



## **Resource Materials and Website Links**

### **Teaching Packs**

**Title: Smoke out: An Activity Pack on Smoking Issues**

Author: Editors C Farren and S Elliott

Publisher: GASP Smoke Free Solutions

Target Group: Key Stages 2, 3, 4 and 16+ (8 – 18 years)

Smokeout is for use by teachers and youth and community workers in a variety of settings. It provides a practical and participatory range of age related activities about smoking issues for young people. The activities may stand alone or be used together. Divided into sections the pack provides activities on smoking facts and figures, why people smoke, passive smoking, advertising, quitting smoking and attitudes to smoking.

**Title: Up in Smoke**

Author: Lions Club

Publisher: Lions Club

Target Group: Key Stages 3 and 4 (11- 16 years)

Description: Contains 10 easy to follow interactive sessions using a variety of methods. The emphasis of the resource is on the benefits of being smoke free.

**Title: Exploring Smoking Issues**

Author: QUIT

Publisher: QUIT

Target Group: Key Stages 3 and 4 (11 – 16 years)

This pack provides a comprehensive range of activities exploring smoking issues. Lesson plans, factsheets, photocopiable activity sheets and references are included. Divided into six main sections the pack covers the history of smoking, health effects, lifestyles, financial issues, the media and world issues. It encourages a participatory approach to tackling the issue

**Title: The World of Tobacco**

Publisher: Lions Club

Target Group: Key Stages 1 and 2

This pack provides a comprehensive range of activities exploring smoking issues. Lesson plans, factsheets, photocopiable activity sheets, teachers notes and references are included. Divided into two sections, one per Key Stage, there are 10 lessons for Key Stage 1 and 13 lessons for Key Stage 2. Additionally there are 7 workshop activities for use with teachers, non teaching staff, parents, carers, governors and other members of the school staff.

**Title: Keys to Smoking**

Author: Lions Club

Publisher: Lions Club

Target Group: Key Stage 2 (7 – 11 years)

This resource introduces key facts and issues on smoking. It examines the benefits of a smoke free lifestyle and includes activities to involve and inform parents. It includes a CD and photocopiable materials for pupils and parents.

**Title: Primary School Resource Pack**

Publisher: QUIT – download from [www.quit.org.uk](http://www.quit.org.uk)

Target Group: Key Stage 2

This pack comprises activities, quizzes and ideas to teach smoking education to Key Stage 2 pupils.

## Websites

**Web Address:** [www.ash.org.uk](http://www.ash.org.uk)

Author: Action on Smoking and Health

Target Group: Adults

A comprehensive site which provides fact sheets and up to the moment information on tobacco and tobacco issues.

**Web Address:** [www.d-myst.info](http://www.d-myst.info)

Author: D-Myst (Liverpool) young people's youth advocacy group

Target Group: 12-18 year olds

A site made by young people for young people showing how the D-Myst tobacco control youth advocacy group in Liverpool are campaigning against the tobacco industry and their tactics.

**Web Address:** [www.seethroughtheillusion.co.uk](http://www.seethroughtheillusion.co.uk)

Author: Smoke Free North West

Target Group: 14 -18 year olds

Smoke Free North West have developed The Smoke & Mirrors project. It aims to give young people a platform to express their feelings about smoking and ultimately reduce the number of young people that the tobacco industry recruits every year. As part of this programme a Smoke and Mirrors film competition was held for 14-18 year olds across the region. Their brief was to send in ideas that would expose the corruption of the tobacco industry amongst young people. Three films were produced which can be seen on this website or on You Tube.

**Web Address:** [www.roycastle.org/atyc](http://www.roycastle.org/atyc)

Author: Roy Castle Foundation

Target Group: 10 – 15 year olds

An interactive site for young people, designed by young people giving information and facts on tobacco. Based in North West England.

**Web Address:** <http://www.protectthetruth.org/truthcampaign.htm>

Author: Florida TRUTH campaign

Target Group: 12- 20 year olds

This site was produced as part of the Florida 'Truth' campaign which revealed the tactics that the tobacco industry use to market their products. It was made by young

people for young people.

**Web Address:** [www.thetruth.com](http://www.thetruth.com)

Author: American Legacy Foundation

Target Group: 12- 20 year olds

The American Legacy Foundation sponsor this huge youth campaign for young people, which is directed by them. It focuses on the tactics that the tobacco industry. The site includes adverts, factsheets and quizzes.

**Web Address:** [www.iquitonline.com](http://www.iquitonline.com)

Author: The Comic Company

Target Group: 12 – 19 year olds

An interactive site for young people giving information on how to stop smoking and how to stay a non-smoker.

**Web Address:** [www.quitbecause.org.uk](http://www.quitbecause.org.uk)

Author: QUIT

Target Group: Young People – Key Stage 3 and 4

This interactive site provides enables young people to view a thought provoking video, regular competitions, a forum and stop smoking support. It provides information on smoking issues, the effects of smoking on the body, facts and myths and free postcards and stickers. Young smokers who want to quit will be signposted towards further help and support. Two short films; “Sexiness in a Stick” and “The Ventriloquist” can be viewed.

**Web Address:** [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

Author: Department of Health

Target Group: Adults

Provides information on giving up smoking and how to access local services. Includes sections on smoking in the workplace, the health professionals role and resource materials available for smoking cessation and education.

**Web Address:** [www.nosmokingday.org.uk](http://www.nosmokingday.org.uk)

Author: No Smoking Day

Target Group: Adults but with sections of downloadable materials for schools

This is the site of the organisation responsible for the annual No Smoking Day in the UK. It contains campaign information and activity sheets.

**Web Address:** [www.w-west.org.uk](http://www.w-west.org.uk)

Author: Why Waste Everything on Tobacco

Target Group: Young People

Young people in Glasgow have set up a group called W-West which campaigns against the tobacco industry and its tactics.

## Films

### The Insider

This film provides an ideal opportunity to explore the tobacco industry in more depth. The Insider – PG Rated, released in 2000, running time 160minutes. Based on a true story which follows researcher Jeffery Wigand and his fight to blow the whistle on the tobacco industry. The film stars Russell Crowe and Al Pacino. It tells the story of a television series expose of the tobacco industry as seen through the eyes of a real tobacco executive. The film can be purchased from GASP, Smoke Free Solutions [www.gasp.org.uk](http://www.gasp.org.uk)

### **Thank you for Smoking – Rated 15**

A film about political correctness presented through the eyes of a tobacco company employee and the anti smoking movement. It is a comedy and is thought provoking. The film can be purchased from GASP, Smoke Free Solutions [www.gasp.org.uk](http://www.gasp.org.uk)

### **Short Films**

#### **Cut it out (1.28 mins)**

Cut Films hold an annual film making competition for young people to make films about smoking. This is the 2011 winning film

A unique way to show the effects of smoking, with a paper chain folding out into this man's life: getting married, having a child then smoking. It all links in and shows the end effects of smoking and how it can affect you and your family.

<http://competition.cutfilms.org/Video/View/a69abf84-35ce-4b78-be5a-936de57b45a2>

#### **Stoke Newington School (2.02 mins) – Smoking will get you**

A teenage girl does not realise the dangers of smoking until its too late. The film set to a lullaby tune includes useful health messages relating to smoking, including in cars.

<http://competition.cutfilms.org/Video/View/e7774ccb-a10e-43c0-b4ef-d68c240c3cf2>

#### **Before the finish (1.59 mins) – What could of happened**

The short film involves two young people in the build up to and a running race and the impact that smoking has on young people's fitness. The film is broken up with lots of useful facts about smoking.

<http://competition.cutfilms.org/Video/View/96755595-14ca-423a-8912-ccf75b5ca97c>

#### **Suffocate (1.03 mins)**

A simple yet strange comparison that illustrates one of the many dangers of smoking.

<http://competition.cutfilms.org/Video/View/a039ea50-4a32-4cd3-909f-e5b7dce3cd40>

#### **Don't burn your life away (1.53 mins)**

An advert to campaign against smoking, showing the effects of smoking and what people think of it.

<http://competition.cutfilms.org/Video/View/c532b7ed-102e-4204-a706-3509d1fb660b>

### **Smoking breaks up friendships (2.01 mins)**

A short film about a girl who feels the need to start smoking due to peer pressure yet soon ends up dead!

<http://competition.cutfilms.org/Video/View/154b5e44-f8b9-4c3a-9e76-f1c737bfb29e>

### **Family smoking issues (1.12 mins)**

A short film Involving a family where the parents smoke and the child doesn't like it and tells them to stop by giving them facts and advice.

<http://competition.cutfilms.org/Video/View/66a30028-4bbb-496e-b8c4-140633ffe33a>

### **NO smoking house – Can't Quit Won't Quit (1.55 mins)**

A short film based on the theme of a reality programme and the effects of nicotine withdrawal.

<http://competition.cutfilms.org/Video/View/a9c39629-f057-4570-9ed0-31931a8a228b>

Children in Malawi who are forced to work as tobacco pickers are exposed to nicotine poisoning equivalent to smoking 50 cigarettes a day. These children are risking their health for 11p a day. (2009). See Malawi's Tobacco Children;

<http://www.youtube.com/watch?v=0drOzOAR250&feature=related>

Films made by young people for young people;

### **Smoke and Mirrors TRD**

<http://www.youtube.com/watch?v=ydKH1b19KAo&feature=relmfu>

**The Machine** <http://www.youtube.com/watch?v=5iqS6PEvLu4&feature=relmfu>

**Don't Fall for It** <http://www.youtube.com/watch?v=cP2jnalhE7c&feature=relmfu>