

Teachers' notes; Immediate, short and long term effects on health from smoking tobacco and exposure to second-hand smoke

How the Body Works:

- Please refer to the following link for how the body works by KidsHealth from Nemours:
<https://kidshealth.org/en/kids/center/htbw-main-page.html>
Click on body part icon and then article at the bottom of the page for information about body parts
- Where time allows, pupils could visit the IT suite and access above link to learn about how the healthy body works, by watching videos and participating in quizzes

Human body part answers- health effects of smoking tobacco and exposure to second-hand smoke:

- Smoking and exposure to second-hand smoke mainly affects the breathing (respiratory) system. In addition, the harmful chemicals get into the blood and travel throughout the body affecting every part of it
- Please refer to Attachment P6, Lesson plan 3 for Human body parts answer sheet for teacher and pupils - effects to the body from smoking tobacco and exposure to second-hand smoke
Acknowledgment and thanks to ASH Scotland, Tobacco-free Generation, Resources and Activities for Youth Work Resource Pack
- Please note, if you have access to a school device that downloads free apps and your pupils have given consent for their picture to be taken, search for face ageing/smoker face apps where your pupils can see themselves ageing as a smoker
- Alternatively play the video clip Your Future is Not Pretty suggested in P6 Lesson plan 3, emphasizing premature ageing of the skin. Although this clip focuses on young women as a make under, premature ageing of the skin happens to both men and women.

Immediate and short term (few weeks or months) effects on health from smoking tobacco:

- Addiction and withdrawal
- Anxiety
- Less money
- Irritated or watery eyes
- Bad breath
- Sore throat
- Loss of smell and taste
- Clothes and hair smell
- Stained teeth and nails
- Gum disease and tooth decay
- Less energy and reduced fitness levels
- Tightening of muscles due to poor circulation and lack of oxygen

- Prone to colds, flu and chest infections
- Shortness of breath
- Regular cough or wheeze
- Lungs blackened with tar
- Poor circulation
- Increased risk of wound infection and slower wound healing
- Premature ageing/wrinkling

Long term (years) effects on health from smoking tobacco:

- Heart disease/heart attacks/hardening of the arteries
- Stroke, a serious life threatening medical condition that happens when the blood supply to part of the brain is cut off
- Cancers in the organs of the body, mouth, blood or skin
- Lung cancer
- Lung disease- Chronic obstructive pulmonary disease (COPD) and emphysema
- Chronic Bronchitis
- Smokers cough
- Increases frequency and severity of asthmatic attacks in existing cases
- Respiratory illness/lung infection/chest and breathing problems
- Gangrene/Loss of limbs
- Osteoporosis, brittle bones in women
- Increases risk of hearing loss and chronic ear infections
- Increases risk of developing Type 2 Diabetes
- Increases risk of developing Rheumatoid Arthritis
- Increases risk of developing stomach ulcers
- Increases risk of blindness
- Increases risk of cataracts, clouding of the lenses

Health effects from exposure to second-hand smoke:

- Increases risk of developing lung cancer
- Increases risk of developing heart disease, having a heart attack or stroke
- Increases risk of respiratory tract infections including flu, bronchitis, pneumonia
- Worsens symptoms for children with cold or upper respiratory illness
- Development of Asthma or wheeze in children
- Increases frequency and severity of asthmatic attacks in existing cases
- Alters the tear film of eyes, exacerbating dry eyes syndrome and allergic eye conditions
- Increases risk of developing glue ear which is a chronic middle ear infection
- Increases risk of hearing loss
- Increases risk of childhood meningitis or meningococcal disease
- Increases risk of childhood brain tumours
- Increases risk of childhood leukaemia
- Babies more at risk from sudden infant death syndrome