

Smoke's No Joke – Key Stage One

How smoking affects the body

If you want to stay healthy, then smoking cigarettes isn't a good idea.

Smoking can make people feel poorly. It makes them cough and wheeze.

Cigarette smoke doesn't smell very nice and it sticks to hair, clothes and even your skin.

People who smoke suck their mouths in when they have a cigarette and eventually they stay like this and their skin goes all wrinkly.

Cigarettes contain yucky chemicals that turn your fingers yellow and your teeth brown and it is difficult to wash off.

Dad in his pants body illustration

Heart

My heart has to work much harder than it would if I didn't smoke.

Lungs

Smoking makes it harder to breath, so I get out of breath really quickly and cough a lot.

Brain

Cigarettes play tricks on my brain to get me to smoke more and more.

Eyes

The smoke from my cigarette sometimes gets into my eyes and makes them sting

Face (skin)

If I keep on smoking, I'll get lots more wrinkles and will lose my handsome good looks!

Hair

I don't like my hair smelling of stinky cigarette smoke.

How cigarettes change the world we live in

Where we live, all the places we like to visit, where we go to school, where we play and where grown-ups go to work is called **our environment**.

Smoking changes our environment in lots of different ways.

It makes **scruffy litter** on our streets, at the seaside and in the countryside.

It sends **nasty chemicals** and **smelly gases** into the air we breath. This is called **pollution** and we notice it most when someone smokes a cigarette in our home or in the car we are travelling in.

The factories that make cigarettes end up with **piles of rubbish** to get rid of.

In some countries, lots of **trees are cut down** to make space for growing and drying the tobacco leaves that make cigarettes.

Fire safety

Keeping your home safe

There are lots of things you can do to help keep your home safe

The best way to keep your home safe is to have a smoke alarm downstairs and another smoke alarm upstairs.

A smoke alarm lets off a loud noise if smoke goes near it to warn everybody in the house that there might be a fire.

Smoke alarms have a big red button to push to check that the batteries are still ok and that they are working.

Ask a grown up to check the smoke alarms in your house once a month.

Remember to **'Push my button'**.

If you hear me beep, I'm protecting you. If you don't hear me beep, my batteries need changing.

What else can I do to keep my home safe?

House fires don't happen very often, but everybody in your home needs to know what to do if this does ever happen.

Ask your parents/carers to decide what is the safest thing to do and to tell everybody who lives in your house.

If someone smokes in your home, you can also remind them to make sure that the end of the cigarette has stopped burning completely before they put it into the rubbish bin. This will be a long time after they have put the cigarette out in an ashtray.

Where does cigarette smoke go?

What happens to the smoke that comes out of a cigarette?

The person who is smoking the cigarette sucks a lot of this smoke in to their body, and the rest goes into the air.

Other people breathe in some of this smoke in the air. This includes everyone who is near to the person smoking the cigarette.

If someone is smoking in a car, this means all of the other people and any animals travelling with them in the car.

If someone is smoking inside a house, some of the smoke in the air sticks to things like walls, carpets and even toys and books. This happens even if there's a window open.

What are cigarettes?

Joe Smirkin knows everything about cigarettes and smoking because he's been on 'smokesnojoke.com' He knows some kids who smoke – he doesn't think it's cool and neither do his friends.

Joe knows the basic stages involved in creating and smoking a cigarette:

1. They take dead leaves and chop them up.
2. They mix lots of yukky things in with the leaves, like vinegar and nail varnish remover.
3. They stuff the mixture into tubes made of paper – that's a cigarette.
4. People put cigarettes into their mouths and set fire to the other end.
5. When the cigarette starts to burn, the person smoking it sucks the smoke into their lungs.

Joe explains all of this to his friend Nick. Nick thinks it must be a joke!

Nick "You've got to be joking – it's a paper tube, stuffed with dead leaves and yukky stuff and you put it in your mouth and set fire to it and swallow all the stinky smoke?"

Joe "Yep, you've got it in one Nick and I'm not joking, that's smoking."

Mum "He's right Nick, and I'm really glad you both understand why smoking is not a good idea."

Who smokes?

Only grown-ups (people who are 18 years old or more) can buy cigarettes, but they're not allowed to smoke in places like cinemas, swimming pools, café's, or on buses or trains.

Grown-ups are not allowed to smoke at work and that includes everyone, your teachers, doctors and nurses, sports coaches, and your parents/carers too.

You may hear grown-ups talk about wanting to stop smoking and wonder why?

Patch knows lots of really good reasons to stop smoking. See if you can help him spot some of them in this word search.

Smoke's No Joke - word search

burns money smelly unhealthy
 cough poorly smokey wheezy
 kids quit stop please wrinkles

u	n	h	e	a	l	t	h	y	o	j	x
f	s	m	e	l	l	y	g	i	b	z	s
g	i	r	l	h	s	r	a	q	u	i	t
d	f	l	w	h	e	e	z	y	r	m	o
p	o	o	r	l	y	i	d	u	n	c	p
r	b	n	i	m	w	f	a	t	s	d	p
o	f	x	n	d	t	a	c	h	i	w	l
s	m	o	k	e	s	n	o	j	o	k	e
b	o	y	l	r	e	u	u	c	n	i	a
n	n	d	e	l	h	p	g	x	i	d	s
m	e	l	s	d	r	e	h	g	l	s	e
r	y	g	a	s	m	o	k	e	y	p	r

Did you spot smoke's no joke too?

Most people don't smoke

There are twice as many people who don't smoke, as there are people who do smoke and it's very unusual for children to smoke.

Stop smoking

You might hear grown-ups say that it is difficult for them to stop smoking, even though they really want to stop.

That's because the stuff that cigarettes are made of make you want to smoke more and more. A bit like how you know that eating too many sweets is bad for you, but you still want to eat more and more.

Of course, it's best never to start smoking but the good news is that it's not impossible to stop.

Lots of people stop smoking every day and people like Doctors can help.

If you know someone who wants to stop smoking, let them know about Smoke's No Joke, it will tell them where to go for help and who to talk to.