

Smoking's Deadly Effects Instructions

Materials you will need:

Crayons or markers (green, red, yellow, brown)

Smoking's Deadly Effects Map.

Begin your journey and pay close attention. What you learn can save your life!

Instructions

1. Poisons in tobacco: Listed below are the deadly poisons in cigarettes.

Find them on the map and color them green.

- **Carbon Monoxide:** Gas that quickly replaces oxygen in your blood and is found in car exhaust.
- **Nicotine:** Drug found in tobacco, which makes it very difficult to stop smoking.
- **Arsenic:** Chemical in cigarettes that is also used as a rat poison!
- **Naphthalene:** Gas found in cigarette smoke that is used to kill moths.
- **Tar:** Sticky brown substance that sticks to the lungs and is also used to repair roofs!

2. Immediate effects of smoking: Listed below are the immediate effects of smoking. Find them on the map and color them red.

- **Dizziness/Headache**
- **Watery eyes**
- **Coughing/Phlegm** (pronounced .flem.): Phlegm in your throat is the thick, disgusting substance that you try to cough up.
- **Shortness of breath:** This results from a lack of oxygen.
- **Rapid pulse:** The heart has to beat more times per minute because it is not getting enough oxygen.
- **Asthma (wheezing and shortness of breath):** Smoking worsens existing asthma conditions.

3. Smoking effects on appearance: Listed below are the effects smoking has on appearance. Find them on the map and color them yellow.

- **Bad breath:** Smoke from even one cigarette makes the breath smell bad. Bad breath is also known as **halitosis** (pronounced hal-i-TOE-sis).
- **Smelly hair and clothes:** The stale smell of cigarette smoke stays in the hair and in clothes.
- **Yellow teeth and fingers:** Before long, smokers develop yellow stains on their teeth and fingers-more unattractive effects of smoking.
- **Wrinkles:** People who have smoked for a longer time develop wrinkles, especially around the eyes and mouth.

4. Smoking's deadly, long term effects: Listed below are the deadly and long term effects of smoking. You've reached the most dangerous part of the smoking map. Read through the list of diseases in this section of the map. Any one of these diseases can and do cause death to long-term smokers. Find them on the map and color them brown.

- **Lung Cancer:** Deadly, almost incurable kind of cancer caused almost always by smoking.

- **Hardening of the arteries:** Thickening and clogging of the arteries so that blood cannot flow easily through them.
- **High Blood Pressure:** Extreme amount of force of blood against the inside walls of the arteries.
- **Emphysema:** (pronounced em-fi-SEE-muh) Disease caused by smoking in which lung tissue is destroyed, making it extremely difficult to breathe.
- **Stroke:** Cut off of blood flow to the brain that results in sudden paralysis of various parts of the body, including facial muscles, arms, legs, etc.
- **Heart Attack:** Blood flow is cut off to the heart, causing the heart to stop beating.

You've just completed the journey of a smoker. What you've learned along the way may save your life! If you want to grow up healthy, stay tobacco free, exercise, and eat a variety of fruits and vegetables.