

THE CRITICS' CHOICE

Activity Three Fact versus Fiction

Instructions for teachers

1. Designate one side of the class room 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 is then read out.

Teachers to decide which statements are appropriate for their class.

Activity

Statement	True/False	Answer
Smoking causes ten different diseases	False	Tobacco smoke has many different effects on health. It causes or is linked to over forty different diseases, including cancer, emphysema, heart disease and stroke.
Cigarette smoke has seven thousand chemicals	True	Cigarette smoke is a 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.

THE CRITICS' CHOICE

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. These symptoms improve after quitting smoking.
Tobacco kills nearly 2 million people worldwide each year	False	Tobacco kills more than 7 million people each year. More than 6 million of those deaths are the result of direct tobacco use while around 890,000 are the result of non-smokers being exposed to second-hand smoke.
Quitting smoking for good can make you less stressed	True	Many people do feel more stressed for a few weeks after quitting. But within a few months, most people feel less stressed than when they were smoking.
A pack a day smoker could save \$4000 a year if they quit	False	A pack a day smoker could save \$10,000 in a year! That could take you to Europe and back!

THE CRITICS' CHOICE

Statement	True/False	Answer
Smoking causes loss of eyesight	True	Toxins in tobacco smoke damage the cells in your eyes, slowly killing them. This can cause a fuzzy spot in the centre of your vision which worsens over time. It can make it hard to read your phone, watch TV, drive and recognise people's faces.
Smoking can lead to nicotine addiction	True	Smokers absorb nicotine with every cigarette they smoke. Nicotine is highly addictive and young people can feel symptoms of nicotine addiction even if they're not smoking every day. These symptoms include feeling a strong need to have a cigarette or feeling nervous or restless because they couldn't smoke. It's common for teenagers who smoke to have their first symptom of nicotine addiction by the time they are smoking just two cigarettes per week.
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.
Almost 30 per cent of households with children have someone living with them who smokes	True	Children who have parents who smoke are more likely to take up smoking in the future.
Smoking indoors can leave tobacco toxins 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.

THE CRITICS' CHOICE

Statement	True/False	Answer
Tobacco farming has caused an enormous 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. In the last global estimate, tobacco farming resulted in the loss of 211,000 hectares (one hectare is around the size of an international rugby field) of natural forest and woodland every year. Forest loss contributes to greenhouse gases and climate change.
Roll-your-own cigarettes 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 heated, 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 day after day.
The rate of the number of smokers in Australia has almost halved in the past twenty years	True	Correct! In 1995, 27% of all Australian adults either smoked daily or at least weekly. In 2016, 14% were regular smokers. 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.

THE CRITICS' CHOICE

Statement	True/False	Answer
The government regulates what cigarette companies can put in cigarettes	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 labeled "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 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.