

Lesson 3

Learning Intention

To know some strategies to prevent starting smoking

Learning Outcomes

To know the rules and laws to prevent smoking

To be able to make the positive choice not to smoke

Resources

[Smoking Facts Teacher Guide](#)

[Smoking Scenarios](#)

Activities

1. Ground Rules

In a circle, remind the group of the ground rules from the previous lesson.

2. Circle Activity

Ask the children to stand in a circle. Do a quick go-round: I don't smoke because ...

3. Smoking and the Law

One by one, read out the facts about the smoke free law from the [Smoking Facts Teacher Guide](#).

After each fact, ask the class to discuss with their partner and decide whether they agree, disagree or are not sure about the statement. Ask the class to show their views with a thumbs up for agree; thumbs down for disagree; hands on heads for not sure. Ask the children to justify their answers and discuss as a whole class.

4. Rules about Smoking

Ask the children to consider why people choose or don't choose to smoke. Do they think passive smoking is fair? Ask them to work in small groups to create the rules about smoking they would make if they were in charge of the country. Ask each group to share their rules in turn.

5. Smoking Scenarios

In pairs, give each pair a [Smoking Scenario](#). Ask them to use the scenario to practice what they would say or do if someone offered them a cigarette. Suggest that they say no and explain why they don't want to smoke; they might want to talk about the effect it has on the body or a person's lifestyle. Offer some sentence stems such as: No thank you, smoking kills; no thank you, smoking makes your breath smell; no thank you, smoking is a waste of money. Select pairs to share their scenario with the class. Ask the children watching if they think there is anything else they could have said. Ask the class for a summary of assertive sentence stems or resistance strategies. As an alternative exercise use the scenarios to develop a story board or comic strip.

6. Review and Close

Reflect on the 3 lessons from the unit and ask the class what they have learnt. To focus on positive, healthy alternatives to smoking do a go-round: 'A healthy activity I like doing is ... (e.g. riding a bike, going swimming, doing karate club).

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Additional Activities

Story

'No thanks, but I'd love to dance' Jackie Reimer

Website

Hull City Council - smoking information site for Key Stage 2 pupils <http://Ks2.smokesnojoke.org.uk/>

Quit Kit

Free NHS quit kit - available to order at <http://gosmokefree.nhs.uk/ways-to-quit/>. Discuss the range of activities suggested for help with quitting smoking. It is important to emphasise that people can get support.

In small groups use one of the rules from activity 4, as a theme to make a poster which could be displayed in the class.

Ask each pupil to design an anti-smoking poster.

For further information <http://www.quit.org.uk/PrimaryResourcePack.pdf>