

Smoking



Smoking and Vaping

Purpose

To understand the risks to health of individuals, families and friends associated with smoking and vaping.

Entrance of Pupils

A thought provoking slideshow introducing the theme of 'Smoking and Vaping' for the pupils to enter assembly to (10 minutes)

Introduction

Tobacco was introduced to England in 1586 when, it is said, Sir Walter Raleigh brought it back from Virginia, USA. It became immediately popular and, at times before its dangers were understood, it was thought to represent money and sophistication.

How very sadly misguided this turned out to be.

Tobacco and Nicotine

Tobacco is a plant that contains many dangerous elements, in particular:

- Nicotine
- Carbon Monoxide
- Tar

Additionally there are more than 4000 other chemicals in tobacco, many of which are harmful to our health.



Nicotine

Nicotine is a highly addictive substance, meaning that within a short time, the body starts to crave it and needs more and more to satisfy this craving. This is because within seconds of inhaling nicotine, it enters the blood stream and travels around the body to the brain. The brain registers this as a very short term 'high' feeling but as the effect wears off almost immediately, the brain sends messages that it wants more and this makes the smoker feel jittery until they have their next cigarette.

This is why smokers need more and more cigarettes as time goes on.

Carbon Monoxide

Carbon monoxide is a poisonous, odourless and colourless substance that enters the blood stream from the lungs and makes it harder for oxygen to be used by the body.

Tar

Tar from cigarette smoke forms in the lungs and clogs them up so that they cannot work to capacity. This makes breathing more difficult and is particularly bad for those who suffer from asthma.

Deaths

In the UK in 2018 it was estimated that 7.2 million people smoke. Smoking related illnesses are the cause of over 80000 deaths a year which is more than deaths from the following put together:

- Alcohol
- Drugs
- Road traffic accidents
- Certain immunity related infections
- Obesity

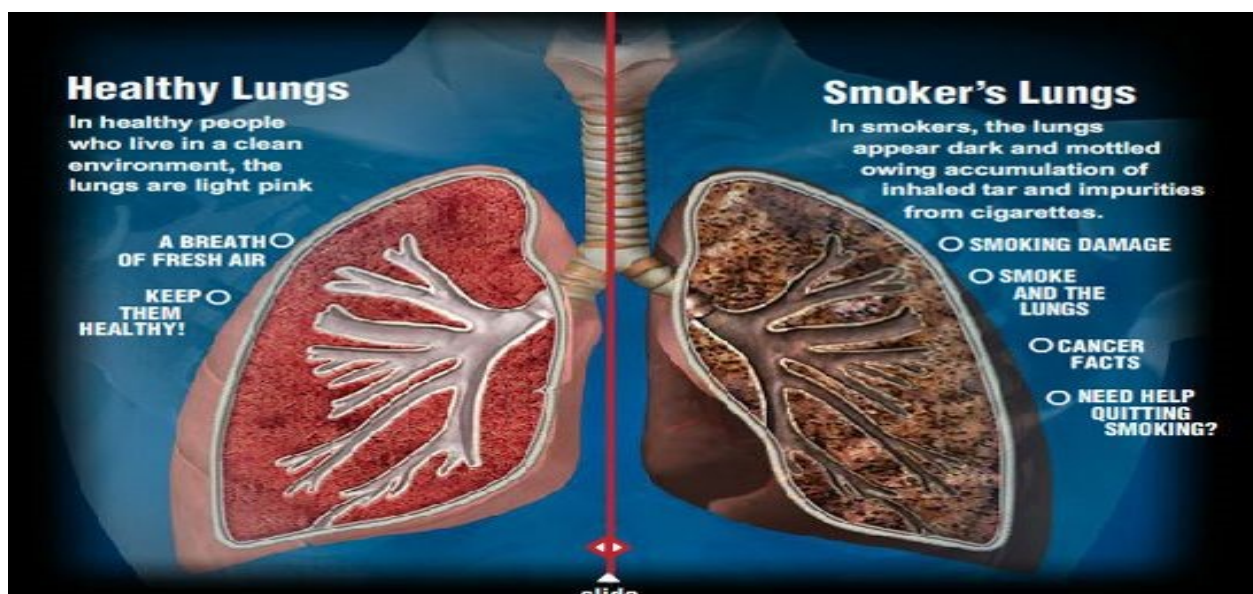
On average, 50% of long term smokers live on average about 10 years less compared to non smokers. The death toll world wide from smoking and nicotine related diseases is 7 million people per year!



Organs Affected by Smoking

Lungs

Tar coats the lungs like soot in a chimney. This makes the smoker severely out of breath from simple exercise and increases both the likelihood and the severity of colds, flu, bronchitis, asthma and other related illnesses especially lung cancer.



Heart

Nicotine speeds the heart up and puts a strain on it. Smoking narrows and blocks blood vessels and reduces the blood supply to the heart which can cause a heart attack.

Brain

Blood vessels to the brain can become narrowed and blocked which can cause a stroke. This has life changing consequences and can kill.



Skin

The skin (the largest organ of our body) is also badly affected by smoking. It causes wrinkles around the mouth and face, stains the fingertips yellow and leaves hair smelling awful.



Teeth and Mouth

Nicotine stains teeth and causes them to yellow. It causes gum disease which can lead to loss of teeth early and it causes very bad breath.



Vaping

Vapes are classed as nicotine products - that's because they still have nicotine in them. Most vapes are manufactured by tobacco companies and people MISTAKENLY think that they are a 'safe' alternative to smoking.

Although we have yet to have definitive information about the damage they do (as this is a relatively recent device), the medical profession is clear that the nicotine within the vapes must do the same type of damage as the nicotine in cigarettes.

Many aspects of vaping are there to attract young users because the 'flavours', such as candy floss, bubblegum and banana, are clearly designed to attract young people.

On top of all the other problems that nicotine causes, there is a clear link to learning being affected, mood swings and impulse control.

Explosions

Additionally, vapes have been known to explode potentially causing quite devastating damage if the explosion happens whilst it is being used.



Vaping - Often Leads to Smoking

Finally, current research suggests that the vast number of young people that try vaping will go on to try smoking.

Passive Smoking

Passive smoking (sometimes known as secondary smoking) is the term given to people who are near to smokers and vapers. Even though they do not smoke themselves, people can still breathe in the smoke around them and therefore effectively receive a smaller dose from the chemicals in the cigarette, cigar or vape. This can still have a negative effect on their health and it is for this reason that smoking and vaping are banned in public places .

So Why Do People Smoke or Vape?

Peer Pressure

Possibly the greatest reason is Peer Pressure. Mixing with people who smoke often leads to trying it yourself

Looking 'Big'.

Although many would view a young person who smoked as immature, easily lead and foolish, some think it makes them 'one of the gang' and 'hard' and that they are impressing their peers.

Advertisements

Tobacco and Vaping companies can no longer advertise on television, on hoardings around a football ground or other places where people may be influenced, however this has only stopped recently and in many older television programmes, pop videos and films, smoking is seen as positive.



The Government

This might seem a really strange aspect to include in why people vape or smoke and indeed the government plays two different roles in this.

On the one hand they work hard at ensuring anti smoking messages, as smoking is not only bad for individuals but also estimates for 2018 suggest the costs the National Health Service were £2.7 billion.

On the other hand, tobacco is a major source of income to the government as it is so highly taxed. Of each pack of cigarettes sold in UK, 73% goes to the government.



So Why Should People Avoid Smoking and Vaping

1. Health

The medical reasons are absolutely indisputable—it's REALLY bad for your health and could take years off your life and seriously affect your quality of life and those around you.

2. Cost

Cost—currently a packet of 20 cigarettes in the UK is around £8.50.



Smoking just 10 a day would cost £30 per week = £1560 per year.

In a 30 year period this equals nearly £46,800!

Many long term smokers use at least 20 a day—over £93600 in a 30 year period.

You could buy an awful lot of exciting things with that money!

3. Trouble

Getting cigarettes leads many young people into trouble.

- A. At school and at home
- B. 'Borrowing' cigarettes that they can't return
- C. Resorting to stealing to pay for their habit

4. The Law

It is against the law to sell tobacco to anyone under 18.

You must be 18 or over to buy e-cigarettes or e—liquids.

Giving Up Smoking

So here's the good news!

The effects of smoking can be dramatically reduced by giving up smoking. Although not all of the damage is reversible, the risk of life threatening health problems reduce dramatically and the body begins to repair itself as soon as someone quits.

Even Better!

These health benefits begin immediately and increase rapidly.

There is lots of help for people of all ages to quit smoking, including specialist help for young people.

Be Smart - Don't Start!



www.quit.org.uk

www.nhs/quit smoking

<https://ash.org.uk>



Let's Pray

Dear God

Help those people who are trying to stop smoking to have the willpower and get the support needed to be successful.

Amen

Putting it into Practice

In your classroom, draw the outline of two life size bodies. Label one 'Smoker' and the other 'Non smoker'.

Each day, research and draw the effects of smoking on one part of the body and the effects of not smoking on the other.

Today look at the LUNGS.

Exit of Pupils

A thought provoking slideshow introducing the theme of 'Smoking and Vaping' for the pupils to exit assembly to (10 minutes)



Collective Worship and Putting it into Practice for the Rest of the Week

Day 2

Dear God

It's hard to say no to something that everyone in the group is saying yes to. Give us the strength to make our own decisions and to stand firm for what we know is right.

Amen

Each day, research and draw the effects of smoking on one part of the body and the effects of not smoking on the other.

Today look at the HEART.

Day 3

Dear God

Help me to spend today thinking about the incredible body that I have been given. Let me appreciate the work of the lungs and heart in enabling me to run and walk and exercise. Remind me to appreciate the parts of my body that I just take for granted.

Amen

Each day, research and draw the effects of smoking on one part of the body and the effects of not smoking on the other.

Today look at the BRAIN.



Day 4

Dear God

I know someone who is very badly affected by smoking. Please help them to overcome their ill health and learn to work to a better future.

Amen

Each day, research and draw the effects of smoking on one part of the body and the effects of not smoking on the other.

Today look at the **MOUTH AND TEETH**.

Day 5

Dear God

Thank you for our wonderful National Health Service; for the doctors, nurses, practitioners and administrators that work so hard to support and improve our health in difficult circumstances and with such limited resources.. Thank you for an NHS that serves everyone, no matter their status or financial situation.

Amen

Each day, research and draw the effects of smoking on one part of the body and the effects of not smoking on the other.

Today look at the **SKIN**

