

NO SMOKING

SESSION B



LEARNING OBJECTIVES:

To understand that certain substances damage the body.
To know which virtues help us to resist peer pressure to make poor choices.

Suggested Resources:

<https://youtu.be/IMDfyF1VF6o> [available 03/15]

Preparation:

Watch the video of an experiment which shows the build up of tar and dirt after many cigarettes.

Script:

Ask the children to recap on the previous lesson, what did they learn?

What did the experiment demonstrate?

“In the last session we watched the effect of one cigarette on a clean piece of cotton wool. Can you imagine the effect of many cigarettes? This video clip shows just how much tar and dirt can build up when someone smokes regularly. Why do young people start smoking?” Discuss peer pressure and which character

Character Coaching

Meaningful Praise:

Well done for practising courage and resisting the pressure to smoke.

qualities or virtues might be needed to resist this.

Suggested Activities:

Role Play: Split the class into pairs and ask them to role-play being offered a cigarette and turning it down for health reasons, or, split the class into groups of three with one child exerting peer pressure on another to smoke, and a third working on preventing them from smoking.

Prepare an anti-smoking advert either as an oral presentation which can be filmed, or a PowerPoint with a spoken commentary.

Plenary:

What virtues are most needed to resist peer pressure to smoke?

Correction:

The choice you have just made could affect your health. Try the scene again and this time use your assertiveness and courage and say no!