


SMOKING


WHAT'S THE HARM?

1 Read the following stories. Think about the possible harms that may result from smoking for each character.




Andy is in Year 8 and likes football. Both his parents smoke and don't mind if he smokes. He smokes about 4 cigarettes a day. He usually pinches them from his parents or gets his older brother to buy them for him. He now gets really puffed when he plays footy.


Possible harms 

How could these harms be avoided or reduced? 




Libby is in Year 8 and doesn't smoke. She knows that smoking is not good for her. She also knows that most young people don't smoke. Both Libby's parents smoke and some of her friends' smoke when they are out together, so she is often around cigarette smoke.


Possible harms 

How could these harms be avoided or reduced? 



Harvey is in Year 8 and often goes out with some older mates who smoke cannabis and cigarettes. Harvey has asthma and he knows that smoking can cause an asthma attack and damage his lungs, but when he's with his mates, he always gives in and smokes too.


Possible harms 

How could these harms be avoided or reduced? 

2 Rank each of these characters according to their risk of harm (1 = greatest risk of harm, 3 = least risk of harm) and give reasons for your ranking.

Rank	Character	Reason
1		
2		
3		


3 Think about your own risk of smoking and fill in the questions below:

 My current level of smoking is:

- I don't smoke
- I have tried it a few times
- I smoke socially with friends
- I smoke regularly

My risk is (tick)

- none low some high

 I am exposed to cigarette smoke:

- Never
- Very rarely in public places
- Sometimes at parties or after school
- Every day at home or around friends

My risk is (tick)

- none low some high

Things I could do to stay smoke-free or reduce my risk of harm from smoking are:

