

THE CRITICS' CHOICE

Activity Two The bigger issue

1. In the table below list five things that smoking does to your health? Next to each health effect, note how this might change your life in the long-term.

Ways smoking affects your health	How would this impact your life in the long-term
E.g. Shortness of breath, coughing and wheezing.	E.g. Harder to stay fit and play sport.

2. What are some of the reasons people start smoking?

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

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

5. What would stop people from quitting smoking?

6. As well as physical addiction to nicotine, different habits, emotions and situations can cause people who smoke to crave a cigarette. List some of these below:

E.g. Habits: drinking coffee. Emotions: stress. Situations: feeling part of the crowd.

7. What do you think are the best ways to stop young people from taking up smoking?

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8. What do you think are the best ways to help young people who smoke to quit?

9. What steps has the Australian Government taken to reduce the number of people who smoke?

10. Imagine you are a person who smokes. You have decided to quit and this is your first week of quitting. Write a diary entry to describe how you are feeling and the reasons behind your decision to quit.
