



PROUD
TO BE
**SMOKE
FREE!**

*Support your 1st year pupils to
make the decision to be Smoke
Free for life and sign up for the*

SMOKE FREE
CLASS
COMPETITION

Entry Criteria

In order to enter, 90% of the class must have opted into the competition. Some pupils in the class may already be regular smokers (i.e. smoking one or more cigarettes per week).

They should not be pressurised to lie in order for the class to enter, hence the 90% requirement.

They should, however, benefit from discussions about the impact of tobacco and the realisation that smoking is not the norm within their peer group.



SMOKE FREE CLASS – SUPPORTING FIFE’S YOUNG PEOPLE TO BE SMOKE FREE FOR LIFE

Together we aim to:

- Encourage pupils to remain Smoke Free by discouraging experimentation with tobacco.
- Help experimenters not to become regular smokers.
- Show that ‘not smoking’ is the norm amongst peers.
- Encourage discussion about the benefits of remaining Smoke Free.

MEETING CURRICULUM FOR EXCELLENCE AND GIRFEC INCLUDING:

The competition links to the principles of Getting It Right For Every Child (GIRFEC) and a number of experiences and outcomes within Curriculum for Excellence and Wellbeing eg:

- ‘I understand the impact that misuse of substances can have on individuals, their families and friends’. HWB2-43a.
- ‘By investigating some body systems and potential problems which they may develop, I can make informed decisions to help me maintain my health and wellbeing’. SCN2-12a.
- ‘I can persuade, argue, explore issues or express an opinion using relevant supporting detail and/or evidence’. LIT2-29a.

Everything you need is included in this pack but if you have any queries contact Ella by email on petronella.chitalu@nhs.net

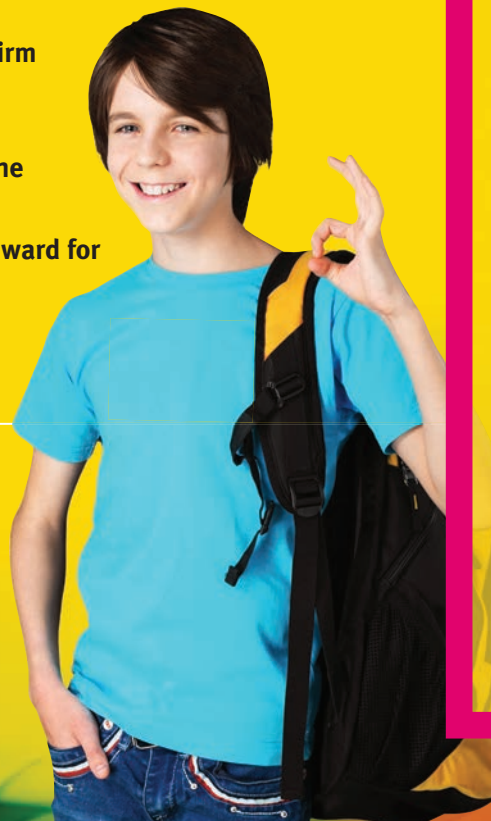
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SMOKE FREE CLASS COMPETITION

HOW THE COMPETITION WORKS

Competition starts on **December 2nd, 2019** and finishes **30th April 2020**.

- Pupils agree to stay **Smoke Free For 5 months**.
- Each month pupils agree to take time to **explore their knowledge** and understanding around **tobacco issues** - Topics to discuss / Activities to complete are detailed in the booklet.
- Each month a **'return form'** must be submitted to confirm the class's **Smoke Free** status - just pop them in the Freepost envelope enclosed.
- All **return forms** must be **submitted within 1 week** of the month end (holidays permitting!).
- All **competing classes** receive **small incentives** as a reward for staying **Smoke Free**.
- There are two opportunities to **compete against other schools** for 'Whole Class' prizes - February and April.



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GUIDANCE AT A GLANCE

- Make sure pupils know what they are signing up for.
- Ensure that at least 90% of class agree to opt in to the competition.
- Decide who will be the co-ordinator within the class (nominated individuals could include a responsible class pupil, a senior pupil or teacher). Allowing pupils to take a lead, may increase feelings of ownership of the competition.
- Consider making a class agreement that will support the class during the competition.
- Explain to pupils that providing support and encouragement to each other to explore their perceptions and understanding is key to their learning.
- Return forms – the order of names on the return form is not important and if pupils are absent, just write his or her name in and write absent in the signature box.
- Raise the issue about coercion and bullying. It is important that students are aware that it is unacceptable to apply pressure (emotionally or physically) on class mates to meet the Smoke Free Class criteria.

SMOKE FREE CLASS COMPETITION

CLASS AGREEMENT

It is anticipated that pupils will want to discuss the benefits of remaining Smoke Free and to encourage those who are experimenting, not to move beyond that stage. Peer support and encouragement is key to the success of the learning within Smoke Free Class, you may therefore wish to agree with the class what constitutes encouragement, as distinct from bullying.

Drawing up a 'Class Charter' of acceptable behaviour and placing it where it can be easily referred to throughout the competition works well to reinforce the discussion. Points could include:

- It is acceptable to talk about the benefits of remaining Smoke Free.
- It is acceptable to talk about the dangers of experimentation and to encourage experimenters to think again.
- It is not acceptable to call someone names because they smoke.
- It is not acceptable to accuse someone of lying if they sign the monthly report form, but are suspected of experimenting.

Remind pupils that as long as **80% Smoke Free**, they are still eligible to stay in the competition therefore it is unnecessary to put undue pressure on pupils to comply.



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WHY DO YOUNG PEOPLE SMOKE?

Teenage rebellion
Peer pressure
Self esteem
Availability and promotion of tobacco
Media influence

As detailed above, there are many reasons why young people experiment with tobacco and become regular smokers. Often they are unaware of the risks and are convinced that they can stop at any time. Unfortunately by the time they become fully aware of the impact it will have on their lives they realise it is very difficult to give up.

Through **Smoke Free Class**, young people can explore the topic of tobacco, gathering the **information** they need to help them make the **positive decision** to become or remain **Smoke Free for Life**.

Suggested Activity ①

Class Research

1. How many people their age in Scotland choose not to smoke?
2. How does that compare to Fife?
3. What do pupils believe are the benefits of not smoking?



WHO IS SMOKING AND WHY?

- In Scotland 98% of 13 year olds choose NOT to smoke (97% in Fife).
- 91/92 % of 15 year olds choose NOT to smoke (87 % in Fife).

WHY DO YOUNG PEOPLE START SMOKING?

- Influence of family and friends
- Tobacco company advertising

To maintain their profits they need to recruit new regular smokers to replace those who quit or die so they specifically target young people.

- Think it is cool?

Not so cool when they realise that they have become addicted and find quitting hard!

WHY STAY SMOKE FREE?

- More money for great stuff
- Healthy Lungs, heart and blood
- Fresh breath, hair and clothes
- Fitter and more able to exercise well
- Stain free teeth and fingers
- Clearer brighter skin with less wrinkles
- Protecting the environment

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WHAT'S IN TOBACCO SMOKE?

4000 poisons and toxins in each cigarette. 60 are cancer causing.

Many chemicals are introduced after the tobacco leaves are dried to 'improve' the cigarette. Improvements include increasing the absorption of the nicotine to make the cigarette more addictive!!

Each cigarette takes approx 11 minutes off your life.

Chemicals include:

Tar - A black, sticky substance that contains many poisonous chemicals. Tar is the main cause of mouth, throat and lung cancers. Tar also causes the yellowish brown stains on the fingers and teeth. Tar also kills the cilia (small hairs) which clean the lungs. This causes the smoker to cough. Tar is also used for road surfacing.

Nicotine - Nicotine is a pesticide and the fastest acting and most addictive chemical in a cigarette. It takes only 7 seconds after smoke is inhaled for the nicotine to be absorbed into the blood stream and register an effect on the brain. It affects the body by making the heart beat faster and raising blood pressure. It is also found in ant poison.

Carbon Monoxide (CO) - A poisonous gas that stops the blood taking up oxygen from the lungs. This means the organs in the body get less oxygen and results in smokers having early deep wrinkles around their eyes and mouth.

Cigarette smoke also contains other **chemicals** such as **arsenic, methane, hydrogen cyanide** etc. Some of these chemicals are shown below with some of their common uses . . .

POISONS COMMON USES

Acetone - Nail varnish remover

Ammonia - Cleaning agent

Arsenic - Ant killer

Benzene - Petrol fumes

Butane - Lighter fuel

Formaldehyde - Embalming fluid

Hydrogen Cyanide - Poison in gas chambers

Methanol - Rocket fuel

Toluene - Industrial solvent

Radon - Radioactive gas

Suggested Activity ②

Class Research

1. How many chemicals are in tobacco smoke and what are they?
2. What are the alternative uses for many of these chemicals?
3. Do these chemicals get into the tobacco and the smoke by accident?

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Suggested Activity ③

Cost of Tobacco

1. Debate: What is the true cost of Smoking?

Discussion points: Money / Health / Environment?

2. How much does the average smoker spend on cigarettes each week, month, year?

3. If you had that money what would you do with it?



THE COST OF TOBACCO

Pack of 20 cigarettes = £9:00

20 a day

Weekly £63.00 **Monthly** £270.00 **Annually** £3285.00

10 a day

Weekly £31.50 **Monthly** £135.00 **Annually** £1642.00

Cost to Scottish Economy

Annually approx £1.1bn

- Tobacco is heavily taxed to help reduce smoking and therefore tobacco related disease but the cost of treating tobacco related disease outweighs the income generated.
- In addition the cost of lost work days due to illness also impacts the local economy.
- Environmental cost should also be considered.



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SMOKE AND THE ENVIRONMENT

Tobacco use does not just **damage** the smoker but also **the environment**.

Locally, cigarette rubbish litters our streets and poisons our rivers and lochs. Animals can mistake discarded butts for food and choke and die from swallowing them. It is estimated that 122 tonnes of cigarette related rubbish is being dropped every day across the UK. Each butt takes years to completely decompose and leaves the toxins contained therein to be absorbed into the environment.

In total, **one tree** is destroyed for every **300 cigarettes** made.

Globally, Tobacco production requires large amounts fertiliser, herbicides and pesticides to protect the plants from disease. This leads to soil infertility, soil erosion and deforestation.

This process uses wood fired 'barns' that consume trees from up to 11 million acres of land every year.

Forests are also depleted for the production of cigarette packaging.

Approximately **4 miles of paper** an hour are used to roll and package cigarettes!

For additional resources visit the Ash Scotland website, <https://www.ashscotlandmoodle.org.uk/>

Suggested Activity **4**

Class Project

1. Consider how tobacco use affects the environment we live in.

Class Discussion

2. Consider creating a campaign within the school which shares the learning.

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Suggested Activity 5

Individual Task:

1. Design a visual that explains the effects of second-hand smoke on humans and animals.

SECOND-HAND SMOKE

Definition: *involuntary breathing in of other peoples tobacco smoke.* This includes the smoke that comes from the burning end of the cigarette and what comes out of the smoker's mouth.

- **How much you breathe in depends on the size of the enclosed space you are in, how close you are to the smoker and the number of cigarettes being smoked.**
- **Content of the smoke: 4000 poisons and toxins Same as the cigarette itself!**
- **Impact on non-smoker - same as smoker! Increased risk of severe asthma attacks, coughs, respiratory problem (like bronchitis and pneumonia), lung cancer, heart disease and strokes... to name a few.**
- **Impact on pets - increased risk of cancers heart disease and respiratory infections** (they groom themselves and swallow more of the pollutants).
- **Remember pets can't choose to leave a smoked filled area.**

Since the **ban on Smoking** in public places came into force, the **number of under 5's** admitted to hospital for **second-hand smoke** related illness has **greatly reduced.**

Remember: not smoking inside also reduces risk of fire.

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For additional resources and materials visit Health Promotion Access Catalogue, <http://hpac.fffe.scot.nhs.uk/>

SMOKE FREE CLASS COMPETITION

Suggested Activity ⑥

Class Debate:

**E-Cig or Vapes -
Good, bad or not sure?**



E-CIGS OR VAPES

POINTS TO CONSIDER

Product: Safe? Unsafe? Unsure?

- E-cigs or Vapes are the most common names.
- Operation - a battery passes a current through a resistance coil (the atomiser) which then comes in contact with a fluid. The heat from the coil generates an aerosol from the fluid, (without combustion) which is then inhaled by the user.

Purpose: Gadget?

- Reducing health harm / stop smoking aid? - No evidence to show that these products are more effective than Nicotine Replacement Products (NRT - patches, inhalator, lozenge etc).
- Replacement revenue for the tobacco industry? – E-cigarette companies are predominantly owned or been bought over by the tobacco industry.

Content: Safe? Unsafe? Unsure?

- No standard content - ingredients not controlled or Kite marked for safety.
- Normally includes a carrier liquid (propylene glycol or glycerine or both), nicotine (in varying strengths) and flavourings.
- Note: flavourings considered safe for oral consumption, may present health concerns when inhaled.

Dangers: Worth the risk?

- New product, no evidence on long term harm.
- Products not licensed therefore no control over content, production and safety.
- Could be a gateway to smoking tobacco and tobacco products.
- Young children could be poisoned through accidental consumption of nicotine cartridges.

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EFFECT OF SMOKING ON THE MIND

Mood

Dopamine is a naturally produced chemical in the brain and it is responsible for triggering a positive or happy feeling. Nicotine stimulates the production of dopamine but **over time this causes the brain to reduce natural production of dopamine** as it adapts to nicotine stimulating the production. Continuing to smoke affects the body's ability to produce dopamine naturally **resulting in the smoker needing to smoke more to experience the same effect.**

Sleep

Smokers' bodies absorb less oxygen than non-smokers because of damaged blood vessels causing them to feel tired but, due to nicotine addiction, smokers also experience **withdrawal symptoms which cause restlessness and difficulty sleeping.** When nicotine is absorbed it also **disrupts sleep patterns because it is a stimulant** and leads to increased heart rate, blood pressure and causes blood vessels to constrict.

Stress and Anxiety

Nicotine addiction causes the body to fall into withdrawal inbetween cigarettes. When in withdrawal the body craves nicotine and the **smoker becomes irritable, anxious and stressed as their body waits for more nicotine.** Many people think that smoking will reduce stress but the reduction of stress and anxiety is due to the addiction being met, **the cycle of addiction continues and anxiety or stress caused by withdrawal will return.**

For additional resources visit the Ash Scotland website, <https://www.ashscotlandmoodle.org.uk/>

Suggested Activity **7**

Class Research

1. How can smoking affect mental health? (consider mood, stress, anxiety and sleep)



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USEFUL WEBSITES

www.tobaccofreekids.org
www.thetruth.com
www.ashscotland.org.uk
www.bhf.org.uk/cbhf
www.youngscot.org
www.nhsfife.org
hpac.fife.scot.nhs.uk

**Fife Health
& Social Care
Partnership**
Supporting the people of Fife together



SMOKE FREE

Health Promotion Service

Haig House, Cameron Hospital
Cameron Bridge, Leven, Fife KY8 5RG

For further information contact Ella Chitalu on
01383 565158 or email fife-uhb.smokefreefife@nhs.net

The information provided is adapted with permission from
NHS Health Scotland Tobacco Facts: a resource pack for teachers, youth workers
and those working with children and young people on tobacco issues, 2008.

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