

ACTIVITY 3

FACT VS. FICTION

Instructions for teachers

1. Designate one side of the classroom as the 'True' area and the other as the 'False' area.
2. Teacher, or student-leader, reads a statement out loud to the class.
3. Students decide whether they believe the statement to be true or false.
4. Students move to the area which represents their response to the statement.
5. The correct response and answer are then read out.

Teachers to decide which statements are appropriate for their class.

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Statement	True or False	Answer
Smoking causes ten different diseases.	FALSE	Tobacco smoke causes or is linked to over forty different diseases, including cancer, emphysema, heart disease and stroke.
Cigarette smoke has five thousand chemicals.	FALSE	Cigarette smoke is a mixture of over 7000 chemicals. Some are added by cigarette makers, but most are created when tobacco is burnt. Hundreds of them are toxic: <ul style="list-style-type: none"> • Carbon monoxide replaces some of the oxygen in your blood, making you less fit. This poisonous gas is also found in car exhaust fumes. • Arsenic causes cancer. Also found in pesticides. • Formaldehyde causes cancer. Also used to embalm dead bodies.
People who smoke are more likely to catch the flu than non-smokers.	TRUE	People who smoke are more likely to catch the flu and other illnesses and often have more severe symptoms. Even young people who smoke have more coughs, phlegm, wheezing and chest infections than people who don't smoke. These symptoms improve after quitting smoking.
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 only smoke with friends, or only on the weekend, or only on holiday, it can still cause you long-lasting damage.

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Statement	True or False	Answer
Smoking indoors can leave toxic chemicals on furniture, clothes and walls.	TRUE	Research shows that after a cigarette is smoked indoors, chemicals from tobacco smoke stick to everything in the room. These toxins can stay there for months, can rub off on your skin and can be re-released back into the air.
Tobacco farming has caused a huge amount of loss of forests.	TRUE	Forests and woodlands are cleared to create space for tobacco plant farms and to obtain wood for use in the tobacco-curing process. It's estimated that tobacco farming results in the loss of 6,500 hectares (one hectare is around the size of an international rugby field) of natural forest and woodland every year. Eight million tonnes of wood are burned each year to cure tobacco. Forest loss contributes to greenhouse gases and climate change.
Roll-your-own cigarettes ('rollies') are less harmful than factory-made cigarettes because the loose-leaf tobacco used in them is more natural and does not contain additives.	FALSE	When tobacco is burned, nasty particles and chemicals are created and released in the smoke. When people inhale this smoke, these chemicals enter their lungs. It doesn't matter whether the smoke is coming from loose-leaf tobacco or the tobacco in factory-made cigarettes, either way the lungs just weren't designed to deal with inhaling these nasty solids and gases.

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Statement	True or False	Answer
The smoking rate in Australia has halved in the past twenty-four years.	TRUE	In 1995, 25% of Australians aged 14 years and over either smoked daily or at least weekly. In 2019, 12% of Australians smoked regularly. Smoking rates have dropped most in young adults as fewer people are taking up smoking in the first place.
Smoking only harms those who smoke.	FALSE	Smoking also has a massive impact on the community and environment by causing ill health from secondhand smoke, starting bushfires, destroying forests and killing sea creatures who swallow littered cigarette butts.
E-cigarettes are not addictive.	FALSE	Nicotine is the highly addictive drug that's added to some e-cigarettes. Using these e-cigarettes can cause addiction. In Australia, it's illegal to sell nicotine e-cigarettes or buy them from overseas without a doctor's prescription. But e-cigarettes in Australia are often wrongly labelled: tests found that more than half of e-cigarettes labelled "nicotine free" or "non-nicotine", contained nicotine. Nicotine makes changes in your brain and may have lasting effects on brain development in young people.

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Statement	True or False	Answer
The government regulates what companies can put in cigarettes and tobacco.	FALSE	In Australia, tobacco is not classified as a food or drug. This means there are no specific standards or controls on what can be put in or left on the tobacco used in cigarettes, including agricultural chemicals used to kill weeds and insects during tobacco farming, and additives such as flavours. Even if cigarettes or roll-your-own tobacco are labelled "no additives" they are not safer because many of the toxins that cause harm come from burning the tobacco itself.
It is illegal for an adult to smoke in a car if a child under the age of 18 years is present.	TRUE	There is a ban on smoking in a motor vehicle if a person aged under 18 years is present. This ban includes whether the car is moving or not, whether the windows are open or closed and whether the roof is down or not. A person breaking the law is given an on-the-spot fine.
Most e-cigarettes only contain water and flavouring.	FALSE	The "fake smoke" effect created when an e-cigarette user breathes out can't be done with water from human lungs at room temperature. Otherwise you'd be able to see the water droplets you are naturally breathing out right now! Instead, e-cigarettes contain a mixture of chemicals that create a white cloud.

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Statement	True or False	Answer
E-cigarettes are only marketed to adults who smoke.	FALSE	E-cigarettes come in many fruit and lolly flavours that appeal to young people, with brightly coloured packaging, sometimes with cartoons. E-cigarettes are widely promoted online through social media and celebrity endorsements. These promotions encourage kids to think that using e-cigarettes is fun, cool, and safer than cigarettes, but leave them unaware they may become addicted and harmed. E-cigarette companies may claim they only target adults who smoke, but Australian drug surveys show us who is most likely to try them. In 2019, the age group with the largest number of people who have tried e-cigarettes was 15 to 24-year-olds who don't smoke.
Shisha is better for you than tobacco cigarettes.	FALSE	Using a shisha (or waterpipe or hookah) is not safe. It has similar health risks to cigarette smoking and may be worse. Many toxic chemicals have been found in waterpipe smoke. You can end up inhaling much more smoke from a shisha than from a cigarette because usually you take deep breaths and smoke for longer. Compared to a cigarette, in an average shisha session you inhale: <ul style="list-style-type: none"> • 2-3 times the amount of nicotine • 25 times the amount of tar • Up to 50 times the amount of lead.