

## Healthy Body – '5 reasons to not smoke!' page 24

### HEALTHY VIBE

#### HEALTHY BODY

# 5 REASONS TO NOT SMOKE!

#### 1. Live longer and get more out of life!

Not smoking helps you live longer by dramatically reducing your chances of heart attack, stroke and a bunch of other terminal illnesses – and it also helps you live better. You may not think about it when you're young and feeling fit and healthy, but the longer you smoke, the more health problems you're going to have later on in life, which is going to have a big impact on your standard of living. Being fit helps you to be active, which in turn boosts your confidence, self-esteem and wellbeing.

#### 2. Look better!

Think about all the horrible stuff smoking does to your appearance. People who smoke get more wrinkles and they age more quickly. Tobacco also stains your teeth, makes your hair go grey earlier than it usually would – and the toxins in cigarettes change the oil secretions in your face, making you more likely to have breakouts and bad skin.

#### 3. Set the right example

There is no greater influence on a young person taking up smoking or not than the people closest to them: their friends and, more importantly, their family.

Research has shown that over 50 per cent of Aboriginal people smoke cigarettes!

With such a high number of our mob already smoking, it's no wonder more of our young people take up the habit

than any other group in the country. So whether you're a mum, dad, uncle, aunty, big bro or sis, whatever, it doesn't matter, simply by quitting or not smoking yourself you'll be doing the best and most impactful thing you possibly could to ensure our young people grow up healthy and strong.

#### 4. Save money!

Cigarettes don't come cheap, and at \$14 a packet, on average, the amount of money smokers end up paying towards their habit in a year, or even a month, can be staggering.

Think of it like this. At today's prices, if you smoke one pack of cigarettes each day for 10 years, you'll spend over \$51,000 – easily enough to buy a new car or put towards a house. Also, think about what you could do for yourself and your family with that extra money.

And the financial benefits of not smoking don't just end with what you're paying over the counter. People who smoke are more likely to get sick, which means you'll also be paying more on trips to the Doc and on medicines.

#### 5. Help your people and culture survive

Smoking tobacco is one of the greatest killers of Aboriginal people and culture. Around 20

per cent of Aboriginal deaths each year are attributed to smoking tobacco. Aboriginal and Torres Strait Islander people, on average, die 17 years younger than other Australians, and tobacco is playing a huge part in that statistic. To turn things around, more of our mob have to stop smoking! And support others in our community to do the same.

### HOT OFF THE PRESS

#### Aboriginal hostels ban smoking indoors

To help combat the prevalence of Indigenous smokers, Aboriginal Hostels Limited has announced they'll be doing everything they can to discourage Aboriginal people from smoking.

"It's clear that it's one of the biggest killers of Indigenous Australians," says AHL general manager Roger Barson.

Hostels will begin to advertise anti-smoking messages, and will also be smoke-free, apart from designated smoking areas.

"We want to help them understand their own health, understand what smoking is doing and give support to those wanting to quit," says Roger.

There will be health education and promotion activities by staff to prevent, reduce and stop smoking.

"It won't happen overnight, but we're taking a much more active approach," says Roger. "The hostels tend to cluster around secondary education and healthcare and these places fit into their neighbourhoods."

SMOKING  
TOBACCO  
IS ONE OF THE  
GREATEST KILLERS  
OF ABORIGINAL  
PEOPLE AND  
CULTURE





**READ 5 reasons to not smoke! on page 24**

### ACTIVITY 1 BUILDING READING SKILLS

- skimming and scanning for information
- reading headings, sub-headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world



There are three levels of comprehension questions:

**Literal** The answer is located in one sentence in the text.

**Inferred** You need to make links between text and graphics (such as photographs, illustrations, maps and tables) and what you already know.

**Applied** The answer is in your background knowledge, what you already know or feel.

**Shade one bubble.**

1. Why has Aboriginal Hostels Limited banned smoking inside its hostels? (inferred)

- to prevent accidental fires in hostels
- to help cut down the numbers of Aboriginal people who smoke
- to promote smoking
- to let people know how expensive smoking is



2. What other ways is Aboriginal Hostels Limited helping to reduce the numbers of Aboriginal smokers? (inferred)

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3. According to research, what percentage of Aboriginal people currently smoke?

 %

(literal)

4. According to the text, most cigarettes cost about \$14 per packet. If you were to smoke one pack of cigarettes each day for 10 years, how much would you spend? (literal)

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What could you do with that amount of money?

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5. Roger Barson says that convincing Aboriginal people to quit smoking “won’t happen overnight, but we’re taking a much more active approach.”

In this sentence, **won’t happen overnight** means

- we will still be in the same situation tomorrow
- the non-smoking campaign will be a long-term project
- everyone should quit smoking overnight
- we need more education about quitting smoking (applied)

6. What is the overall purpose of this text? (applied)

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## ACTIVITY 2 LANGUAGE CONVENTIONS – SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. The Aboriginal Hostels asosiation is anti-smoking.

2. They anounsed their decision today.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. There will be activitys to help people quit smoking.

2. This fits into their nayberhoods.

## ACTIVITY 3 LANGUAGE CONVENTIONS – GRAMMAR

Shade one bubble.

1. Which type of word is concerned in this sentence?

The woman had a concerned expression on her face when she realised the health dangers of smoking.

- verb
- noun
- adverb
- adjective

2. Which sentence is correct?

- The teacher drew our attention to the anti-smoking poster.
- The teacher fetched our attention to the anti-smoking poster.
- The teacher focussed our attention to the anti- smoking poster.
- The teacher gathered our attention to the anti- smoking poster.

3. Which word or words correctly completes this sentence?

A lot of people \_\_\_\_\_ chosen not to smoke if they knew how addictive it was.

- would have
- would of
- having
- have



## ACTIVITY 4 LANGUAGE CONVENTIONS – PUNCTUATION

Shade one bubble.

1. An apostrophe ( ' ) has been left out of this sentence.

Where does the missing apostrophe go?

The financial benefits of being a non-smoker dont end with what you are paying for them.

2. Which sentence has correct use of capital letters?

- Aboriginal Hostels Limited is doing everything possible to discourage Aboriginal people from smoking.
- aboriginal hostels limited is doing everything possible to discourage Aboriginal people from smoking.
- Aboriginal Hostels Limited is doing everything possible to discourage aboriginal people from smoking.
- Aboriginal hostels limited is doing everything possible to discourage Aboriginal people from smoking.

3. Brackets ( ) are needed in this sentence. Which part of the sentence needs brackets?

An estimated 20% of teenagers 280000 smoke cigarettes regularly.

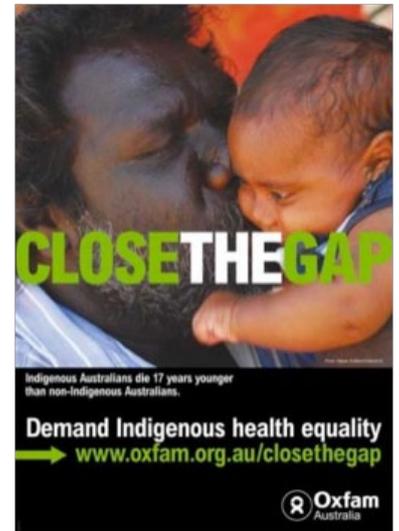
- 20%
- 280000
- of teenagers
- egularly



## ACTIVITY 5 DESIGNING A POSTER

Posters can be a very persuasive way of getting a message across.

Many of us know smokers who are struggling to kick the habit, but we live in an era where we have enough science to prove that cigarettes and smoking in general have negative consequences. The long-term effects of smoking include health issues ranging from emphysema to a variety of different cancers.



### Design a poster to convince Aboriginal people to quit smoking.

To make a creative and effective anti-smoking poster which makes a big impact on your target audience you could:

- use statistics –look up statistics on smokers that have shock value, such as how many people die each year or how many people are diagnosed with cancer due to smoking. Just one of these facts enlarged on a poster will cause people to stop, read and take in the overall message of the advertisement
- use pictures of organs - you could display the results of smoking on the body. A picture of a tar-black lung or a damaged heart with a caption describing the photo can have lasting shock value. By being daring in your poster, you may be able to persuade a few smokers to kick the habit
- use Before-and-After pictures - pictures of a person before smoking and after smoking for a number of years has shock value and the potential to persuade users to quit. Showing a healthy lung next to a lung of a heavy smoker is another way to get your point across. If you convince just one person to quit with your ad, you can consider your poster a success.

### Remember to:

- research your topic and plan your poster
- use a few key words or slogans
- use statistics, photos and illustrations
- choose your words carefully to convince a reader of your opinions
- check and edit your poster so that its message is clear for a reader.