

Aim



- I can explain the impact of smoking on the body.
- I can describe how scientific evidence highlighted the dangers of smoking.

Success Criteria

- I can describe the parts of the body affected by smoking.
- I can explain how scientific evidence can change ideas.

So why do cigarettes exist?!

<http://www.youtube.com/watch?v=gCMzjJjuxQI>

<http://www.youtube.com/watch?v=FOFjNtgHDSA&feature=related>

What if I inhale the smoke from someone else's cigarette? (Passive smoking)

- Second hand smoke, also called passive smoking, is when other people (who aren't smoking) inhale the smoke from a smoker's cigarette. This is extremely bad for the health of everyone breathing in the cigarette smoke. People who are exposed to cigarette smoke are at risk of the same diseases as smokers (e.g. lung cancer, heart disease). It's especially harmful to children, whose lungs and immune systems aren't fully developed yet.
- Smokers need to be extremely careful that their smoke doesn't get inhaled by anyone else. This isn't as easy as it sounds. For example, opening a window after smoking in a room won't get rid of the nasty chemicals in the air until around 2-3 hours later. Smoking indoors is a really bad idea anyway, because the smoke will spread to other rooms of the house, which means that anyone in the house will be breathing in the poisonous fumes. It will also make the house smell very unpleasant over time.

<https://www.youtube.com/watch?v=jsBqbvs-50U>
<https://www.youtube.com/watch?v=W1LtFdO2CQ>
(more challenging clip)

- Many people assume that passive, or second-hand smoke is not as dangerous as actual first hand smoking. But is this true?

- **Challenge:**

- What is the most common cause of lung cancer?
- Why should parents consider stopping smoking?
- What increases the chances of treating lung cancer effectively?
- What else does second hand smoke put you at risk of

- **More Challenging:**

- How can we prevent lung cancer?
- Why are early scans recommended for smokers?
- What does research say about stress and smoking?
- What does research suggest about 2nd hand smoke (2nd video)?

- **Mega Challenge:**

- Why do people see lung cancer in non-smokers?
- How do doctors detect lung cancer?
- Explain the link between smoking and mental health:

**CHOOSE YOUR
CHALLENGE(S)!**

Short History of Smoking 1

Unlike alcohol, there are no benefits to smoking. So it is understandable if you are wondering why people are allowed to buy tobacco and smoke it when it only causes the body harm.

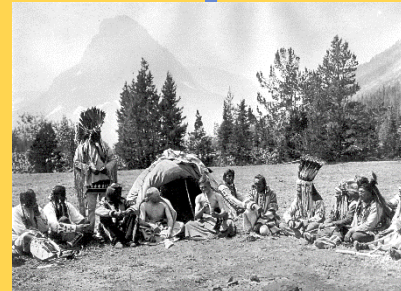
In order to understand why, it is necessary to understand how scientific evidence has contributed to changing attitudes towards smoking.

1000 BC

Earliest record of sites cultivating tobacco in what is now Mexico.



In the Americas many cultures, including the Mayans, smoked tobacco as part of religious rituals. It is thought it started off as a type of incense burning and turned into a social practice.



1600 AD

Perhaps the most well-known use of tobacco was among the North American tribes. The 'Peace Pipe' was smoked before saying prayers or to seal negotiations with other tribes. They believed tobacco was a gift from their creator and when they smoked their thoughts and prayers went to their creator.

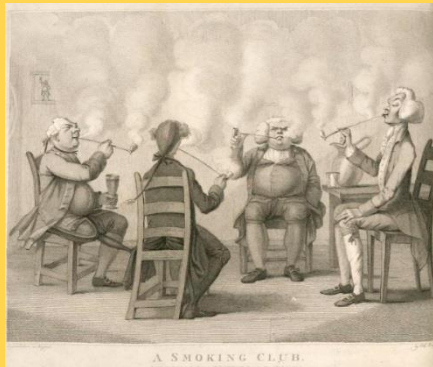
Short History of Smoking 2

1600 AD



Europeans (The Spanish and Portuguese initially) explored and then started to rule over parts of the Americas. Tobacco started to be traded and was introduced to other parts of the world.

1700 AD



Chewing and smoking tobacco was normalised into society in European countries and their colonies during this period. At this point it was not known that tobacco could have harmful effects.

1800 AD



In the late 19th Century cigarettes became popular and John Bonsack created an automatic cigarette rolling machine. This was the start of the 'tobacco' industry that exists today.

1900 AD

1920's

Smoking was seen as normal in the early 20th century. In the UK, the majority of men and about 40% of women regularly smoked – the majority smoking cigarettes. There were adverts and posters telling people how smoking was good for them and healthy!

Fritz Lickint, a German doctor, was the first doctor to publish a study linking smoking and lung cancer. He also coined the term 'passive smoking'.

1950s -1960s

Most people just didn't believe that smoking could be unhealthy until the 1950s.

In 1956, The British Doctors Study published the first paper to argue and provide strong evidence which showed that smoking cigarettes increased the chances of getting lung cancer.

In 1964, The Surgeon General's report in the USA also showed a link between smoking and cancer.

In 1965, cigarette companies were no longer allowed to advertise on television.

1970s - 1990s

As late as 1994, big tobacco companies claimed they were not aware of the problems of smoking.

It has subsequently been shown that tobacco companies **knew** that cigarettes caused health problems including heart disease, cancers and emphysema.

They also knew that they were addictive. Some companies deliberately added more nicotine to their cigarettes so that people would get addicted.

They also deliberately targeted underage smokers, paying for actors to smoke in films and on TV so it would be seen as 'cool'.

In the UK, since 1997 most forms of tobacco advertisement were been banned.

Warnings were first added to tobacco products in 1971 but this was extended so that it would cover a third of the packet. Subsequently pictures were also added as an extra deterrent.

2000 - Now

In the UK, the number of men and women who smoke is now a minority (about 21% of adults smoke).

In 2007, the government banned smoking inside all public buildings to further discourage smoking and to reduce the harm of passive smoking.

E-cigarettes:

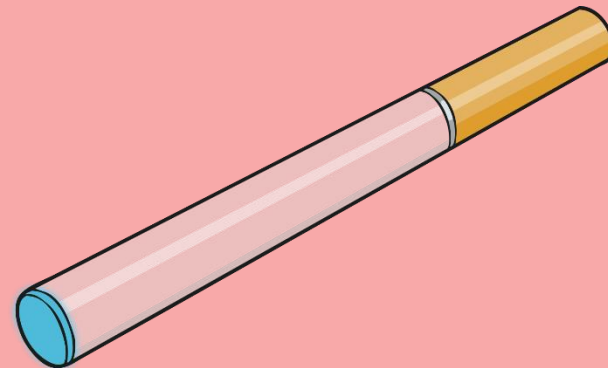
These are electronic cigarettes through which smokers inhale nicotine alone.

They are controversial. No one knows the health risks, they still contain nicotine which is addictive and some people believe they may glamourise smoking again.

Smoking Tobacco

What about e-cigarettes?

In theory, e-cigarettes are less harmful than normal cigarettes as they don't contain tar or carbon monoxide. However, people who smoke them are still inhaling nicotine so they would still suffer the health problems associated with this. Also the effects of smoking nicotine (or 'vaping' as it is sometimes called) in this way are not yet known, so it may not be less damaging to the body after all.



Task 3 – CHOOSE YOUR CHALLENGE(S)!

- Cigarettes and other ways of smoking tobacco, like Shisha are extremely dangerous. This is because they are highly addictive.
- No one means to get addicted to tobacco, but when they do there can be very serious health consequences.
- **Challenge:**
 - Draw or write the health consequences of smoking on to the body using your information sheet.
 - **More Challenging:** Write down WHY smoking may cause this effect on the body for each card placed on the body.
- **Mega Challenge:**
 1. Analyse why people still continue to smoke despite these risks. Could addiction be the only reason?
 2. Some of the warning pictures which appear on cigarette packets are in this card sort. How else might the government discourage the public from smoking?

Summary

Look at the 'effects of smoking labels'. Which do you think are the most important reasons not to smoke? Write your ideas in order. Explain your top and bottom choices.

