke?
Please circle.



SUPERSLEUTH

Read the paragraph below.

Then see if you can find the words in bold in the Supersleuth. When you are finished put the leftover letters together to find a secret message.

The drug contained in cigarettes is called **nicotine**. This is what makes people become **addicted** to smoking.

As well as being an ingredient of cigarettes, nicotine is used as a **pesticide** to kill insects. The smoke from cigarettes contains carbon **monoxide** which is the same gas that comes out of car **exhaust** pipes. It causes there to be **less oxygen** in the blood which puts **pressure** on the **heart** which has to beat **faster**.

Cigarettes also contain **tar** and more than 4000 **poisonous chemicals** which cause illnesses and **diseases** such as **cancer**, emphysema, and bronchitis. Smoking cigarettes can **stain** the teeth and cause the smoker's breath, clothes and hair to **smell**. Smoking during **pregnancy** can also harm the baby.

P	M	L	I	E	P	D	Y	O	N
E	O	E	O	R	O	T	C	S	M
S	N	S	N	U	I	R	N	S	R
T	O	S	E	S	S	E	A	E	E
I	X	T	G	S	O	T	N	S	C
C	I	R	Y	E	N	S	G	A	N
I	D	A	X	R	O	A	E	E	A
D	E	E	O	P	U	F	R	S	C
E	X	H	A	U	S	T	P	I	N
R	A	D	D	I	C	T	E	D	I
A	E	N	I	T	O	C	I	N	A
T	S	M	E	L	L	O	K	E	T
C	H	E	M	I	C	A	L	S	S

Write down the secret message here