

THE CRITICS' CHOICE

Activity Three Fact versus Fiction

Instructions

1. Teacher or student leader reads each statement out loud to the class.
2. Students decide whether they believe the statement to be true or false.
3. Two opposing sides of the room are designated as 'True or False' areas.
4. Students move to the area which represents their response to the statement.
The correct response is then read out.

Activity

Statement	True/False	Answer
Smoking causes ten different diseases	False	Tobacco smoke has many different effects on health. It causes or is associated with over forty different diseases or conditions, including cancer, emphysema, heart disease and stroke. A single disease may be caused by several different chemicals in cigarette smoke.
Cigarette smoke has seven thousand chemicals	True	Cigarette smoke is a complex mixture of over 7000 chemicals. These chemicals are present as: <ul style="list-style-type: none">• gases, such as carbon monoxide and hydrogen sulphide• volatile organic compounds (VOCs), such as benzene, acetone and hydrogen cyanide• part of tiny solid particles, such as nicotine and naphthalene.

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Statement	True/False	Answer
Weaker tasting cigarettes are better for you than normal cigarettes	False	Weaker tasting cigarettes, often labelled 'smooth' or 'fine' cigarettes, are not less dangerous than regular cigarettes. There is no evidence that smokers of smooth or fine cigarettes have less risk of smoking-caused diseases than smokers of other cigarettes.
Smokers are less likely to catch the flu than non-smokers	False	Smokers are more likely to catch the flu and other illnesses, and tend to have more severe symptoms. Even young smokers have more coughs, phlegm, wheezing and chest infections than non-smokers. In the months after quitting, your immune system improves and becomes better at fighting infection.
Tobacco kills nearly 2 million people worldwide each year.	False	More than 5 million people die each year from smoking related illnesses including cancers, heart diseases, lung diseases and strokes.
Quitting smoking can make you less stressed	True	Within a few months of quitting, most people feel less stressed than when they were smoking.
Only manufactured packaged cigarettes can produce secondhand smoke	False	Since most tobacco is smoked in the form of cigarettes, cigarettes are the major source of secondhand smoke. All types of smoked tobacco products, including cigars, pipes, waterpipes, kreteks and bidis, produce secondhand smoke.
A pack a day smoker could save \$4000 a year if they quit	False	A pack a day smoker could save \$8000 in a year! That could take you to Europe and back!

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Statement	True/False	Answer
Smoking causes loss of eyesight	True	Toxins in tobacco smoke damage the cells in your eye, slowly killing them. They also change the blood flow in the eye and make it harder for the eye to get rid of waste products around the retina. As these waste products build up they interfere with the supply of nutrients to the retina.
Smoking can lead to a nicotine addiction	True	Addiction to nicotine is a major reason for remaining a smoker. In general, smokers will absorb between 0.3mg to 2mg of nicotine per cigarette: the average dose is about 1 mg to 1.5 mg per cigarette. Most cigarettes are designed by tobacco companies to deliver as much nicotine as the smoker needs to maintain their addiction, regardless whether the cigarette tastes weak or harsh.
Social smoking isn't really smoking	False	Smoking just 1-4 cigarettes a day almost triples your risk of dying from heart disease or lung cancer. Even if you smoke with friends, or only on the weekend, or only on holiday, it can still cause you long lasting damage
About 40 per cent of children live with someone who smokes.	True	Children who have parents who smoke are more likely to take up smoking.
Smoking in your house can leave tobacco toxins on your furniture, clothes and walls	True	Research shows that smoking in the home is associated with persistent high levels of tobacco toxins long after smoking has ended. The toxins can be absorbed onto walls, furniture, clothes, toys and other objects within 10 minutes to hours after a cigarette has been smoked inside the house

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Statement	True/False	Answer
Most smokers live in areas where people are high income earners, they make more money than the average person.	False	Nearly 80% of the world's more than 1 billion smokers live in low- and middle-income countries.
Cleaning up littered cigarettes in one city can cost up to \$10 million dollars	False	The city of San Francisco in the USA estimated that clearing up tobacco waste costs US\$ 22 million annually
Tobacco farming has caused resulted in heavy deforestation	True	An estimated 1.5 billion hectares of forests have been lost worldwide since the 1970s, contributing to up to 20% of annual greenhouse gas increases
Plain packaging has been effective in making cigarettes seem less appealing to consumers	True	Plainest packs have been seen as less attractive smokers of the packs were seen as significantly less stylish and sociable and the cigarettes in the packs were thought to be less satisfying and of lower quality
The rate of the number of smokers in Australia has halved in the past twenty years.	True	Correct! The smoking rate in 1980 was 35% of all Australians. In 2013, it was 13.3%!
Smoking only impacts those who smoke.	False	Smoking also has a massive impact on the community and environment by polluting the air, creating ill health through second-hand smoke, destroying forests, starting bushfires and killing marine creatures.