

Y-STEP

Young People

Smoking

Tobacco

Education

Prevention



Learning Intentions:

- To investigate the impact that smoking and secondhand smoking can have on a person's and others' health, future life choices and options
- To raise awareness of some of the negative and serious physical, mental, emotional and social and legal consequences of smoking and secondhand smoking
- To identify who can help us and where we can get information from
- To investigate and reflect critically on how many young people actually smoke

Memories of Tobacco

What is Secondhand Smoking?

Formerly known as 'passive smoking'.

Secondhand smoking means involuntarily breathing in other people's tobacco smoke.

Every time someone smokes around a child that child is smoking too.

Secondhand smoke (**SHS**) is often referred to as Environmental Tobacco Smoke (ETS).

SHS is Made up of Two Types of Smoke

- **Mainstream smoke** – breathed in and out by smokers.
- **Sidestream smoke** – from the burning tip of a cigarette or cigar.

Sidestream smoke is invisible, and accounts for 85% of the smoke in a smoky environment and contains higher concentrations of toxins than Mainstream smoke. ⁴

Short Term Exposure to SHS Causes:

Headache

Sore Throat

Nausea

Dizziness

Coughing

Eye Irritation

30 minutes exposure to secondhand smoke reduces the coronary blood flow in a fit and healthy adult – imagine the effects on a child!⁵

SHS Increases the Risk of:

Heart Disease

Vascular Disease

Stroke

Lung Cancer

Chronic obstructive airway disease

ASH estimate that 12,000 UK non-smokers die each year as a result of SHS.⁶

This is triple the number killed in road traffic accidents.

SHS and Children

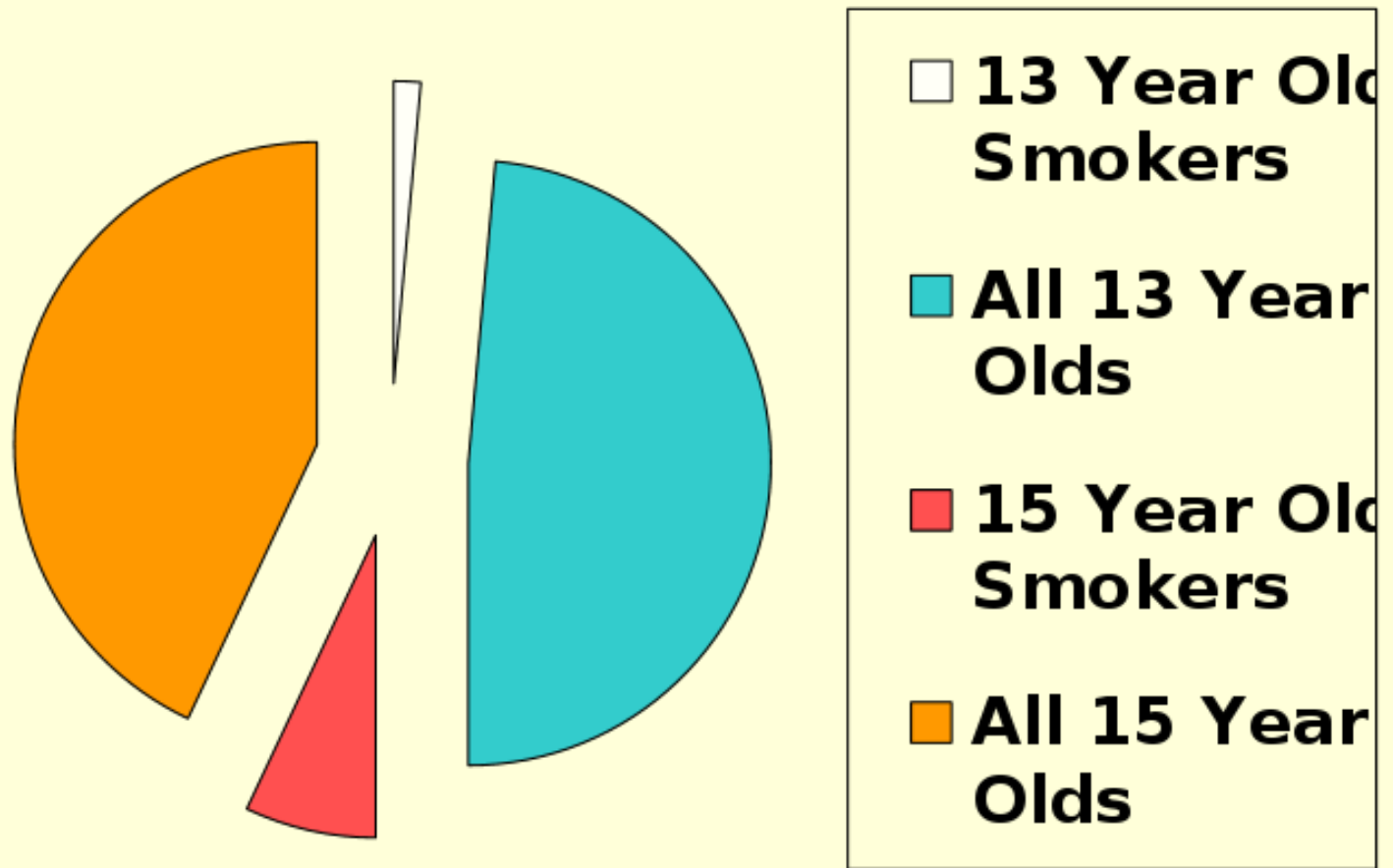
42% of British children are exposed to secondhand smoke within the home.⁷

Children are more susceptible to the effects of secondhand smoking, because their respiratory organs are still developing; they breathe more rapidly and so absorb more of the toxic chemicals.⁸

Smoking in the City of Edinburgh

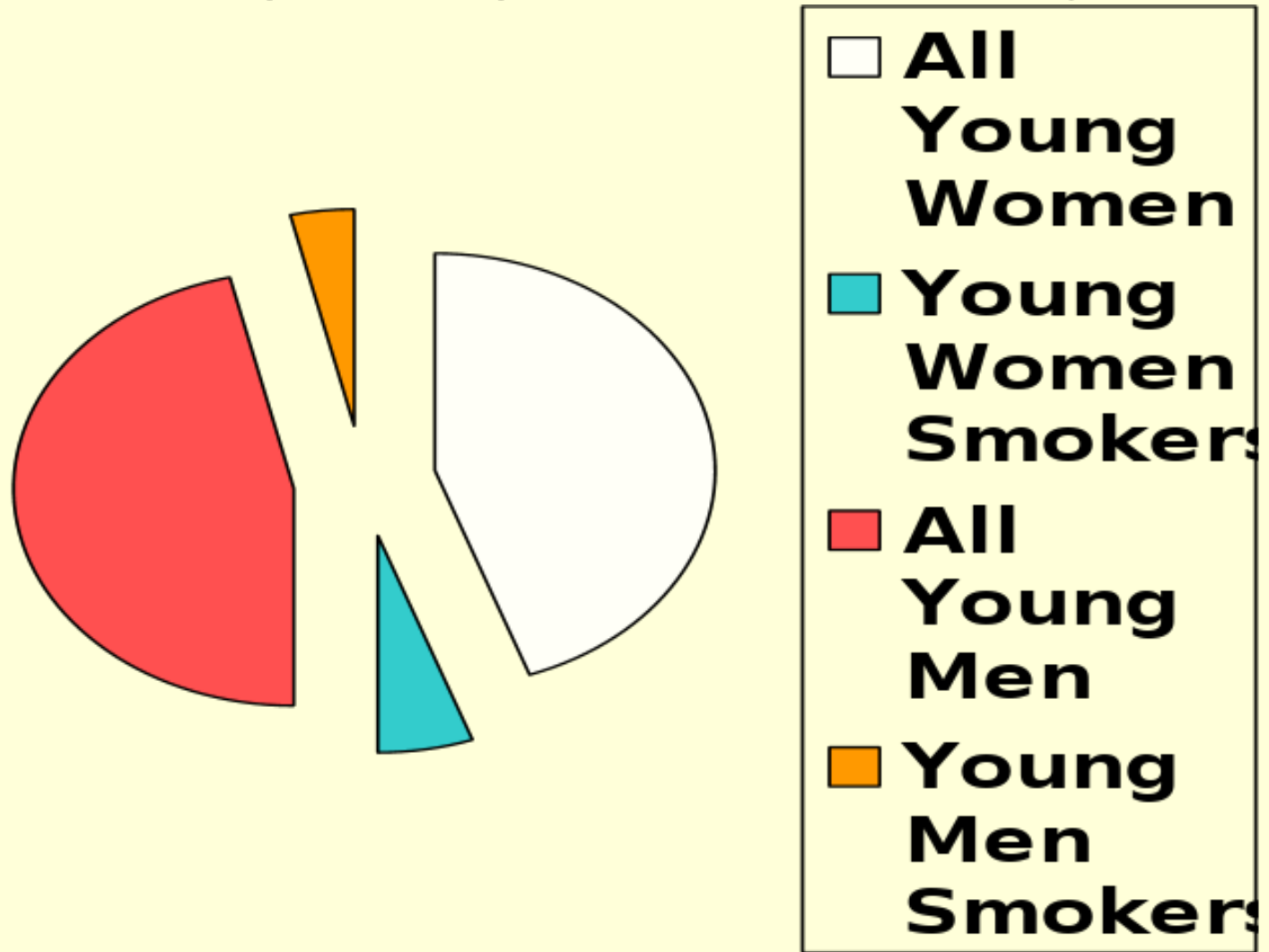
Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

City of Edinburgh: Regular Smokers by Age



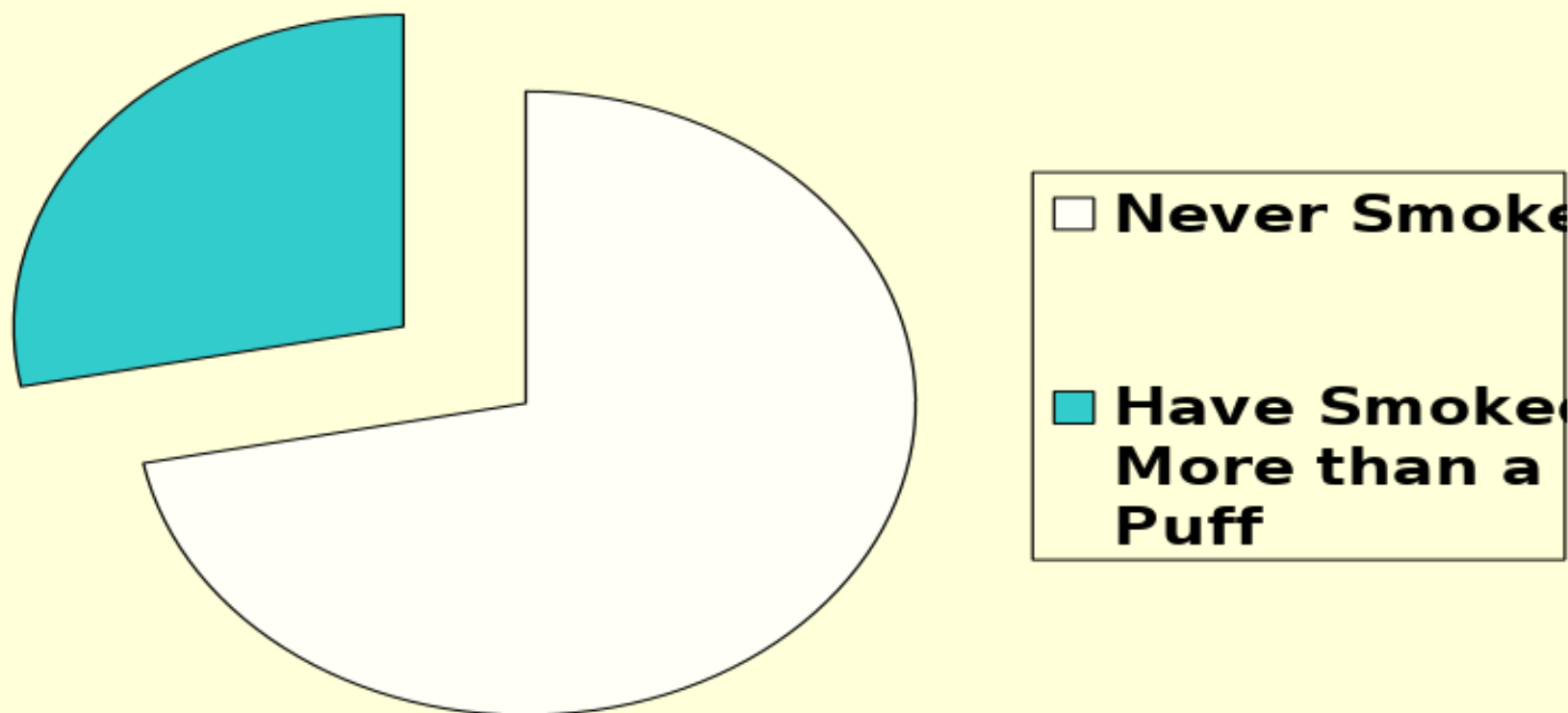
Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

City of Edinburgh: Regular Smokers by Gender



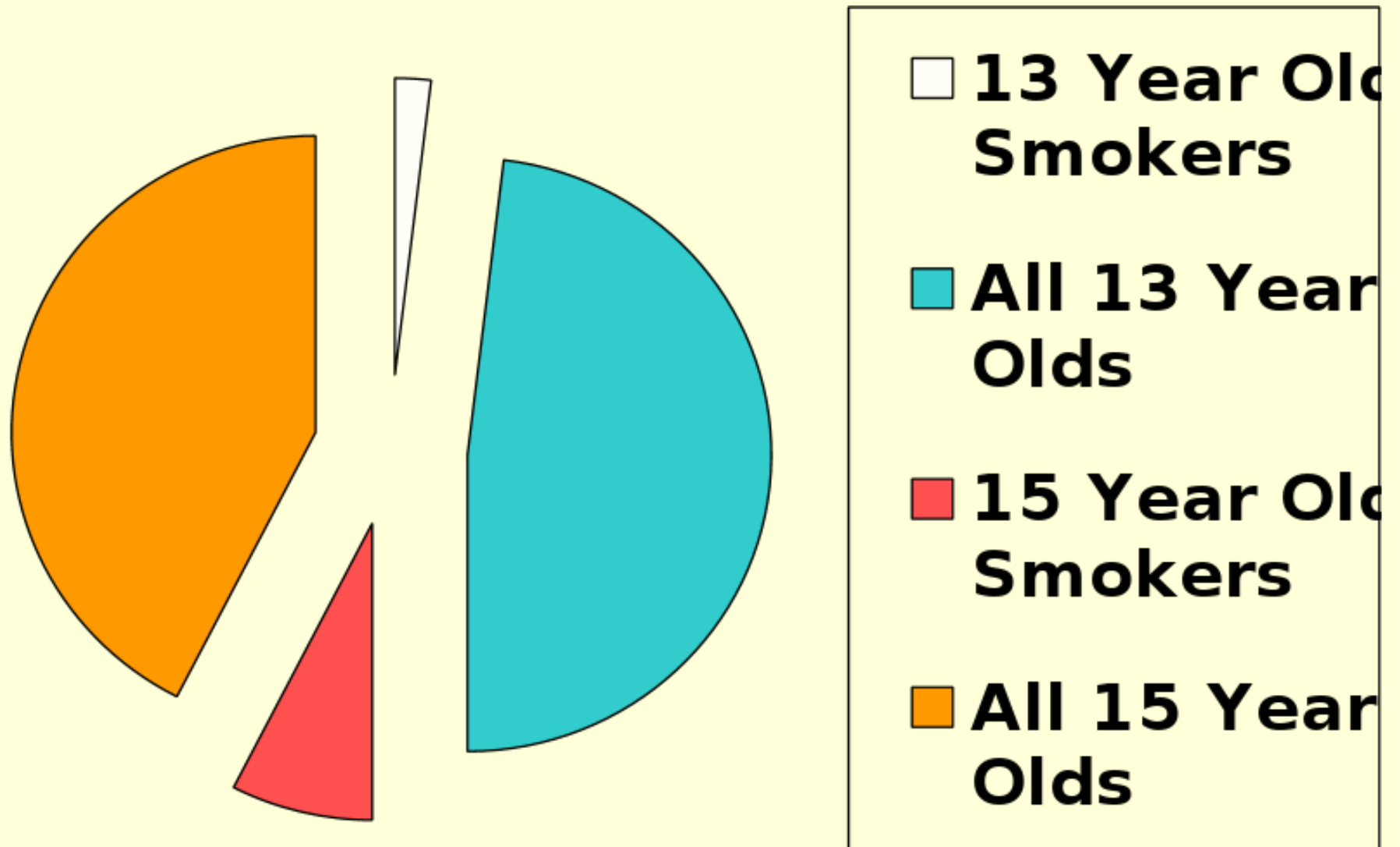
Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

City of Edinburgh 13 year olds :Never Smoked



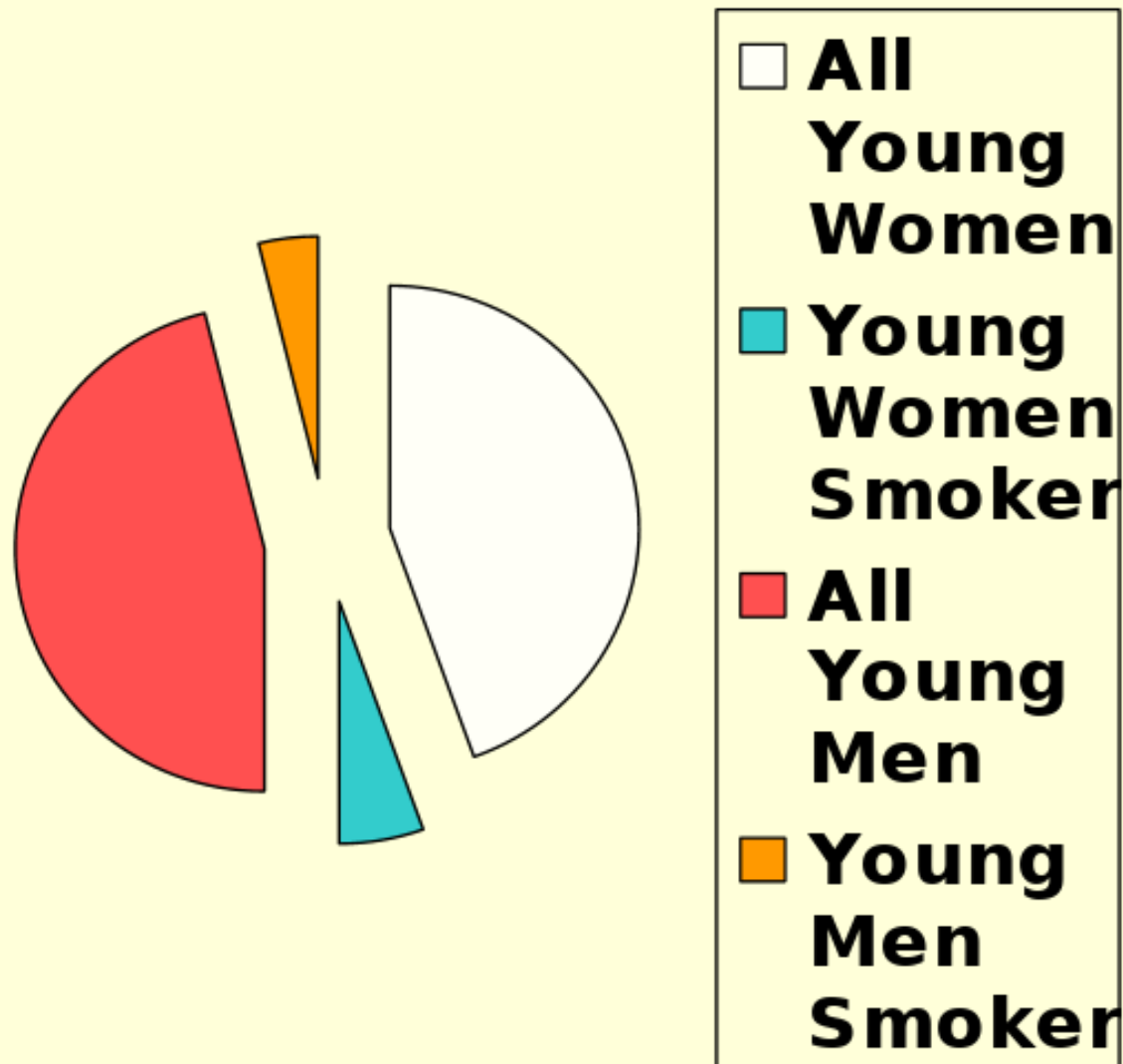
Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

Scotland: Regular Smokers by Age



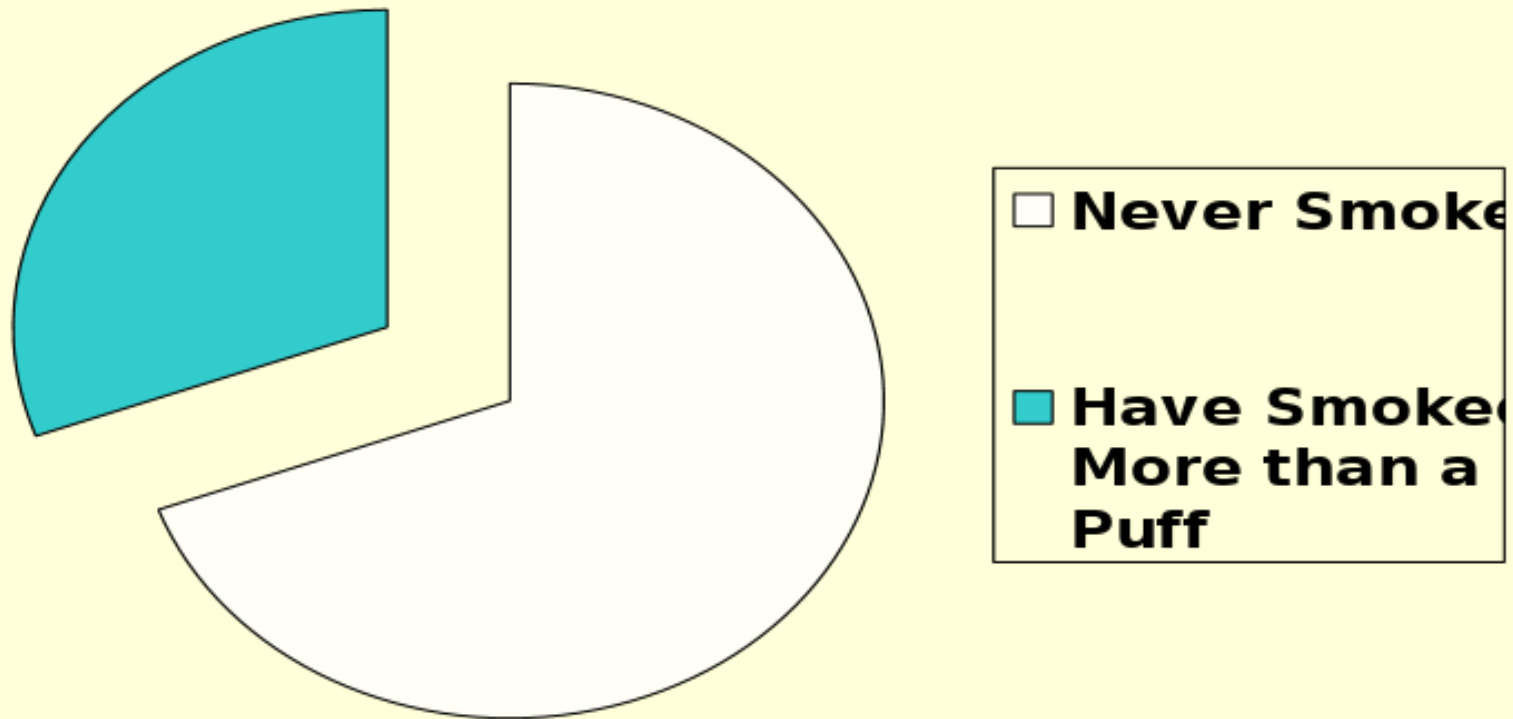
Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

Scotland: Regular Smokers by Gender



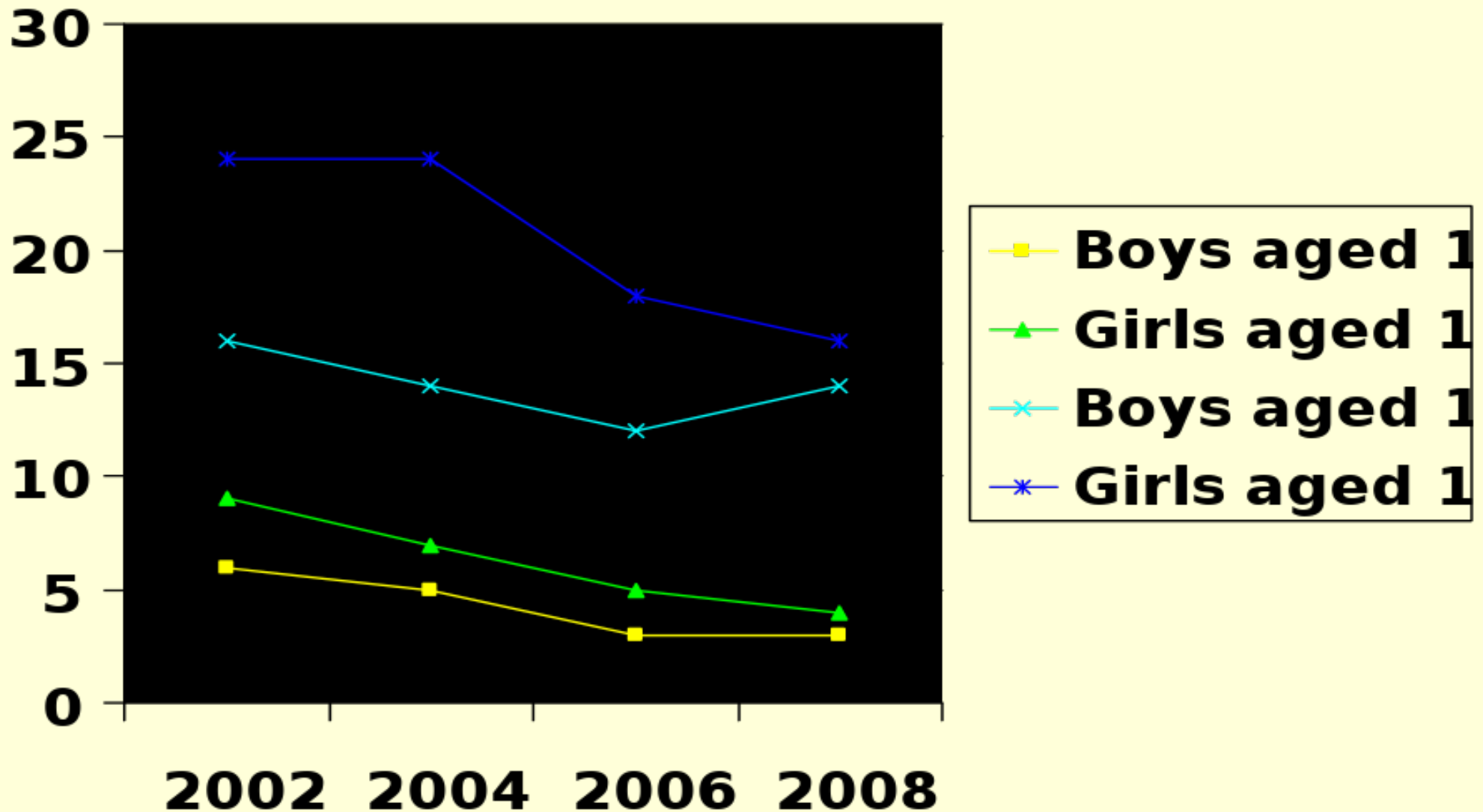
Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

Scotland 13 year olds: Never Smoked



Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

Scotland: % Regular Smokers 2002-2008



Firhill Helpsheet

- Choose up to 3 facts about smoking or second hand smoking
- Choose what you think are the most useful contacts from the 'sources of help' factsheet you helped to create in the last lesson
- Design and create your own '**Firhill Helpsheet**' for young people, choosing a few facts in health effects and showing where they can find information and support and Stop Smoking Services

THANK

YOU