

Activity 6.1



Materials:

- Activity sheet (one copy per group)

How to say "no" to second-hand smoke

1. Brainstorm a list of things that the class do not like about second-hand smoking (e.g. smelly hair and the smell of the smoke). Rank the items from most disliked to least disliked.
2. Talk about ways students can avoid some of the harms from second-hand smoke (e.g. open a window, move away and ask the person to stop smoking).
3. Reflect with students that while many choices in life are individual choices (e.g. the way we style our hair or the type of clothes we like to wear) some choices, such as smoking, can affect others.
4. Place students in small groups and distribute copies of What Would You Do? Explain that groups are to determine two ways that the character in each story could deal with a second-hand smoking situation and identify the positive (good) and negative (not so good) outcomes for each option. After considering the outcomes of each option, students are to decide which option the character should choose.
5. All answers are to be written on the sheet. Consensus for decisions does not have to be reached in each group as it is the sharing of different options that is the most useful part of this experience.
6. Lead a chat to hear the findings of each group. Discuss how the students' responses involved doing something (e.g. winding down a window) or saying something (e.g. ask Mom if they'd mind smoking after the meal, not during). Use the following questions to further process this part of the activity

ASK:

- How do you think you'd feel if you just ignored the problem?
- Would it be scary to ask someone not to smoke near you in real life? Why?
- Would it be easier to move away from the second-hand smoking than saying something?
- Would it be easier or harder to make this decision if you had a friend, parent or trusted adult around? Why?

Unit 6. Second-hand and third-hand smoke and vape emissions

Activity sheet: What would you do? (6.1 How to say "no" to second-hand smoke)

1. Isabella and Li are friends. Li often walks home with Isabella and her mom, but Isabella's mom always smokes during the walk, and it makes Li feel like he can't breathe.

What could Li do?	What are the good things that might happen?	What are the not-so-good things that could happen?
I think Li should		

2. Samira loves playing with her friend Sylvie. Samira doesn't like playing inside Sylvie's house because her mom and dad both smoke and the house smells of old smoke.

What could Samira do?	What are the good things that might happen?	What are the not-so-good things that could happen?
I think Samira should		

3. Zac is playing in his backyard with his older sister. While their mom is out, a neighbour comes by for a chat. She lights up a cigarette when she enters the backyard, but there is a "no smoking" rule at Zac's.

What could Zac do?	What are the good things that might happen?	What are the not-so-good things that could happen?
I think Zac should		