

## No Smoking Day

### **How does No Smoking Day work to help smokers to quit? Key Stage 4 (Age range 14-16)**

**Time Required:** 1 60 minute lesson or 2 30 minute lessons

**Learning Objectives:** Pupils will be able to explain how the charity No Smoking Day works to help smokers to quit.  
National Curriculum, PSHE, KS 4 section 2e) Health risks of tobacco 2g)  
Seeking professional advice

**Learning Outcomes:** Pupils will demonstrate they have met the learning objective by producing a leaflet for a doctor's clinic. This leaflet will advertise the aims and work of No Smoking Day. Information that must be included is; why might someone want to stop smoking? How can No Smoking Day help practically? What is the purpose of No Smoking Day?

#### **Skills:**

- ICT skills or
- Group work skills
- Literacy

#### **Resources:**

- For ICT lesson, worksheet A, access to internet.
- For literacy lesson, information sheet B, dictionaries, A3 paper
- All pupils, paper for leaflet.

## Lesson Plan

<b>Starter</b>	Pupils to imagine they are setting up an information service to help people in giving up smoking. With a partner they are to discuss what information they think will be useful to people and make a list.
<b>Main</b>	<p><b>ICT Lesson</b> Pupils to use <a href="http://www.nosmokingday.org.uk">www.nosmokingday.org.uk</a> They will browse the website and make notes on the handout under the correct headings.</p> <p><b>Literacy Lesson</b> Pupils to work in groups of 2 or 3. They are to read through the information sheet 'What is No Smoking Day' and use the dictionary to look up any words they don't understand. On the A3 paper pupils will produce a mind map exploring the following issues;</p> <ul style="list-style-type: none"><li>• What is No Smoking Day?</li><li>• What does the charity do?</li><li>• What practical help is available?</li><li>• What does No Smoking Day achieve?</li></ul> <p><b>All Pupils</b> A doctor at the local clinic has asked the pupils to produce a leaflet advertising the aims and work of No Smoking Day. This leaflet will be displayed with the NHS Stop Smoking campaign. Pupils must include information on</p> <ol style="list-style-type: none"><li>1) Why might someone want to stop smoking?</li><li>2) How can No Smoking Day help practically?</li><li>3) What is the purpose of No Smoking Day?</li></ol>

<b>Plenary, homework, extension</b>	Pupils to think about this question; Is this a charity and a Day that appeals to the needs of young people? What could this charity do to specifically focus on helping young people? Pupils to write their ideas in their exercise books.
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