

**Английские и российские подростки против курения.**

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**“TEENAGERS AND Smoking”**

- Children have the right to life
- Children have the right to information especially that would make their life better
- Children have the right to express their views

(The United Nations Convention

on Rights of the children)

Objectives:

- to introduce the problem of harmful habits for young teenagers in our country;
- to get students to think about the problem raised in real life situation;
- to develop students' abilities to analyze facts and information about the problem;
- to encourage students to share facts and their own attitude to the solving of the raised problem.

Students will be able to:

- v understand and comprehend useful information of the problem;
- v list the causes of negative influence of smoking on teenagers;
- v make a personal response to the issue studied;
- v extend students' knowledge about danger of smoking for themselves.

Everybody has only one life and wants to make it happy and bright. But often people forget that the main value in their life is health.

We must try "to open the children's eyes on the problem of smoking. We can use many ways: TV, radio, cartoons, etc. We must remember life is a treasure. Don't waste it for nothing!

## Why do we raise our voice against destruction force of smoking?

Young people try to understand the world they live in.

We are aware of certain things about ourselves. That's why we are always looking for some sort of truth in life.

"Why are we here? What is the purpose of life? Are we merely born to die?" These are the key questions many people are trying to answer.

From the moment we are born we begin learning. We learn what is right and what is wrong, what is good and what is bad.

As human beings we should think about what we do and say.

Things aren't often as we want them. Many of the problems we face today are very complicated.

One of the most serious problems today is **smoking**. World Health Organization (WHO) noted that tobacco smoking - this is one of the greatest challenges of modern health care and basic problem of premature death, which can be avoided ". There is evidence that smoking tobacco is now more than half of all men and about one-quarter of women on our planet. It is estimated that every minute around the globe smoked 280,000 cigarettes, and cigarettes. Particularly disturbing fact widespread smoking in childhood, adolescence and early adulthood. Fellow of the Institute of Social and Preventive Medicine, University of Zurich K. Beaner wrote: "If 100 years ago there was an exciting theme" Tobacco and the woman, but 50 years ago - the theme "Tobacco and Youth", now even more sensational is the theme of "Tobacco and children." Figures fully confirm this concern. The study of Smoking prevalence among children, adolescents and young adults seriously involved in a number of countries.

British scientists who have studied this issue and found that many students begin smoking with

11 years of age. Published the results of the survey 8314 students in one district of England, which found that the age of 11 smoked at least one cigarette a week, 16% of boys aged 15 - already 39%. Fifteen-year students smoked on average 18 cigarettes per week, schoolgirls - 6 cigarettes.

People have created new weapons to destroy minds and health. Smoking has done a great deal of harm to Man. We come from different countries but problems of healthy way of life are everybody concern. People ought to take measures and stop smoking.

### **Let us gather together to solve this problem!**

So our project "Choose life before it's too late" serves the cause of healthy way of life. We want teenagers to get wide range of Knowledge in the problem of smoking. It's dangerous drug that can seriously harm people. Smoking is a big social issue in our country. Nowadays even kids know what the cigarette is.

Statistics show that about 9 out of 10 tobacco users start smoking before they are 18 years old.

### **Is it the first step out of childhood?**

### **What makes teens smoke?**

Today it is so fashionable to speak about teenage problems. A few years ago alcohol, drugs, smoking, fights; killings were more problems for adults then for young people.

### **What has gone wrong?**

Some specialists explain that the changes of our society, the system of our life force young

people to choose their own lifestyle. We have investigated smoking problems of teenagers and the aim of our project work is to help schoolchildren to cope with them.

The fact that teen smoking rates are steadily increasing is disturbing.

- About 80% of adult smokers started smoking as teenagers.
- Because of it is so forbidden it becomes more attractive to teens.
- Kids like to get attention.

Teenagers don't live in a desert. Home, school, neighborhoods are part of our individual environment. Teens don't often think much about their future life. They want to live now.

### **Why do teens start smoking?**

To understand this problem thoroughly we decided to discuss it in our class. We are the pupils of the 10<sup>th</sup> form and we often have a lot of discussions on the problems of teenagers. Our classmates shared their opinions on what it means to be young and what the healthy life is. Some of our schoolmates don't smoke but some do.

We had an interview with our schoolmates.

### **This is a list of reasons why they tried or started smoking:**

- "My parents smoke and they know I smoke."
- "I have been caught smoking by the teacher but I want to be independent."
- "It's my body and it's up to me to decide the way of my life."
- "I started smoking just to show off."
- "I tried to protest against my parents."
- "I want to be in a collective. All my friends smoke."
- "I think it's cool."
- "I smoke in order to relax."
- "I smoke when I am stressed."

- “It helps me to stay thin.”
- “It gives me a sense of freedom.”
- “When I smoke I feel comfortable in social situations.”
- “Everyone around me at the party is smoking and offering me cigarettes.”

All the reasons are so different but they have much in common.

**Each of the respondents has got some experience of smoking.**

And this is the truth about cigarettes.

At the same time some of our classmates are very tolerant towards smokers. They often say: “It’s their choice and their own life.” So, they do nothing to stop their friends’ smoking. On one hand teens like to act as if they are someone special. On the other hand they are breaking the rulers against their parents, school and **their lives**.

**You are their targets!**

Ads for cigarettes are everywhere. Tobacco companies spend millions of dollars every year on advertising to try to get new people especially teens, to smoke. Once they have hooked you, they are controlling you.

Do you want to be controlled? Have you ever dreamt of visiting the country “Marlboro”? “Marlboro” is waiting for you! It invites you to non - stop smoking trip!

But you don’t even imagine that only non – smokers can go there. Why?

**Because smoking is very expensive.**

The habit of smoking can cost smokers in Russia more than 2000 rubles per year. Think of all other things you could use that money for. You'll save your money if you don't smoke or quit smoking.

**Are you for smoking?**

**Smokers think of cigarettes as a part of their lives of even a friend.**

**And what about you?**

Do you want to have yellow teeth?

Do you want to have bad skin?

Do you want to have bad breath?

Do you want to have bad – smelling clothes and hair?

Do you want to have increased risk of illness?

Do you want to be poisoned?

Do you want to shorten your life?

If you give positive answers to all these questions then you'll get teen smokers experience problems!

It's up to you to decide: **to smoke or not to smoke.** Once you start, it's hard to stop.

**Cigarette smoking is responsible for many diseases:**

**bronchitis** - smoking causes 75% of deaths from chronic bronchitis which kills over 30,000 people a year

**emphysema** - this is a disease of the lung, affecting breathing

**heart disease** - nicotine increases the heart-rate and so wears down the heart. Smoking causes 25% of deaths from heart disease

**cancer** - 90% of deaths from lung cancer are caused by smoking



**other problems** - smokers are more likely to get colds, flu and other infections.

**These diseases can steal away a person's quality of life long before death.**

Smoking – related disease can limit a smoker's daily life making it harder to breathe, get around, work, play, study. **Take care of yourself !**

**Because of smoking:**

- Adult male smokers lose more than 13 years of their life.
- Adult female smokers lose more than 14 years of their life.
- A single cigarette takes about 5 to 20 minutes off the person's life.
- Smokers lose bone density.
- Smoking lowers your hormone levels.
- One of three smokers dies from smoking and many more become very sick.
- Teens between 13 and 17 years of age who smoke daily we are more likely to use other drug substances.

**Smoking is a slow killer. Change your life. Be a non – smoker.**

**The best tip – Do not start!**

Cigarettes as just as addictive as cocaine or heroin. It is easy to get addicted.

- If you smoke only 1 or 2 cigarettes a day you are at risk!
- Hanging out with friends who smoke might cause you to smoke more.
- Many smokers begin smoking in social getting.
- Offering and sharing cigarette is the beginning of conversation with strangers.

Most smokers start seriously think about how they might find a way to quit smoking for good.

**It isn't always easy.**

Smoking is a hard habit to break because tobacco contains nicotine, which is highly addictive.

**It's never too late to quit smoking.**

The decision to start or continue smoking is all up to you. Nobody can make you stop. But you should think really hard about whether it is the best thing for your **Body** and your **Life**. You need motivation to stop smoking!

**Quitting smoking can give you more energy, better looks, more money in your pocket, more life to live. You should control your life and not be passive.**

### **Who can help?**

- teenagers themselves
  
- parents
  
- school
  
- the Government

Only education will help you begin to change what smoking means to you.

- Educate yourself about nicotine addiction.
- Change the way you think. Control your thoughts.
- Knowing the serious health risks may help motivate you not to smoke or quit smoking.

### **Welcome to the Trip to Smoking – Free Life!**

As for me I am motivated by the desire for a better life because I am building my life by myself. I don't smoke to support a healthy life style. I am sure teen smoking is un – cool and unhealthy. Children are especially open to health risks.

The only thing that really helps me avoid the problems associated with smoking is **staying smoke free.**

## **IF I STOP SMOKING**

I will feel myself better

I will have more energy

I will ill more little

My food will be tastier

I will look better

I will respect myself more

I will prove, that I have will-power

I will not harm to another people:

I will become a good example for my friends

The more longer teens smoke, the more damage they do to their body and health. I should control my life and not be passive. I personally prefer to be healthy.

**I raise my voice against smoking.**

Internet reassures

[www.nosmoking.ru](http://www.nosmoking.ru)

[www.stopsmoke.ru](http://www.stopsmoke.ru)

[www.nosmoke.chat.ru](http://www.nosmoke.chat.ru)

[www.kimdao.ru](http://www.kimdao.ru)

[www.alco-free.ru](http://www.alco-free.ru)

[www.ulitin.net](http://www.ulitin.net)

<http://ne-kurim.ru/articles/stat/statistika-kureniya-v-rossii/>

[http://vitabad.ucoz.ru/news/kurenie\\_sredi\\_podrostkov/2009-04-11-43](http://vitabad.ucoz.ru/news/kurenie_sredi_podrostkov/2009-04-11-43)

<http://www.smoking.tj/europe/>

