

NO SMOKING DAY



NO SMOKING DAY LESSON PLAN

How does No Smoking Day help smokers to quit?

Key Stage 4, age range 14-16

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Information for teachers

Time required: 1 x 60 minute lesson or 2 x 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 links: 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, access to internet
- ▲ For literacy lesson: information sheet, dictionaries, A3 paper
- ▲ All pupils: paper for leaflet



Lesson plan

Opening activity

Pupils to imagine they are setting up an information service to help people give up smoking. With a partner they will discuss what information they think could be useful to people and make a list.

Main activity

ICT lesson

Pupils to use nosmokingday.org.uk and WeQuit.co.uk

Pupils to browse the websites and make notes on the worksheet under the correct headings.

Literacy lesson

Pupils to work in groups of two or three. 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:

- ▲ What is No Smoking Day?
- ▲ What does the charity do?
- ▲ What practical help is available?
- ▲ What does No Smoking Day achieve?

All pupils

Pupils to imagine that a doctor at the local clinic has asked them to produce a leaflet advertising the aims and work of No Smoking Day and that this leaflet will be displayed as part of the NHS Stop Smoking campaign. Pupils must include information on

- ▲ Why might someone want to stop smoking?
- ▲ How can No Smoking Day help practically?
- ▲ What is the purpose of No Smoking Day?

Plenary, homework, extension

Pupils to think about these questions:

- ▲ 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.



Worksheet

Learning objective: to be able to explain how the charity No Smoking Day works to help smokers to quit.

Go to: www.wequit.co.uk

What interactive sources of support can be found on this page?

Go to: http://www.wequit.co.uk/help_to_quit.htm

What help to stop smoking is recommended?

Name two other websites No Smoking Day provides links to

Go to <http://www.nosmokingday.org.uk/corporate/thecharity.htm>

Sum up the aims of the charity



Information sheet: What is No Smoking Day?

No Smoking Day aims to help people who want to stop smoking by creating a supportive environment for them, and by highlighting the many sources of help available to people who want to quit.

No Smoking Day is funded by a coalition of governmental and voluntary sector organisations with an interest in health, and has recently merged with the British Heart Foundation.

Now in its 29th year, it is a firm fixture in the UK calendar because of its popularity amongst smokers and its continued success. Three quarters of smokers would like to stop and on No Smoking Day over a million try. Stopping smoking requires much planning, encouragement, support and motivation. Helping smokers to prepare to quit can be done year round, but the day provides an excellent focus and motivation for many smokers to stop.

The No Smoking Day charity has a very clear vision and mission. That is:

Vision

To reduce tobacco related illness and death

Mission

To support smokers who want to stop through providing an opportunity to do so, and highlighting the effective help that is available

The day's main messages:

- ▲ No Smoking Day is a good opportunity to stop
- ▲ Smokers can get help when they want to stop
- ▲ There are health and other benefits to stopping smoking

What the day does:

- ▲ Spurs smokers into action – millions took part in No Smoking Day 2011
- ▲ Appeals to smokers of all types – whatever their age, sex or social background
- ▲ Publicises and explains the help that smokers can get when they want to stop
- ▲ Captures the attention of the media with lots of supportive TV, newspaper and radio coverage

What it doesn't do:

- ▲ Try to force smokers to stop – it's for people who are already interested in doing something about their smoking
- ▲ Harass smokers – it's not about banning smoking, or 'picking on' smokers
- ▲ Work in isolation – smokers need support before and after the day too

What does No Smoking Day achieve?

No Smoking Day is one of the biggest annual health awareness campaigns in the UK. With twenty-nine years of campaigning the day has helped well over a million smokers stop for good.

Take the leap.co.uk