

**These are some of the reasons young people give to explain why they began to smoke. Discuss the following reasons with your students:**

They wanted to join in with what their friends were doing.  
—What does that say about their friendships?

They wanted to show other people that they were independent.  
—It seems incredible to seek to demonstrate independence by surrendering to an addiction.

They wanted to experiment with something new.  
—Are young people really so lacking in imagination?

They wanted to look grown up and ‘cool’.  
—Bad skin, bad breath, stained fingers, smelly clothes. That’s ‘cool’?

They thought it would help reduce stress.  
—Cancer, heart disease, emphysema and the other tobacco related diseases are quite stressful.

They thought it would help to keep their weight down.  
—If weight is an issue, and maybe it should be, then exercise more and eat less.

**The factors seem to be different for boys and girls and they are listed below in order of importance, with 1 as the highest rank.**

**Set out five stations in the classroom, numbered 1 to 5. Read a statement from the list below, specifying whether it relates to boys or girls.**

**Ask the boys or girls to go to the station they think matches the importance of the the statement.**

**See if you can cause them to change their minds by asking questions or making observations. Feed in the ‘correct’ answers as that seems appropriate.**

Boys	Rank	Girls
Having a best friend who smokes	1	Having at least one parent who smokes
Knowing at least one cigarette brand	2	Having positive beliefs about smoking *
Having a favourite cigarette advertisement	3	Knowing at least one cigarette brand
Not knowing or accepting the risks	4	Having a best friend who smokes
Having at least one parent who smokes	5	Not knowing or accepting the risks

\* like looking grown up, calming nerves, controlling weight, giving confidence etc.