



Smoking

The facts



Smoking

As we gather in our forms, let us show respect and thoughtfulness for others as we give those in our community the space and time they need to reflect and pause.

In a moment on your own or with your form teacher follow the prayer, consider who and why this prayer was written.

Before moving on, think about those things in our lives that we take for granted and should be more appreciative of.

Your health should be one of these, we have been given special and unique opportunities to live the best life, however how many of us take our health for granted or do not invest?

Lord,

Let me wake up every morning
and be thankful for the wonderful
life that you have given me.

Help me to see the good in things.
Help me to be happy with who I am
and the life I am living. Lead me
down the path you have set for me.

Guide me in the way that
I get to show the world my gifts.
I put all in your hands Jesus,
use me as your vessel.

I thank you for my health,
love, abilities, family, friends,
and most of all this life.

I will do great things in your name.



*While suffering pain caused
by a debilitating disease, 17 year-old
Nikole Drummond hand-wrote this
prayer in 2009. Written for her own use,
she now shares it with the world.*

Smoking

Smoking has always been portrayed as sophisticated and cool, cigarettes and movies have been closely linked for generations. Ever since movies started, tobacco companies have understood the power of film to shape cultural habits.

From the '30s-60's, tobacco companies paid Hollywood stars to appear in cigarette ads and smoke on screen. In return, the studios received funding for film advertising. Some actors appeared smoking in posters that promoted both the film and the brand of cigarette.



Smoking

Subconsciously some of our favourite films or series have encouraged viewers of all ages to smoke/vape-

James Bond

Lord of the Rings

101 Dalmatians

Pulp Fiction

Matrix

The Umbrella Academy

Orange is the new black

Modern Family

Q- Can you name some others?



Smoking

Even sport has been flattered by the attention of cigarette/vaping companies and tempted by their money-

F1- Marlboro, Rothmans, Vuse

Super Bikes- Lucky Strike

Hibernian F- VP2 vaping

Blackburn Rovers- Totally Wicked

Cricket- Benson and Hedges

Snooker- Embassy

Rugby League- Silk Cut



Smoking

Q- Why do you think the government has banned cigarette and tobacco companies advertising sports, teams or competitions?

Q- What do you understand by the phrases '*double standards*', '*hypocritical*' and '*controversial*'.

Q- How do these apply to cigarette and tobacco advertising in sport?



Smoking

The UK government has extended its banning on where people can/can not smoke/vape.

Smoking/vaping in a car with children in is banned too, why is this so?

Smoking/vaping in a vehicle you use for work is also prohibited.

Smoking/vaping in public places such as restaurants, cinemas, sports grounds, shops, airports and events is against the law.

Q- Should the government go further to protect our health?



Smoking



Q- If adult smokers/vapers know this fact why are some selfish enough to put children's lives at risk?

Q- Would you classify this as *abuse* if adults smoked/vaped in the company of children?

Smoking

Q- What about people who are famous or in the public eye, should they be exceptional role models for others?

Q- Should they be told to set the very best example for others to live healthy lives, for example not smoking/vaping?

Q- If you saw your favourite musician, actor, model or celebrity smoking/vaping do you think that would encourage you or others to copy them?



Smoking

Smoking cigarettes/vaping has often been referred to by professionals as a gateway activity to other more serious habits eg experimentation with illegal drugs.

Q- What do you understand by the phrase '*gateway activity*'.

Q- Who has the most influence on what you do?

Q- If your friends were smokers/vapers would you feel pressured to do the same?



Smoking

Smoking/vaping will catch up with you, both will chase you all your life and both do not care who you are.

They are highly addictive.

Smoking will kill you.

Both will mean you having an inferior quality of life.

Both will cause you to develop life changing diseases.

Smoking/vaping in public will negatively impact on the lives of others.

Q- Despite all these known facts why do people chose to start smoking/vaping?



Smoking

Q- Do you think smokers know what is in a cigarette?

Just tobacco?

Think again!!!

Q- Study the picture with your tutor.

Smoking

What's in a cigarette?

SOME OF THE POISONS CONTAINED IN CIGARETTE SMOKE

POISONS	FOUND IN
Carbon monoxide	Gas in car exhausts
Tar	Road surfaces
Nicotine	Pesticide
Acetone	Nail Polish remover
Ammonia	Cleaning agent
Arsenic	Ant killer
Benzene	Petrol fumes
Butane	Lighter fuel
Formaldehyde	Embalming fluid
Hydrogen cyanide	Gas chamber poison
Methanol	Rocket fuel
Toluene	Industrial solvent
DDT	Insecticide
Radon	Radioactive gas
Polonium	Radioactive fallout

Cigarette smoke contains over 4,000 chemicals, many of these are toxic and can give you cancer-causing illnesses and diseases.

BE SMOKE-FREE, FEEL THE BENEFITS AND IMPROVE YOUR HEALTH.

HP-publications
www.hp-publications.co.uk
For more facts - 2008

Smoking

Often many young people are seduced by the newness/trend of vaping and think that it is a safer and healthier alternative.

Stop!

With the help of your tutor read the info on the right.

Vaping is not safe and just as bad as smoking tobacco.

Know your facts and control your health habits.

10 DANGERS
associated with
Vaping

The nicotine contained in e-cigarettes is addictive.

Vaping affects the developing brain in the following ways, **reduced impulse control, memory and mood disorders.**

Leads to **lung disease** caused by the chemical **Diacetyl** also called popcorn lung.

Irritates mouth and airways.

Causes **vomiting, headaches and nausea.**

Exposure to **Formaldehyde** is **15 times higher** than smoking cigarettes.

Raises your **blood pressure** and spikes adrenaline which increase risk of **heart attack.**

Increased risk of **cancer** due to toxic chemicals of nickel, tin, benzene and lead.

Damages **reproductive health.**

Causes respiratory problems like **asthma.**

THE HOPEFULL INSTITUTE

Smoking

Smoking does not make you a bad person, however irresponsible actions connected with smoking do.

Littering is a huge problem.

Irresponsible smokers who *'flick their butts'* are causing more pollution across the planet than plastic bags.

Some cities in the UK have had enough and irresponsible smokers can be fined £50-500 depending on where they smoke and what they do with their litter.

Q- Is this a good measure or is it too harsh or lenient?

Q- Would you go further, if so, what would you suggest?



Smoking

Some people want to stop smoking because they understand the benefits cessation will bring.

Professionals warn that the greatest damage is done when people start smoking/vaping when they are young.

Individuals should not be naive to think that they are young and will have time to recover, permanent damage would already have occurred.

What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

source: www.nhs.uk/better-health/quit-smoking/

Smoking

Smoking/vaping facts-

20,000 new respiratory diseases are confirmed every year

22,000 new asthma cases each year

9,500 emergency hospital admissions every year due to smoking and vaping

300,000 new doctor's appointments each year made due to affects of smoking and vaping

40 sudden and unexpected deaths due to smoking and vaping every year

2 unborn babies do not survive each week due to mothers smoking/vaping or secondary smoke





Smoking

Smoking /vaping costs the NHS an estimated £2.7 billion per year.

Q- Do some calculations

How many new nurses could we employ if they cost £32,000 each?

How many new police officers could we employ if they cost £27,00 each?

How many new carers could we employ if they cost £20,000 each?

Smoking

Keep calculating

Q- How many new hospitals could we fund if each one costs £70m to build?

How many new leisure centres could we build if each one costs £40m?

If each new school costs £30m how many could we construct with £2.7 billion?

Each smoking related admission to hospital costs £400 per day. If a patient had to stay in hospital for 3 weeks how much would this cost?

And if there were 500,00 people experiencing the same hospital need how much does that cost the nation?



A group of five diverse young people (three boys and two girls) are laughing and giving thumbs up outdoors. They are wearing casual clothing like t-shirts and a denim jacket. The background is a soft-focus green outdoor setting.

Smoking

On average a pack of 20 cigarettes costs £11.50.

If a smoker buys 7 packs per week how much would they be spending and how many cigarettes would they smoke-

- Every week
- Each month
- In a year

Q- If they did not smoke imagine the benefits to their health and what they could spend their money on.

Smoking

- If you or others you know want advice on how to stop smoking, please use the following links.
- It may not be easy, but you will be investing in your long-term health, improve the lives of others, helping the planet and saving your self so much money.
- <https://www.nhs.uk/better-health/quit-smoking/>
- <https://ash.org.uk/category/information-and-resources/smoking-cessation-treatment/stopping-smoking/>
- <https://111.wales.nhs.uk/lifestylewellbeing/smoking/>
- <https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

