

THE CRITICS' CHOICE

Activity Two The bigger issue

1. What are the some of the reasons people choose to smoke?

2. What are the some of the reasons people choose **not** to smoke?

3. What reasons do people have for wanting to quit smoking?

4. What would be the major barriers to quitting smoking?

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5. What is the difference between 'physical addiction' and 'psychological addiction' and what role would both of these play in quitting?

6. What strategies do you think would be most effective in persuading young people

- a) not to take up smoking
- b) to quit smoking

7. Investigate the health effects of smoking and use your findings to complete the following table:

Immediate health effects of smoking	Long term health effects of smoking

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8. Investigate whether the health effects of smoking are the same for young people as for adults.

9. Why have smoke free laws been introduced?

10. How effective do you think the tobacco laws are? Give evidence (e.g the banning of smoking in cars carrying people under 18 years).

11. What are the barriers to these laws not being followed?

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12. Imagine you are a restaurant owner. Explain the steps you would take to ensure the smokefree laws are enforced in your restaurant? Eg: physical layout of your restaurant, signage, staff briefings, notice to customers, etc.

13. What steps have been taken in Australia to reduce the number of people smoking?

14. Imagine you are a smoker in your first week of quitting. Write a diary entry to describe how you are feeling and the reasons behind your decision to quit.
