

WHY IS SMOKING BAD FOR YOUR HEALTH ?

V.Ryan © 2000 - 2010

On behalf of The World Association of Technology Teachers

W.A.T.T.



World Association of Technology Teachers

This exercise can be printed and used by teachers and students. It is recommended that you view the website (www.technologystudent.com) before attempting the design sheet .

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WHY IS SMOKING BAD FOR YOUR HEALTH ?

1. Smoking is often seen as bad for your health. Do you think it is unhealthy ? Explain your answer.

2. Why do you think people smoke ?

EXCUSES SOME PEOPLE GIVE FOR SMOKING

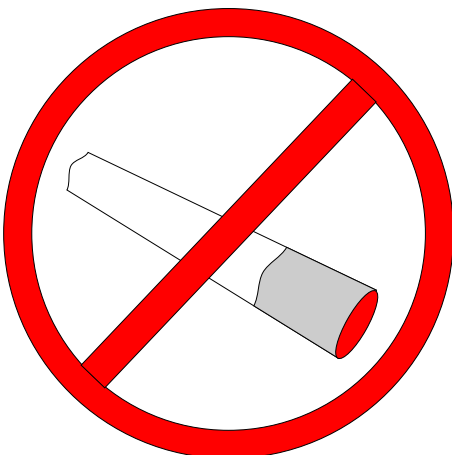
1. Smoking helps me feel relaxed after a hard days work.
2. Smoking makes me look important in front of my friends.
3. All my friends smoke so I feel pressurised to do the same.
4. Famous people smoke and that is why I smoke.

3. List one more excuse people give for smoking.

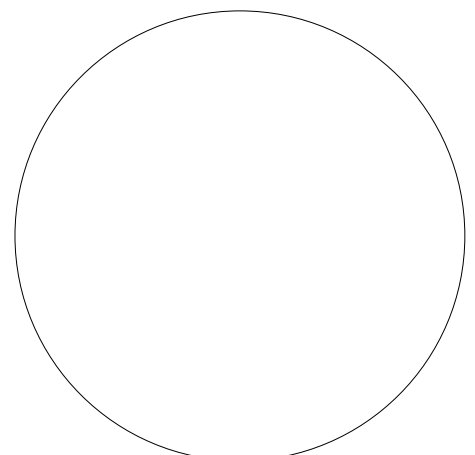
REASONS WHY PEOPLE SHOULD NOT SMOKE

1. Smoke from smokers cigarettes drifts and other people breath it in.
 2. Smoking leads to bad health.
3. Money from taxes is spent on hospitals and health centres to treat smoking related illnesses.
4. Cigarette companies send a lot of their tobacco products to third world countries. People become addicted and spend their money of cigarettes rather than food, education and health.
5. People who smoke while driving are more likely to have an accident.
6. Babies of mothers who smoke can be weak and ill at birth.
7. Smoking can lead to a shorter life.

4. List one more reason why people should not smoke



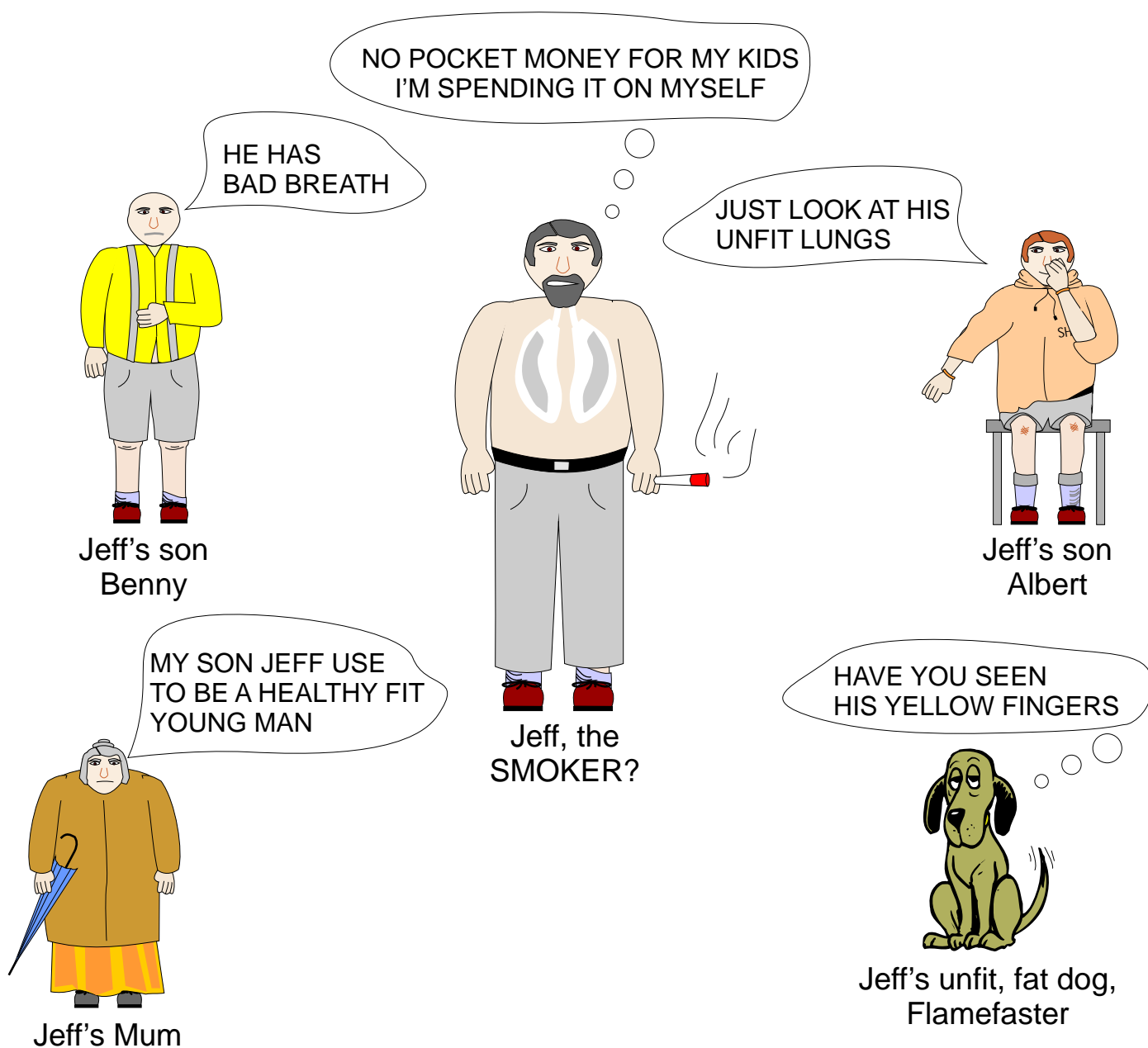
The logo to the left states that this is a NO SMOKING zone. Inside the blank circle on the right draw your own NO SMOKING logo / symbol



JEFF THE MIDDLE AGE SMOKER ?

The rich picture below represents a typical smoker. He has been smoking since he was 14 years of age and he is now 45 years old. He coughs when he gets out of bed, when he runs for the bus and he often takes time of work because of illness. He has very little spare money as he spends it on expensive cigarettes. His children suffer because he cannot afford to send them on school trips or buy them designer training shoes and clothes. His clothes smell of smoke and so does his breath. His dog is unfit and fat because he is does not feel like exercising it.

Look at the rich picture below. Draw your own and add more comments. For example, what would Jeff's workmates say about him, especially if they have to share the same office? What would his Doctor say ? What would his wife say about her fears over his health?



Be honest. Do you think you ever become a smoker? If yes, why?
