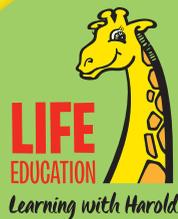


THINKING



SUPER BREATHER

Smoking causes damage to the body

We breathe in oxygen to stay alive and we breathe out carbon dioxide.



When we inhale air, oxygen moves down the trachea (or windpipe) and into our lungs. Red blood cells collect the oxygen and carry it to parts of the body where it is needed. Carbon dioxide is carried back to our lungs from these parts of body by our red blood cells and leaves our body when we exhale.

We are lucky to live in a country with relatively good air quality. This helps our respiratory (breathing) system to stay healthy.

Can you name some things that might pollute the air that we breath?

Smoke is one thing that can pollute our air. Smoking cigarettes is harmful as there are many poisonous ingredients in tobacco smoke that can harm the body.

Which of the following substances do you think are found in cigarette smoke?

- Carbon monoxide (poisonous gas)
- Ammonia (household cleaner)
- Benzene (used to make dyes)
- Hydrogen cyanide (poisonous gas)
- Formaldehyde (used to preserve dead animals)
- DDT (a banned insecticide)
- Cadmium (used in batteries)
- Naphthalene (used in mothballs)
- Butane gas (lighter fluid)
- Lead (poisonous in high doses)

Actually, all these chemicals are found in cigarette smoke ... plus about 4,000 more!

People now know that there are serious risks with smoking. What are these risks?

Why do you think some people choose to smoke even if they know it is harmful?

Over time smoking reduces the efficiency of someone's respiratory system and affects their fitness level.

EXPLORE!

Smoking, what is the price?



1. Second-hand smoke

Breathing in second-hand smoke (smoke from someone else's cigarette) is also harmful and people need to be protected from it. Smoking is now banned in many public places, which are known as 'smoke-free zones'. Schools are smoke-free places.

- Can you name some places that are smoke-free?
- Can you think of any places that should be smoke-free?
- What can people do if someone is smoking near them?

2. Smoke-free

The good news is that research shows the number of teenagers and adults in New Zealand who are smoking is continuing to fall. Nearly 85% (NZ Health Survey 2014/15) of New Zealanders are choosing not to smoke and more young people are growing up in smoke-free homes.

The Government and many NZ citizens want New Zealand to be smoke-free in the year 2025 (with under 5% of the population smoking). To achieve this goal the Government has to put laws in place to make sure children are not seeing cigarettes on sale at shops or in ads on TV. It is also trying to reduce the supply of and demand for cigarettes by giving people who are smoking the best possible support for quitting.

- How old will you be in 2025?
- Describe the benefits of a smoke-free environment.

3. The cost of cigarettes

Smoking is an expensive habit and the price of a packet of cigarettes continues to rise.

Cigarette prices:

2006 - around \$10

2016 - around \$20

2020 - around \$30

A smoker who is addicted to nicotine (the drug in cigarettes) may smoke a packet a day. In 2020, how much will it cost a person who does smoke one packet a day, each week? How much would it cost them a month? A year?

Imagine what they could buy with this instead!

