

Urbani School Health Kit
TEACHER'S RESOURCE BOOK

A Tobacco-free and Healthy Me

A Campaign on Tobacco Control
for Health Promoting Schools



Urbani
School Health Kit



World Health
Organization

Western Pacific Region

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Objectives

After the lessons, schoolchildren **ages 5 to 9** will be able to:

- State that smoking and other tobacco use is bad for their health
- Describe the effects of passive smoking on their health
- Encourage adults to stop smoking

In addition, schoolchildren **ages 10 to 12** will be able to:

- Demonstrate how to resist peer pressure to use tobacco
- Contrast messages from tobacco advertisements with the reality that tobacco causes disease
- Practice saying "I mind" when others smoke

Key Messages

For ages 5 to 9

- Smoking and other tobacco use is bad for health.
- Passive smoking can cause disease.
- Children should tell adults who smoke that smoking is bad for the health of smokers and the people around them.

In addition, **for ages 10 to 12**

- Resist peer pressure to smoke cigarettes.

- Contrary to what you see in movies, music videos, magazines and television, smoking does not make you more athletic, attractive or popular.

Activities

For ages 5 to 9

- Story telling
- No smoking posters
- Role playing: Saying "no" to tobacco
- Singing and dancing "no" to tobacco

For ages 10 to 12

- Small group discussion
- Examining tobacco advertisements

Another recommended activity:

- Involving the community

Materials/Resources

For ages 5 to 9

- Poster paper and coloring materials
- Costumes and materials for role-playing

For ages 10 to 12

- Clippings and photos of tobacco advertisements

What should children **know** about smoking?

Smoking kills.

Cigarette smoke is made up of many dangerous substances and these enter the body as the smoke is inhaled. Over time, these substances cause serious diseases. Other tobacco use, such as chewing tobacco, is also deadly.

One in 10 adults die of tobacco-related diseases. Half of the people smoking today will eventually be killed by tobacco.

For older children, add that:

There are more than 4,000 dangerous chemicals in cigarette smoke, 60 of which are known or suspected to cause cancer. Cigarette smoking and other forms of tobacco use cause more than 40 serious illnesses, such as lung disease and heart disease.

A note to teachers:

Children of tobacco users are more likely to use tobacco too. This is because:

1. Children imitate the behavior of those who are important to them (like parents or older siblings).
2. Children believe that if significant adults smoke cigarettes or chew tobacco, then they can do it too.
3. Tobacco is more accessible; it's right inside the home.
4. Children are sometimes involved in activities related to tobacco use. They are asked to buy cigarettes from a store, or fetch matches for a smoker. Sometimes, a smoker might even ask a child to light up a cigarette, or hold a lighted cigarette while the smoker is engaged in another activity.

Smoking is dangerous even to those who don't smoke.

The smoke from cigarettes causes diseases and death even among non-smokers. If a smoker smokes in your presence—at home, in a car, or in a restaurant—you inhale the smoke too.

Children of smokers are more likely to have illnesses like cough and ear infections, compared to children who live in smoke-free homes.

Do not start smoking.

The age at which smoking starts is getting younger; some begin smoking as early as 10 years old. This is very dangerous because the earlier you start using tobacco, the harder it is to stop.

The best thing to do is not to start smoking at all. This may be difficult especially if many adults around you smoke. Being with people who smoke does not mean that it's okay to smoke too.

You probably see people smoking on television, in movies or concerts. Billboards and posters on the streets show happy, good-looking people smoking. Advertisements make you think that smoking is “cool”, “attractive”, “trendy”, “fun” and “modern.” By making a connection between smoking and attractive role models in the world of sports, music, film and fashion, young people think that smoking is the “in” thing to do. Unfortunately, this image is very far from the truth.

Staying smoke free makes you look, smell and feel good.

- Your hair and clothes won't smell of smoke.
- You won't have a smoker's bad breath.
- Your teeth won't be stained yellow by chemicals in tobacco.
- You are less likely to have gum disease.
- You help your body stay healthy, especially your heart and lungs.
- Your body is better able to fight common illnesses like cough and colds.
- You perform better in physical activities.
- You can be yourself. (You choose not to smoke; no one can pressure you to do it. You don't need a cigarette to project a different image of yourself.)



True friends are those who are concerned about your health and well-being. They will not push you to smoke.

Smokers often say that they learned to smoke with their friends. They say that learning to smoke is one of the things young people do to make their friendship ties stronger. But if you really think about it:

- True friends care about your health and well-being. They won't tell you to do something that can hurt you in the future.
- True friends accept you for who you are, and you don't have to prove anything to them.
- True friends want to be able to share with you memorable positive experiences.
- True friends help you say “no” to things that are bad for you.

For older children

Know who your friends are. If you feel that they are leading you along the path toward smoking, then maybe they aren't really your friends.



Learning activity: **Storytelling** (for younger children)

1. Tell a story about a child who frequently has cough because she lives in a home where many people smoke. One day when the child is really ill, her parents bring her to a doctor. The doctor finds out that the child's cough is caused by the smoke she inhales in their home. Upon hearing this, the family decides that they will all quit smoking. The child's health improves soon after.
2. Ask children the following questions:
 - What happened to the child's body when she inhaled cigarette smoke from adults in her home?
 - How did her father and mother find out that something was wrong?
 - What did the family members decide to do when they found out that the child got sick because of their smoking?
3. Encourage the children to role-play the story. Allow them to modify the plot and dialogue to bring these closer to their own experiences.

Learning activity: **Small group discussion** (for older children)

1. Form small groups of 3 to 5.
2. Ask each group to discuss these questions:
 - Why do young people smoke?
 - How would you tell a friend to quit smoking?
3. Tally the top three reasons for smoking.
4. Ask for volunteers to share with the class how they will speak to a friend about smoking. Encourage the children to role-play this scenario.

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_27725

