

Substance Use Education

Stage: Second	Lesson: How Does Smoking Affect The Body?
Expected national standards for each level: Gives examples of what can happen to the body as a result of smoking tobacco or drinking alcohol. Knows the recommended alcohol intake advice.	
Substance Misuse Experiences and Outcomes: HWB 2-38a I understand the effect that a range of substances including tobacco and alcohol can have on the body.	
Resources Required for Lesson: Drawing materials	
Introduction Activity: What do we need to put into our bodies in order to live? <ul style="list-style-type: none"> • Food • Water • Oxygen Main Activities: In groups get children to draw a body outline and explain how oxygen and food get into the body. Discuss and explain the functions of: <ul style="list-style-type: none"> • Windpipe • Lungs • Blood Tubes – Arteries / Capillaries / Veins • Food Tube • Stomach • Intestines 	
Discussion: When a person smokes, which part of the body does it affect? What happens? Why does a person smoke if they know it is harmful? Points to include in discussion: Addiction – that nicotine in cigarettes is a drug which affects the brain. Persuasion – being persuaded to start or carry on smoking by other people, including friends sometimes. In groups, discuss the long and short term effects of smoking:	

Short-term:

- Bad Breath
- Smelly Clothes and Hair
- Coughing
- Watery Eyes
- Feeling Sick or Dizzy
- Spending Money
- Becoming Addicted

Long-term:

- Breathing Problems
- Heart Problems
- Poor Circulation
- Lung Problems
- Spending a Lot of Money
- Being Addicted
- Cancer risk

Relate back to making healthy choices from previous lesson. Is smoking a healthy choice? Recap on effects of smoking.