

## Stay Strong

**Every single cigarette you smoke is harming your body.**

**T**he list of health problems caused by smoking is literally endless. The problem is, most of us think that smoking-related illness only happens to old people who've been smoking all their lives. Wrong – smoking starts to hurt your health from the very first puff, no matter what age you are.

The short-term effects of smoking go far beyond making you smell like a stinky ashtray and turning your teeth and fingers yellow.

- Among young people, the short-term health effects of smoking include damage to the respiratory (breathing) system, addiction to nicotine, and the risk of other drug use. Young people who smoke regularly are also more likely to be effected by long-term health consequences, because they often continue to smoke when they get older.
- Smoking hurts young people's physical fitness in terms of both performance and endurance. Even among young people who are trained in competitive running will be affected by smoking.
- Young people who smoke are also hampering their level of maximum lung function. The resting heart rates of young adult smokers are two to three beats per minute faster than those of non-smokers.

- Young smokers tend to have poorer health than non-smokers overall.
- The younger you are when you start smoking cigarettes, the more likely you are to become strongly addicted to nicotine.
- Teenagers who smoke are up to three times more likely than non-smokers to use alcohol, eight times more likely to use marijuana, and 22 times more likely to use cocaine. Smoking is also associated with other dangerous behaviours like fighting and engaging in unprotected sex.

**REMEMBER:  
EVERY  
CIGARETTE IS  
DOING YOU  
DAMAGE**

**We all know smoking causes lung cancer and heart disease, but did you know that smoking can also cause:**

## I CAN STOP ANYTIME I WANT

- **Lots of young people who smoke every now and then think they won't get addicted. But one in every two recreational smokers does get addicted – smoking is more addictive than alcohol, cocaine and even heroin.**
- **Once you're addicted, smoking can be a really difficult habit to break. And once you become a smoker, you're putting yourself at risk of some serious health problems.**
- **Smoking damages every part of your body – every year more than 19,000 Australians die prematurely from smoking-related diseases. One in two smokers will die early because of their habit.**
- **Smoking is also a slow way to die, which can mean years of suffering for you and your family. Smokers are more at risk of blindness and cancer of the mouth, throat or lungs – up to 80 per cent of lung cancers are caused by smoking. Smoking also increases the risk of stroke and heart attack.**
- **So before you put a cigarette in your mouth, think about the risks you're taking with your life.**





## PREPARATION BEFORE READING

This health report explains the health risks associated with smoking cigarettes. It describes both the short-term and long-term effects of smoking.

## ACTIVITY 1: SCANNING FOR SPECIFIC INFORMATION

1. In the grid below, add to the lists of short term and long term effects of smoking cigarettes, as stated in the report.

### Short term effects

- Turns your teeth and fingers yellow
- Damages the respiratory system

### Long term effects

- Causes chronic coughing
- Increases the frequency and severity of respiratory illnesses

2. What is the slogan that warns people of the dangers of smoking cigarettes?

REMEMBER: \_\_\_\_\_

---

---

---



3. From the list below, place a circle around the diseases and risks associated with smoking cigarettes.

Alzheimer's Disease

Lupus

Sudden Infant Death Syndrome (SIDS)

Colic

Blindness

Colon Cancer

4. What would be the main effects of smoking cigarettes for a teenager who plays sport regularly?

---

---

---

---

5. What is the main purpose for writing this report?

---

---

## ACTIVITY 2: SCANNING FOR SPECIFIC INFORMATION

1. Why are young people who smoke regularly more likely to be effected by long-term health consequences?

---

---

2. Young smokers tend to have poorer health than non-smokers overall.

TRUE

FALSE

3. The younger you are when you start smoking cigarettes, the more likely you are to become strongly addicted to nicotine.

TRUE

FALSE

4. Teenagers who smoke are up to three times more likely than non-smokers to use alcohol.

TRUE

FALSE



## ACTIVITY 3: FURTHER RESOURCES

### BENEFITS OF QUITTING

You will feel the benefits of quitting straight away as your body repairs itself.

Depending on the number of cigarettes you smoke, typical benefits of stopping are:

- After twelve hours almost all of the nicotine is out of your system.
- After twenty-four hours the level of carbon monoxide in your blood has dropped dramatically. You now have more oxygen in your bloodstream.
- After five days most nicotine by-products have gone.
- Within days your sense of taste and smell improves.
- Within a month your blood pressure returns to its normal level and your immune system begins to show signs of recovery.
- Within two months your lungs will no longer be producing extra phlegm caused by smoking.
- After twelve months your increased risk of dying from heart disease is half that of a continuing smoker.
- Stopping smoking reduces the incidence and progression of lung disease including chronic bronchitis and emphysema.
- After ten years of stopping your risk of lung cancer is less than half that of a continuing smoker and continues to decline (provided the disease is not already present).
- After fifteen years your risk of heart attack and stroke is almost the same as that of a person who has never smoked.

Stopping smoking has major and immediate health benefits for men and women of all ages. These benefits apply to people with and without smoking-related diseases.

So it is worth having a go!

1. What happens to your body within a month of giving up smoking?

---



---

2. What happens to your body after 15 years of giving up smoking?

---



---



## ACTIVITY 4: SYNTHESISING INFORMATION

From the information reported in Stay Strong... Ditch the Durries and Benefits of Quitting, design a warning for a cigarette packet about the effects of smoking cigarettes. Design your warning with a specific audience in mind (such as young adults or mothers of babies).



Use graphics, facts and statistics and your own ideas to persuade your target audience of the negative effects of smoking cigarettes.

**Include an effective slogan for your anti-smoking warning.**

To find out more about the effects of smoking cigarettes and how to help someone quit smoking, head to [www.quit.org.au](http://www.quit.org.au)