

Student-led tutorial on smoking

Aim

As a small group (4-5), develop an engaging 15 minute session on smoking that will educate peers about an aspect of smoking which may be important to young people.

Objectives

- Choose a **specific** area of smoking that will be of interest to young people from the list below.
- Research the topic using the internet, ensuring that you have the correct information from reputable sources (see below).
- Work out what are the **three key points** you wish to get across to your peers and write them down.
- Design a short activity that would help teach your peers about the aspect of smoking that you have chosen. Some ideas are listed below.
- Write a brief outline of the lesson, including an introduction and conclusion.
- Decide who will do which part and deliver the session at a tutorial for a lower year group.
- Write and evaluation of how your session went.

Suggested areas of smoking to focus on

- What is in a cigarette? This video may be helpful. You could replicate the video if you were brave.
Chemical Soup – YouTube
- How does smoking affect young people?
- What does smoking cost and how does it affect families?
- How does smoking affect the environment?
- How do tobacco companies trick you into becoming a smoker?
- What are the benefits and disadvantages of vaping? For this, you need to make sure that you are accessing reputable sources.
- Smoking in pregnancy.
- Smoking and stress.
- Benefits of stopping smoking.

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- How does smoking affect sportsmen/women?
- How does smoking affect appearance?
- How to say no to smoking.

Accessing good sources of information

It is very important that you think carefully about where you get your information from. There is a lot of information that can be misleading on the internet. Below are some good sites that might help you:

- **Action on Smoking and Health** – The factsheets can be very helpful
- **Better Health NHS**
- **British Heart Foundation**
- **Cancer Research UK**
- **Smokefree Action Coalition**

Ideas for activities

- Develop a quiz
- Create a PowerPoint
- Manage a classroom debate
- Show/make a video
- Do a demonstration
- Do a sketch
- Write a song
- Do a presentation