

PSHE - Healthy me

L.O: I understand the effects of smoking on my health.

Can you remember what peer-pressure means?

Let's learn some facts about smoking.

Cut out the jigsaw pieces on the next page and try and make a picture. Each jigsaw piece also has a fact on it for you to read.

Smokers are more likely to get health problems with their hearts and lungs

Breathing in other's smoke is called passive smoking, and is also unhealthy

Smokers get more wrinkles and skin aging than non-smokers

E-cigarettes/vaping is still risky for a person's health

Smokers can't taste or smell as well as non-smokers

The addictive drug in cigarettes is nicotine

Smoking makes a person's teeth go yellow

Smoking makes a person's belongings, clothes, hair and breath smell

Some people think smoking makes them look cool/ tough/ grown-up

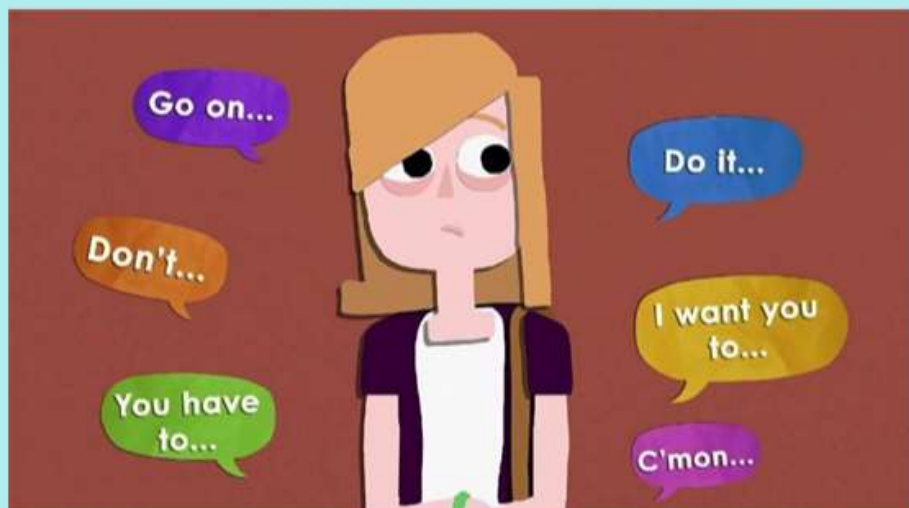
Why do you think people smoke?

List some reasons below:



Peer-pressure and smoking:

Young people often start smoking because their friends pressure them into it.



Read this scenario:

Cara is 13. She is best friends with Dixita. They love going into town at the weekend and looking round the shops. One day, they bump into some other girls and boys from their school. Someone in the group recognises Dixita and calls her and Cara over to say hello.

Cara and Dixita are asked if they would like a cigarette. They decide to take one and try smoking.

What do you think happens next?



When Cara gets home, her Mum smells smoke on her and asks whether she has been smoking. Cara lies and says that she hadn't but says that she sat next to someone who was.

Cara feels guilty about lying to her Mum and about smoking. She knows that smoking is really bad for you.

Suggest some ways for Cara to make the situation better.
