

Y-STEP

Young People

Smoking

Tobacco

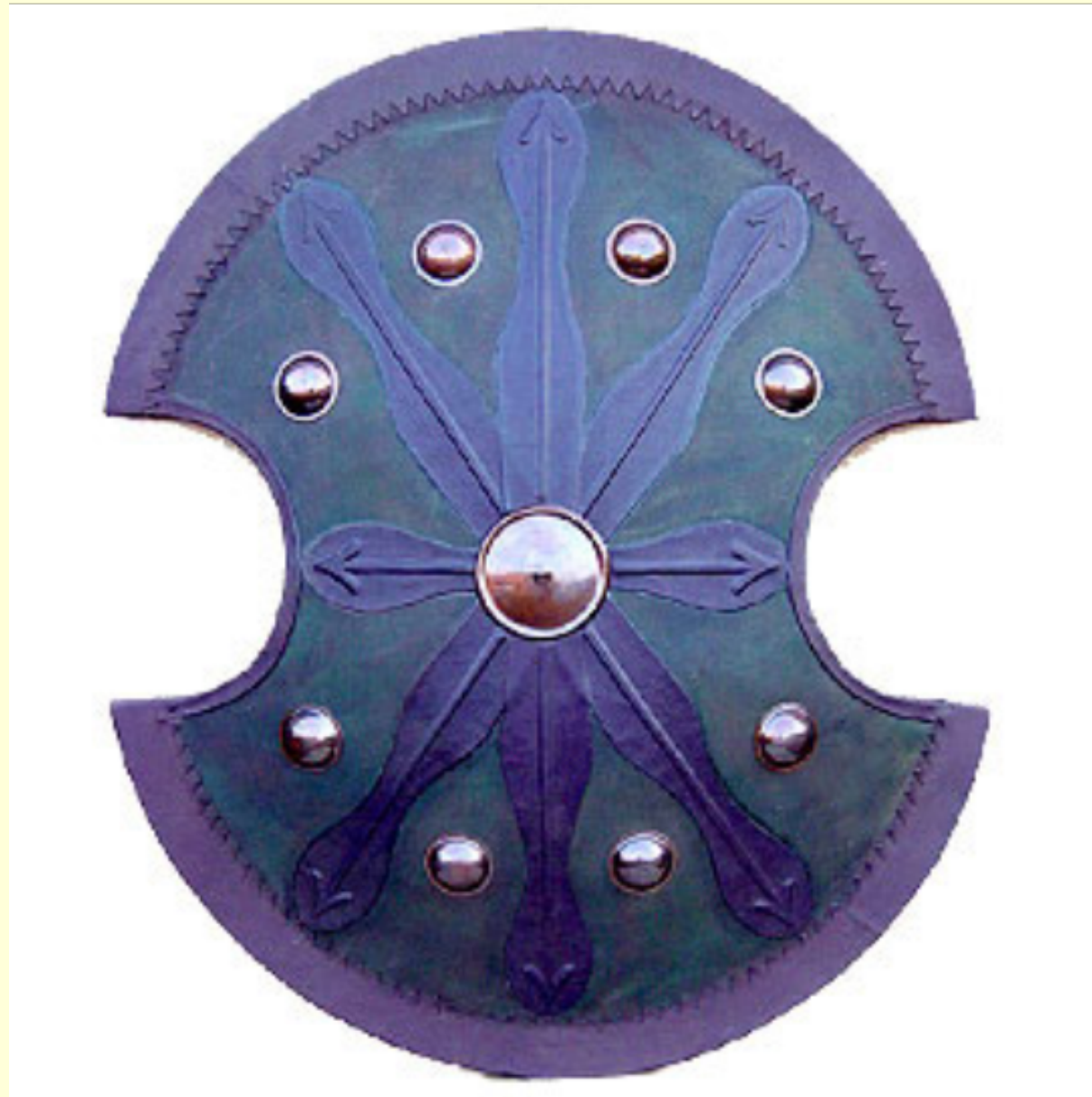
Education

Prevention

How can smoking
affect your body?

**HEALTH
WARNING!**





TASK

1. Make a team

2. Agree a name

TASK

1. Give your person a name
2. Write down all the things that smoking can do to your body on the sheet of paper, including possible causes of death
3. Choose one person to be the 'detective' who will report back all your answers to the group

CSI: Effects on the Body

Short-term effects

- Hair smells
- Stained Teeth and Bad Breath
- Yellow fingers
- Smoker's cough
- Eyes water
- Hands shake

Long-term effects

- Wrinkled skin
- Heart attack
- Lung, mouth, throat, bladder and stomach cancer
- Poor circulation, erectile dysfunction and gangrene: 95% of gangrene cases occur in smokers; erectile dysfunction

CSI: Effects on the Body

Possible Causes of Death:

- Biggest cause of preventable premature death in Scotland (13,000 per annum), 114,000 in UK (ASH Scotland 2010)
- Can take 16 years off an average 75 years' life expectancy
- 1:5 deaths from coronary heart disease (CHD) are attributable to smoking
- 84% of all deaths from lung cancer related to smoking (1-14 cigarettes per day = 8 times risk than non-smokers)
- 30% of all cancer deaths are attributable to smoking
- 80% of deaths from bronchitis and emphysema are attributable to smoking

Second and Third-hand Smoke

‘Secondhand Smoke’ contains more than 4,000 toxins containing more than 40 carcinogens*. It is made up of:

- 1. Mainstream smoke:** breathed in and out by other smokers
- 2. Sidestream smoke:** comes from the tip of a burning cigarette and makes up 85% of smoke in a smoky environment (mostly invisible) and contains a higher concentration of toxins than mainstream smoke

‘Third-hand smoke’ residual nicotine reacts with ambient nitrous acid (HONO) to form: carcinogenic tobacco-specific nitrosamines (TSNAs) which stick to clothes, fabric and surfaces and can then be absorbed by touch, breathing in or ingesting

Second and Third-hand Smoke

- Passive smokers inhale both 'sidestream' (from tip) and 'mainstream' (exhaled) smoke. Classified in USA as Class B human carcinogen
- Health effects = eye irritation, headache, cough, sore throat
- Non-smoker living with a smoker = 25% increased risk of lung cancer
- Children and infants particularly susceptible = pneumonia, bronchitis, coughing, wheezing, onset/worsening of asthma, ear infections, increased risk of cot-death
- > 17,000 children under 5 years admitted to hospital each year in UK; 50 a day in Greater Glasgow and Clyde

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Clued Up Quiz

1. Stay in your teams
2. Choose as many answers as you think are right
3. Nominate a team member to

Question 1

Smoking can cause:

1. Erectile dysfunction
2. The contraceptive pill to be less effective
3. Mouth and throat cancers

Answers: A, B and C

1. During an erection, veins which would otherwise carry blood away from the penis tighten up. If these veins are blocked by fatty deposits, or the valves in the veins that keep blood in the penis are damaged by the effects of smoking, the erection is harder to maintain.
2. Yes – the toxins in tobacco hinder the metabolisation of hormones
3. Yes – the toxins and heat damage delicate membranes when leaving the body as well as entering the body. Toxins also build up over time

Question 2

Nicotine from a cigarette reaches the brain
in

1. 7 minutes
2. 3 minutes
3. 14 seconds
4. 6 seconds
5. 7-10 seconds

Answer: A – 7-10 seconds

Question 3

People who start smoking:

1. May not realise they are experiencing the symptoms of addiction at first

B. May experience the symptoms of addiction before becoming weekly (or even daily) smokers

C. Will need more nicotine over time

Answers: A, B and C

Stages in Becoming a Smoker

Preparatory

(forming positive beliefs
about benefits of smoking)

Initiation

(experimental;
smoking
irregularly)

Maintenance of smoking habit

Regular Use

(addicted)

Addiction

- Inhaling tobacco smoke delivers concentrated dose of nicotine reaching the brain in 7-10 seconds
- **This releases two chemicals (noradrenaline and dopamine) which both act as stimulants**
- Symptoms of nicotine addiction occur very quickly – before becoming a weekly (or possibly daily) smoker
- **Novice smokers may not recognise signs of dependence**
- Over time, smokers need greater amounts of

Question 4

Smoking can cause:

1. Stinky breath
2. 'Muffin Tops' or fat around the waist
3. Everyone to fancy you loads
4. Cancer of the bladder
5. Gangrene

Answers: A, B, D and E

1. Stinky breath

2. 'Muffin Tops' or fat around the waist

D. Cancer of the bladder

E. Gangrene

Question 5

Passive smokers inhale

1. Sidestream smoke (the smoke from the tip of the cigarette)
 2. Mainstream smoke (which smokers inhale then exhale)
- C. Third hand smoke – the residue left on clothes, furnishings, walls

Answers: A, B and C

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Question 6

“Smoking helps your body deal with stress”

A. True

B. False

Answer: B, false

Question 7

Ways you can deal with stress might include:

1. Talking to someone you trust
2. Taking a deep breath in slowly through your nose- to the count of ten, and exhale slowly through your mouth
3. Dancing
4. Focusing on the things you have done well

Answer: All of these

Laughter

- Releases chemicals that make you feel good
- Stimulates your immune response
- Oxygenates your blood
- Lowers heart rate and blood pressure
- Boosts circulation
- Relaxes muscles

Question 8

If you spent £6.50 on 20 cigarettes every day, you'd spend enough in a year to buy:

1. A house

B. A brand new car

C. Flights, an hotel and spending money for a weekend break to New York for 4 people

Answer: C, Flights, an hotel and spending money for a weekend break to New York for 4 people!

Question 9

Which of these is an ingredient in some cigarettes?

- 1. Whale vomit
- B. Dog hair
- C. Cow saliva
- D. Chicken feathers

**Answer: A, Whale Vomit or
Ambergris**

Question 10

Which TV soap has never shown smoking?

1. Emmerdale

2. Hollyoaks

3. Eastenders

4. Coronation Street

Answer:
B. Hollyoaks

Question 11

Which of the following are offences which you or others could be prosecuted or fined for

1. Attempting to buy or buying cigarettes if you are under the age of 18

B. Someone attempting to buy or buying cigarettes for you if you are under 18

C. Smelling of cigarette smoke

Answers: A and B

Changes in the Law from 2011

Tobacco and Primary Medical Services (Scotland) Act 2010 (Part 1):

New Offence 1. Sale of tobacco products or cigarette papers to persons under 18

- Maximum penalty £2,500

New Offence 2. Purchase or attempted purchase of tobacco products or cigarette papers by persons under 18

- Maximum penalty £200

New Offence 3. Purchase or attempted purchase of tobacco products or cigarette papers on behalf of persons under 18

- Maximum penalty £5,000

New Offence 4. Failure for someone under the age of 18 who is in possession of tobacco products or cigarette papers in a public place to comply with a request from the police to surrender these items or to supply a name and

What Can You Do?

Contact Kevin or Sarah at Trading Standards

- Chesser House, 500 Gorgie Road, Edinburgh, EH11 3YJ
- Tel: 0131 529 3030
- Email: trading.standards@edinburgh.gov.uk

If you are young, a smoker and
would like confidential help and
support to stop

TXT – STOP SMOKING to 07969 530 266:
Groups, 1-2-1, NRT

www.canstopsmoking.com

Smokeline: 0800 848484

Finding out for Yourself

www.thetruth.com

www.d-myst.info

www.atyc.roycastle.org

www.w-west.org.uk

www.chillyoislamyo.com/cigarettes-and-hookah-is-it-the-same-thing/

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**Thank you and
well done**