



Key Facts

- There are risks associated with legal and illegal harmful substances, including: smoking, alcohol use and drug-taking
- It is important to recognise who to trust and who not to trust and to be able to judge when a friendship is making you feel unhappy or uncomfortable

By the end of these topics, I should:

- explain some of the risks associated with smoking (physical, social, and legal) and name the addictive ingredient found in cigarettes, e-cigs, etc.
- describe how smoking can affect your immediate and future health and wellbeing
- give reasons why someone might start and continue to smoke
- identify and use skills and strategies to resist any pressure to smoke

I will learn the following new words/phrases:

Nicotine	<i>A poisonous substance found in the tobacco plant.</i>
Addictive	<i>Wanting to do or have something as often as possible.</i>
Illegal	<i>Against the law or breaks the rules.</i>
Respiratory system	<i>The organs that are involved in breathing.</i>
Cardiovascular disease	<i>A general term for conditions affecting the heart or blood vessels.</i>
Cigarette	<i>A thin cylinder of finely cut tobacco rolled in paper for smoking.</i>
E-cigarette	<i>A device that has the shape of a cigarette, cigar, or pen and does not contain tobacco.</i>
Tobacco	<i>A plant that can be smoked in cigarettes, pipes, or cigars.</i>

Ask me a question!

- What are the risks of smoking?
- Why do you think people start to smoke?
- Can you name one ingredient of a cigarette?
- What could you do if you or someone you know felt pressured to smoke?