

# Reflections

Think about your participation in the Life Education session and complete the following sentences.



The most important message I will remember is...

One new thing I learnt was...

I would like to learn more about...

The part I liked the best was..

# The history of cigarettes



Read the history of cigarettes and complete one of the activities at the end of the article.

## THE HISTORY OF CIGARETTES



*"Why are cigarettes legal?"*

*"Why can people still buy cigarettes?"*

I hear these questions all the time. The simple answer is that if smoking had been invented now it would never be legal. Unfortunately human beings had been chewing or smoking the leaves of the tobacco plant for 1000's of years - long before anyone realised the dangers.

In the 16th century (over 400 years ago) European explorers brought tobacco to England and Spain from the South and North American continents.

In the 19th century the farmers in North America grew huge tobacco crops and machines were invented that could roll thousands of cigarettes in a day. This made cigarettes cheaper to make and sell to more people.



Cigarettes were even supplied to soldiers in both world wars as part of their rations and by 1945, 75% of Australian men and 25% of Australian women were smokers. The tobacco companies portrayed smoking as 'healthy' and 'glamorous' and used movie stars, sporting heroes and even doctors in their advertisements.



In the 1950's doctors and scientists proved that smoking causes lung cancer and heart disease even though the tobacco companies claimed the studies were wrong but it took time before governments started changing laws to discourage people from smoking.

DRUGS + ALCOHOL

CYBER BULLYING

HEALTH + WELLBEING

RESPECTFUL RELATIONSHIPS

SEXUAL HEALTH

# The history of cigarettes... continued



## THE HISTORY OF CIGARETTES

In 1972 the warning "Smoking is a Health Hazard" had to be printed on every packet of cigarettes. Smoking ads were banned from TV and radio so the tobacco companies began sponsoring the arts and sporting events instead.



By the 1980's there was finally evidence that smoking didn't just hurt the smoker but could also harm others through second hand smoking. The Australian Federal and State Governments began to instil laws and strategies to protect people's health, such as:

- smoking bans on public transport and in public areas
- a ban on the promotion of tobacco products
- increasing the price of cigarettes through taxes

In 2012 Australia became the first country in the world to pass a law which required all cigarettes packaged here in Australia, to be in plain boxes with big health warnings and gruesome pictures of the damage that smoking can do to a person's body.

It's taken more than 30 years but we now have one of the lowest rates of smoking in the world.

These days, everyone knows about the dangers of smoking. We are much, much smarter now! So - stay happy and healthy.

From your friend Harold



## ACTIVITY TWO

# The history of cigarettes... continued



After reading about the history of cigarettes, choose one of these three activities to demonstrate your new understanding

### Activity One

Create an advertisement from the 1950's when doctors believed smoking was healthy. Then compare this with our current knowledge of smoking and the warnings that are included on cigarette packages. Note all of the major differences.

### Activity Two

Use the information from the article to write a creative piece exploring how people's attitudes to smoking have changed over time. Perhaps you find a time machine and visit one of your grandparents at your age. What are the social norms around smoking? Is it socially acceptable for parents to smoke around their children? What about smoking in cafes, and at sporting events?

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## ACTIVITY THREE

# Around here

What are the laws in your state? Use the website to find two laws in your state regarding smoking in public places. Write them down in the space below.



[tobaccoinaustralia.org.au/chapter-15-smokefree-environment/15-7-legislation](http://tobaccoinaustralia.org.au/chapter-15-smokefree-environment/15-7-legislation)

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In the space below, draw a map of your school and the surrounding neighbourhood. Circle four locations that are smoke free environments.

DRUGS + ALCOHOL

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SEXUAL HEALTH

# Effects of smoking



Create an experiment that would identify the effects of tobacco smoking over time

Experiments test a hypothesis, a belief about what will or won't happen.

For example, an experiment might test the effects of the sun on the appearance of people's skin over time. The experiment involves twins. Photographs of the twins are taken every 5 years for 20 years. One twin is a sun lover, the other avoids time in the sun.

Over time, the differences between the twin's skin are quite apparent; one looks significantly older than the other.

Consider the effects of smoking tobacco that were discussed during the Life Education session.

Create an experiment that would identify the effects of tobacco smoking over time?



# Parents & Carers



Your child participated in *On the Case*, one of the modules from the Life Education program.

The students joined Mac McHardy a time travelling detective, to investigate a range of issues around tobacco smoking such as:

- What's in a cigarette?
- Physical and environmental effects of smoking
- History and laws relating to tobacco
- Myths and facts about smoking
- Strategies to reduce harm from second-hand smoking
- Reasons why young people choose not to smoke

For more information about the Life Education program visit [www.lifesmartkids.com.au/programs](http://www.lifesmartkids.com.au/programs)

To complement the learning from the module we have created The Smoky Case a fun, educational and interactive game for the whole family. Students help Mac McHardy and his sidekick Conan, explore facts and find hidden clues to solve the smoky case and find out why smoking is unhealthy.

Download the free Smoky Case App from [www.lifeeducation.org.au](http://www.lifeeducation.org.au) or scan the below QR code and start your detective

