

# Y-STEP

**Y**oung People

**S**moking

**T**obacco

**E**ducation

**P**revention



# 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. <sup>4</sup>

# 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!<sup>5</sup>

# **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.<sup>6</sup>

This is triple the number killed in road traffic accidents.



# SHS and Children

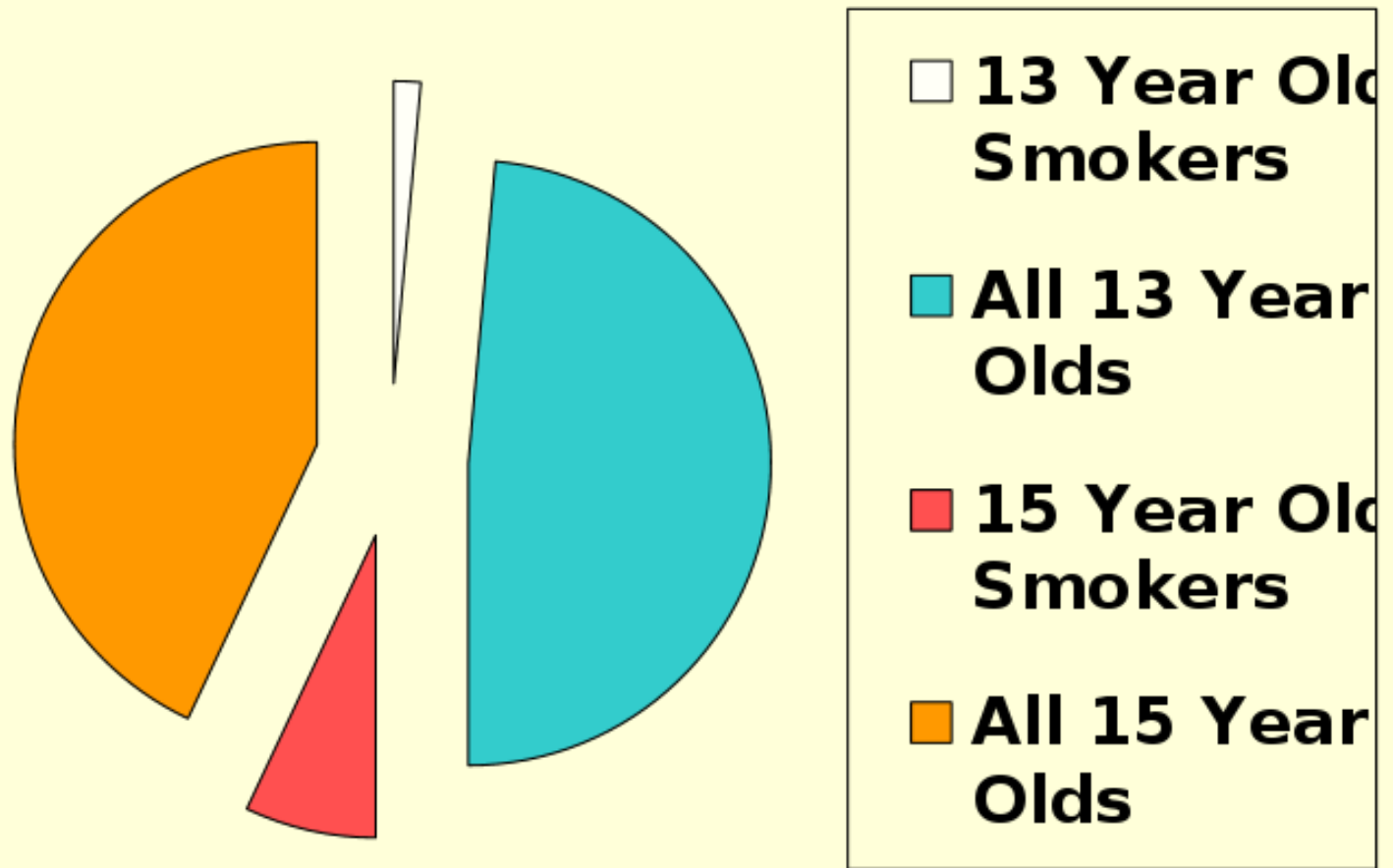
42% of British children are exposed to secondhand smoke within the home.<sup>7</sup>

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.<sup>8</sup>

# Smoking in the City of Edinburgh

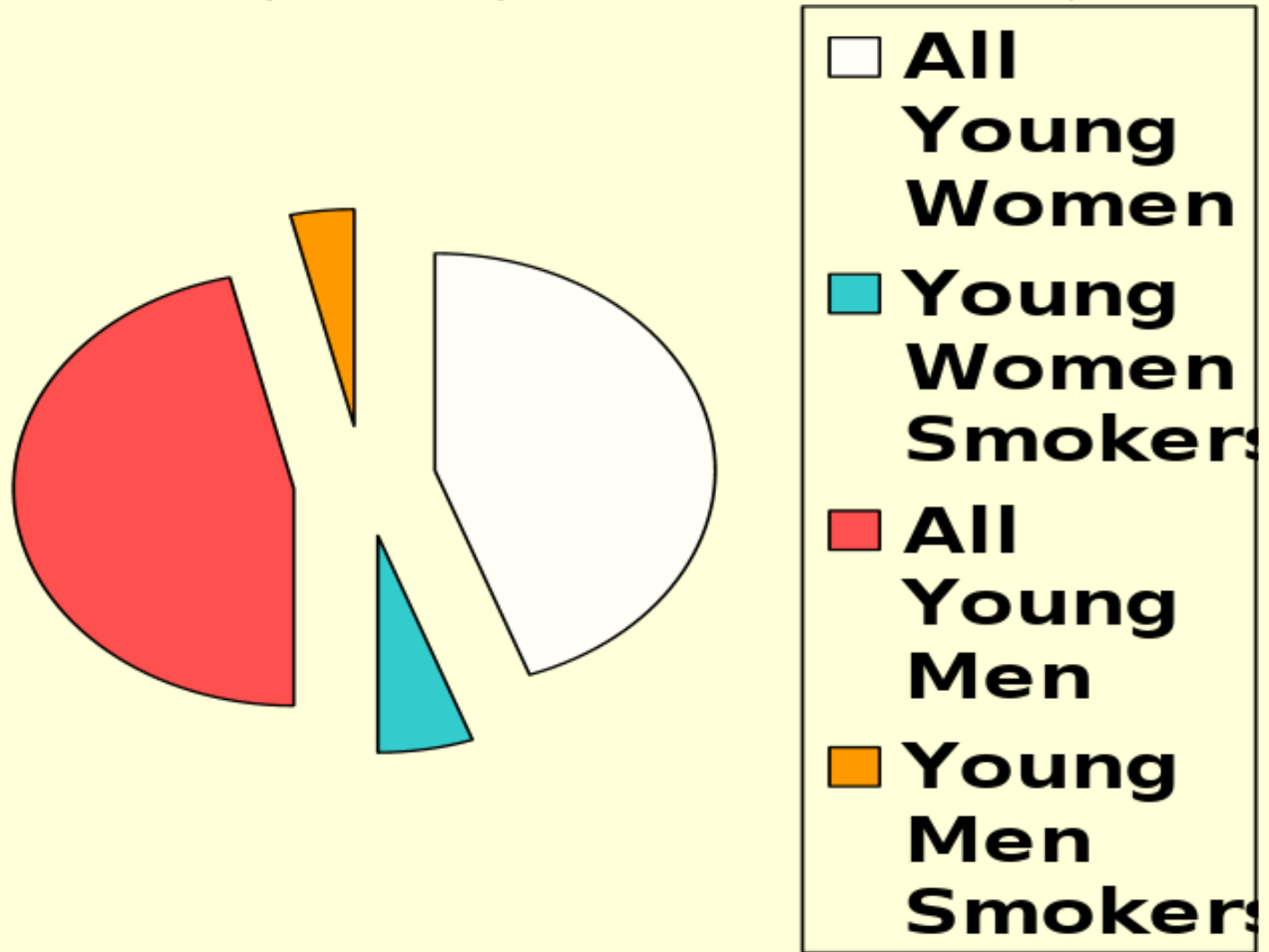
# Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

## City of Edinburgh: Regular Smokers by Age



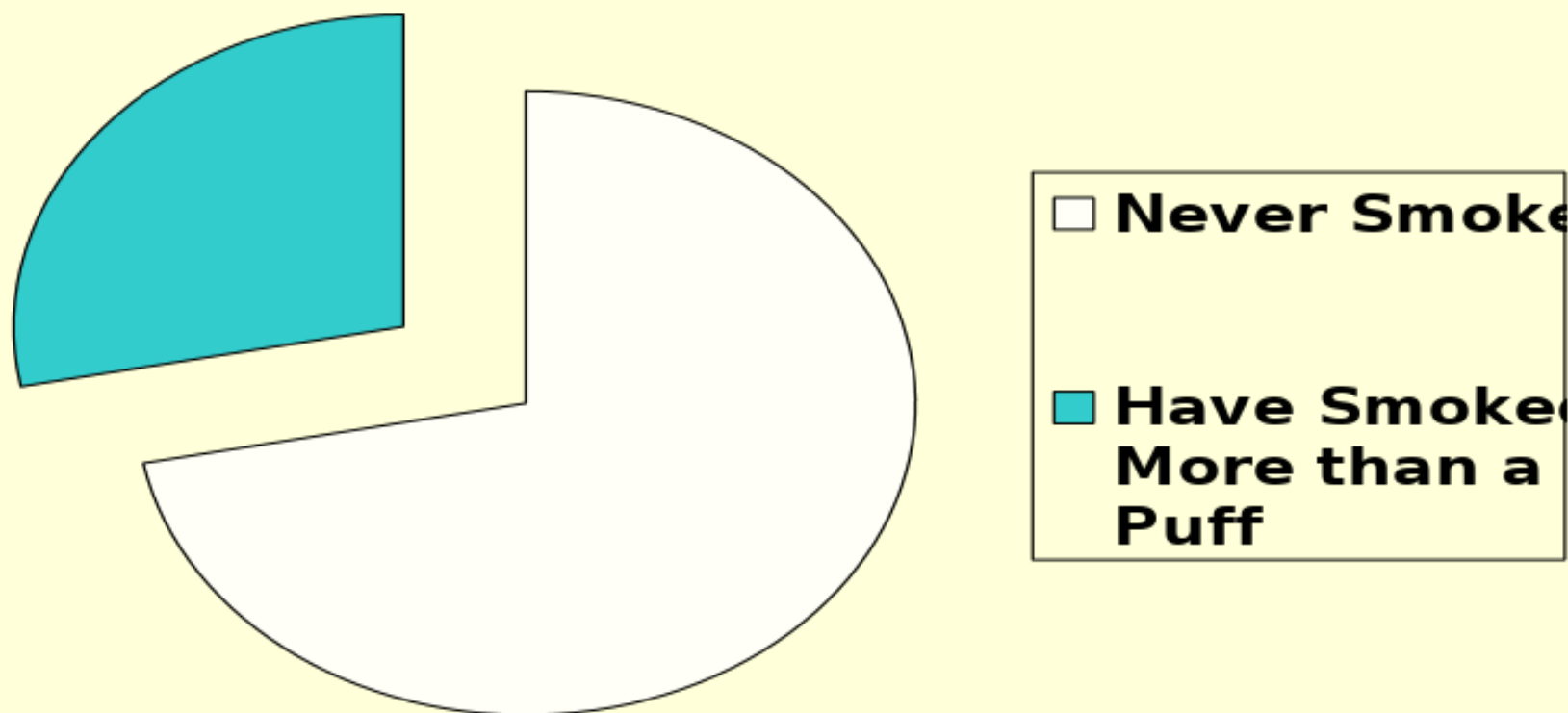
# Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

## City of Edinburgh: Regular Smokers by Gender



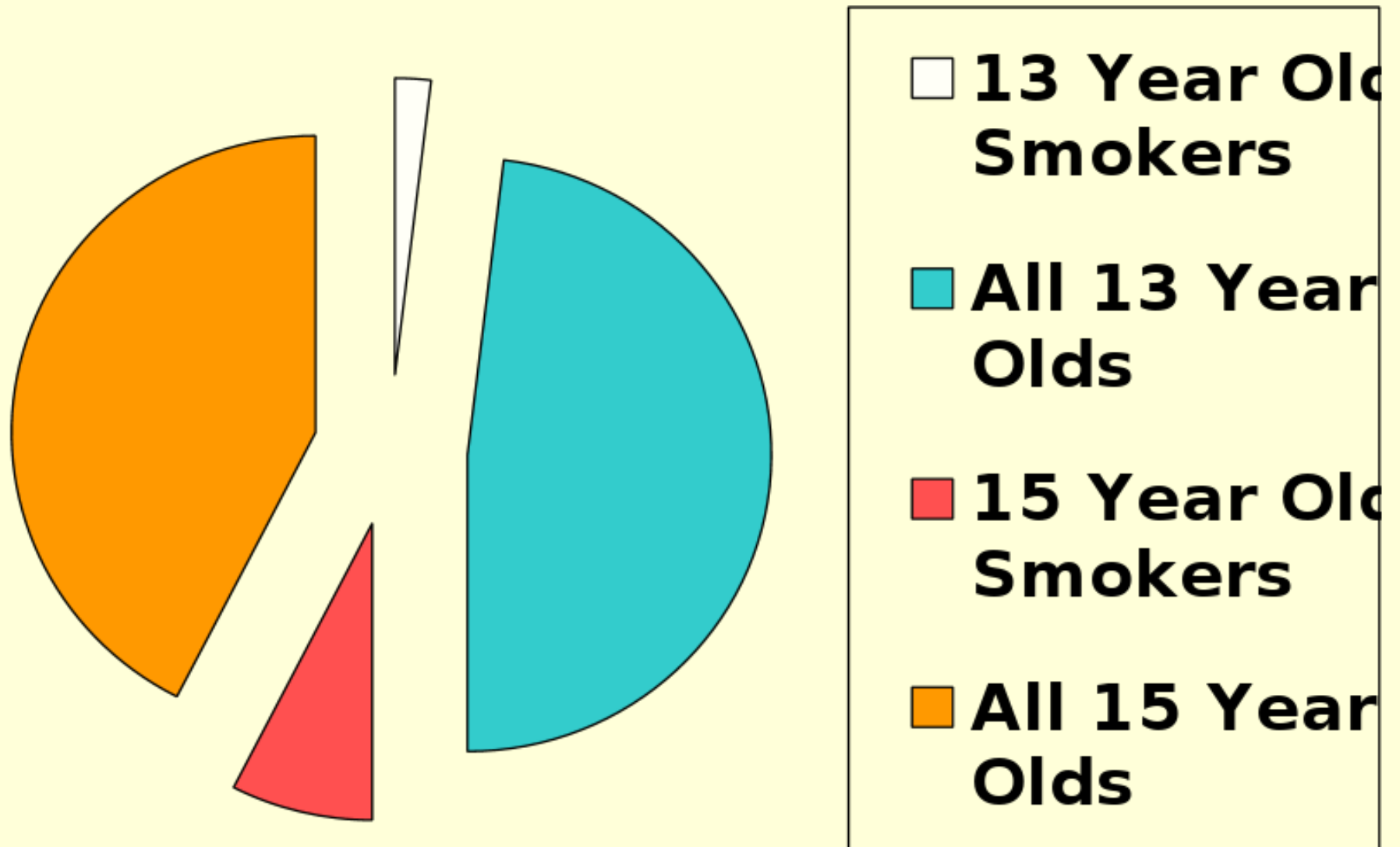
# Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

## City of Edinburgh 13 year olds : Never Smoked



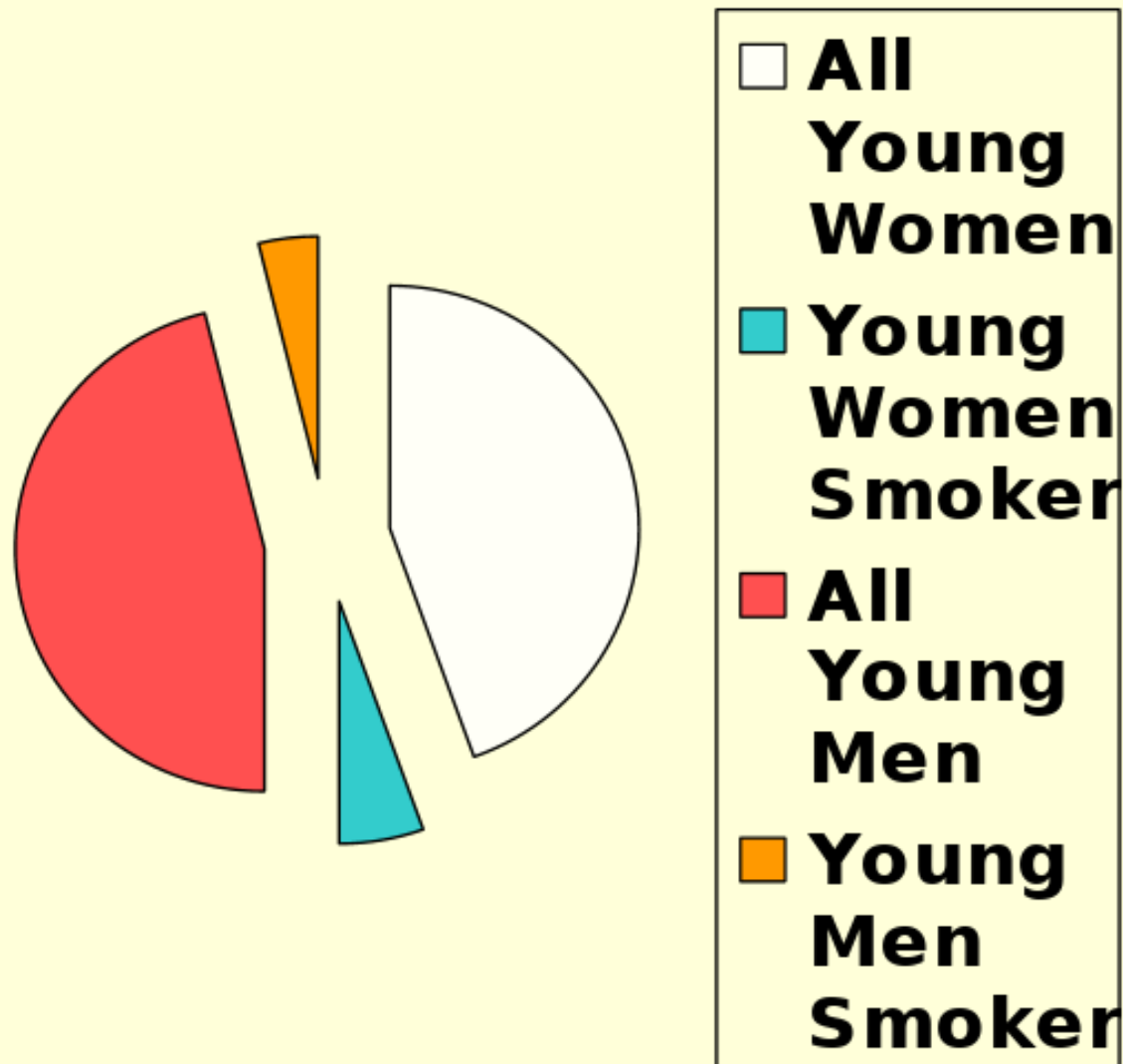
# Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

## Scotland: Regular Smokers by Age



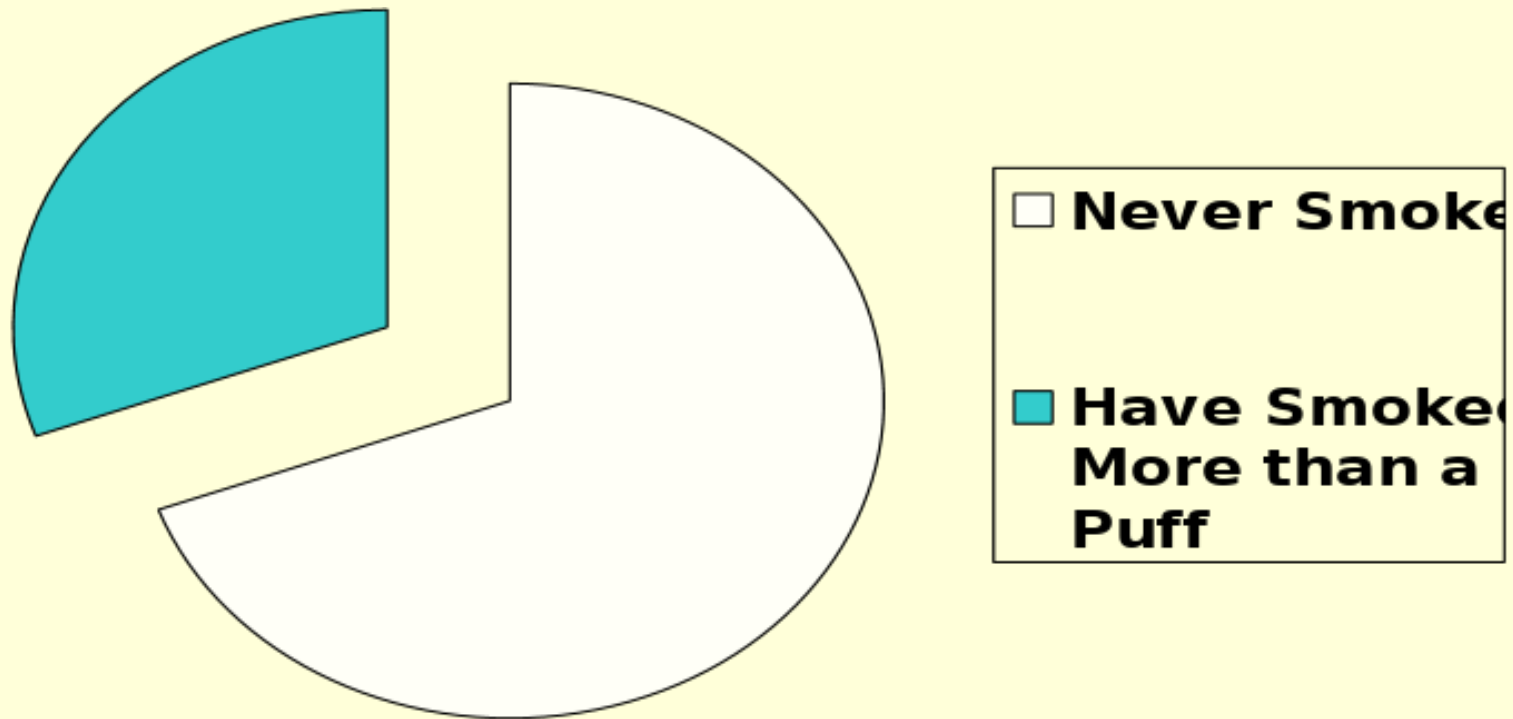
# Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

## Scotland: Regular Smokers by Gender



# Scottish Adolescent Lifestyle and Substance Use Survey 2006 (SALSUS)

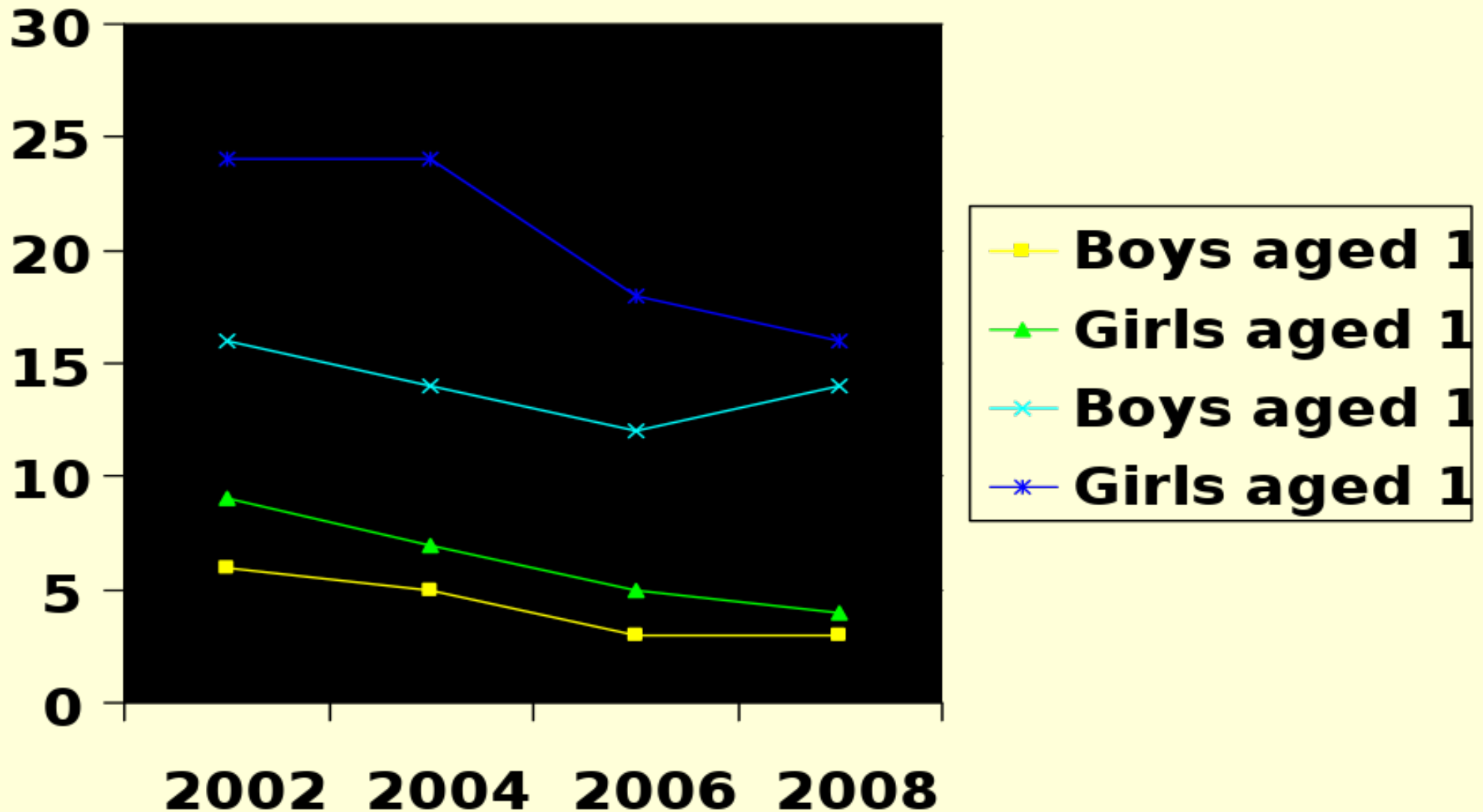
## Scotland 13 year olds: Never Smoked





# 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**