



# GROWING A TIS CHAMPION

## HOW TO TACKLE SMOKING

ACTIVITY BOOK

Welcome to the Activity Book! In here we have created some interactive activities to help you learn more about the effects of smoking and vaping while having some fun.

On some pages you will see a computer icon  this means you can complete the activity on your screen by clicking and typing in the spaces provided. On other pages, you will see a printer icon  These activities can be completed by printing the page out and getting creative with your pens/pencils.

OR print the entire workbook and go for it!

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Answers

100 Smoking Facts • Quiz





# ALL ABOUT ME

ACTIVITY ONE



# ESCAPE MAZE

ACTIVITY TWO

My name: ..... Im ..... old

Someone I look up to: .....

When I grow up I want to be: .....

My favourite colour: .....

My favourite sport: .....

My favourite food: .....

My favourite animal: .....

My favourite singer: .....

If I could go anywhere it would be: .....

If I had a superpower it would be: .....



Print and draw or trace your screen with your finger/tablet pencil





## COMPLETE THE SENTENCES

### ACTIVITY THREE

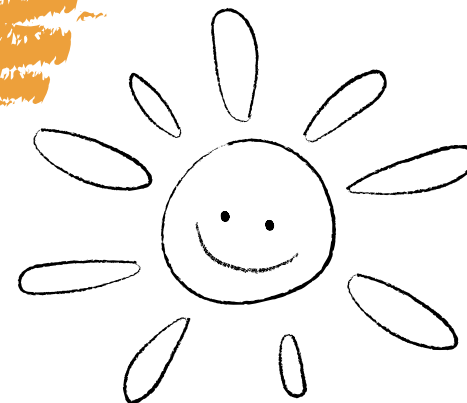
1. Every 10 \_\_\_\_\_ someone dies from smoking.
2. Smoking damages your \_\_\_\_\_.
3. Smoking can give you \_\_\_\_\_.
4. There are more than 7000 \_\_\_\_\_ and poisons in smokes.
5. Smoking affects your \_\_\_\_\_ development.
6. Cigarette butts \_\_\_\_\_ our planet.
7. Traditional smoking \_\_\_\_\_ are very different from cigarettes and burn native plants to ward off bad spirits.
8. Most \_\_\_\_\_ know it's not good to smoke in the home.
9. It is \_\_\_\_\_ to smoke in the car with kids.
10. \_\_\_\_\_ at any stage brings benefits to smokers.

**WORDS:** quitting cancer pollute ceremonies brain chemicals adults seconds illegal lungs



## COLOURING IN

### ACTIVITY FOUR





# COMPLETE THE WORD

## ACTIVITY FIVE

Find the word using these facts below, then check if you have the correct answer [here](#)

Kids who around smokers can have  eeth problems.

Having sm kes can give you bad breath.

Having smokes can give you bad  reath.

Having smokes can give you a b d cough.

Having lots of smokes can make you  onfused.

Having lots of smokes  ould kill you.

Having lots of smokes can make you st p breathing.



# WORDSEARCH

## ACTIVITY SIX

S Q Y A Z N E Y M K B Y E O Q J I P Q V  
 R P C X X O N Q D B O X D N Y P P D A J  
 R A M N A S I Q K O P F L T L O V S V R  
 A G K U X I T Y A E S P X V N A B P R F  
 K C Y C R O O R N C Y Y Q Y J S B I M P  
 N C J U O P C S O B V H B A V O D T J T  
 M G X O P N I M H N I I T D U T G O C I  
 L G N R Q V N E Q S G Z E L W K U B G U  
 B A D I E Z O L A F R P M Q A L Z A I Z  
 U R K Z K S B L L V R E S Z X E I C J J  
 L K S N O O U Y C E C G C B S E H C V G  
 U A L O N H M O S P K B S N V I E O H O  
 Y T A I F O W S R R A W T O A E J J G M  
 D I C T R Z I S C E G G O B R C Q N L B  
 B R I C D O C T E C G H L X O D U V N Q  
 M M M I N G P H U C H N Z K T I U Q W X  
 L N E D F H K P D L I H A S E M J U H H  
 V O H D X U A B M Y L O M D D H R H U Q  
 Z D C A A I U W E R D O H D J D P B S Q  
 J O E Z N Y X H G G P C P C J M K T S Q

Print & Find These Words:

- |           |           |            |         |
|-----------|-----------|------------|---------|
| addiction | cancer    | chemicals  | tobacco |
| choices   | dangerous | depression |         |
| expensive | healthy   | nicotine   |         |
| poison    | pollution | quit       |         |
| smelly    | smoking   | strong     |         |





# WORD JUMBLE

## ACTIVITY SEVEN

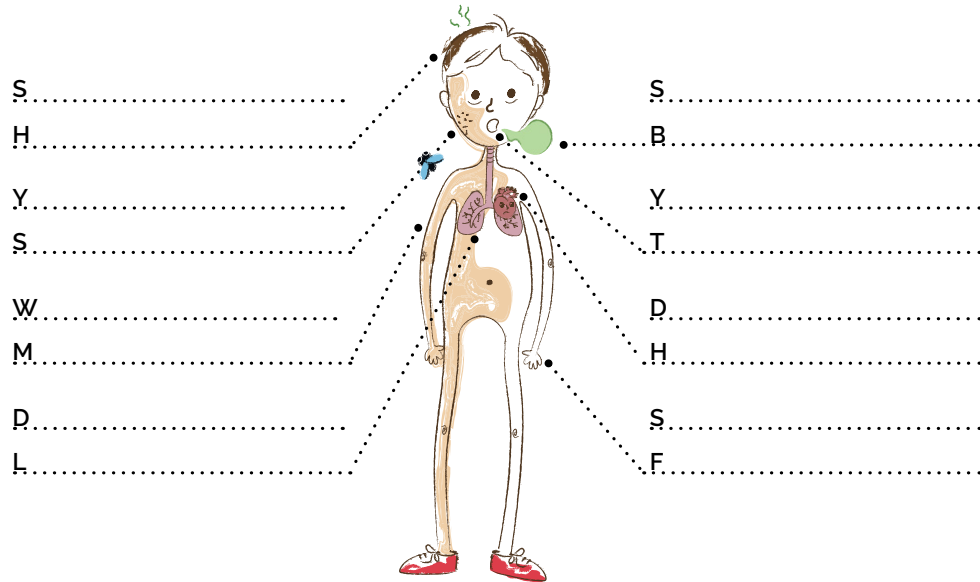
Smoking affects many parts of the body, both inside and out. The picture below shows some of the body parts that get damaged from smoking.

● Print & draw a line to match the jumbled word to the correct word.

IMEYLS IRAH  
KYUYC INKS  
LLSYME AREBHT  
OLWYLE ETEHT  
IESNADT ENGFRSI  
KREEWA SLCSEUM  
SASEDDEI GUNSL  
MDAADEG ERATH

WEAKER MUSCLES  
STAINED FINGERS  
DISEASED LUNGS  
YUCKY SKIN  
DAMAGED HEART  
YELLOW FEETH  
SMELLY HAIR  
SMELLY BREATH

● Now print the word next to the correct body part.



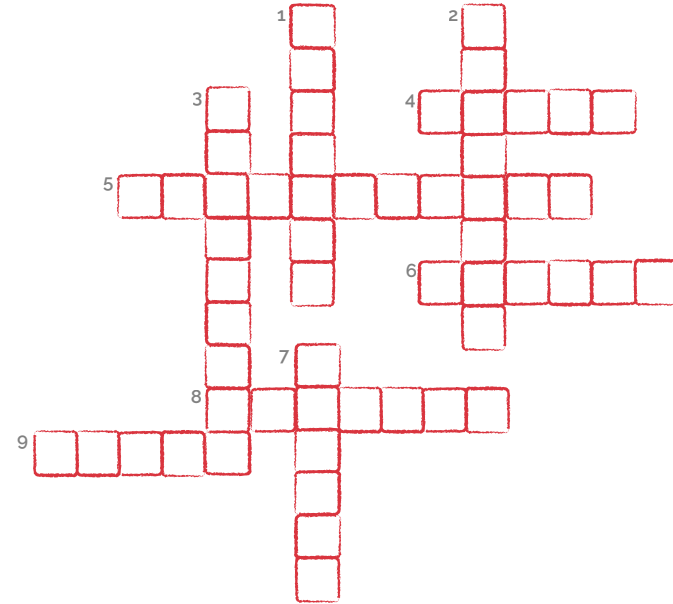
There are heaps of good things about being smoke-free including healthier skin, fresh-smelling clothes and hair, fresher breath, whiter teeth, better sense of taste and smell, improved fitness and less sickness.



# CROSS WORD

## ACTIVITY EIGHT

Use the clues and the blank word to complete the crossword, then check if you have the correct answer [here](#)



### ACROSS

- Your body runs best when you have fresh f\_\_\_\_ and veggies in your diet.
- T\_\_\_\_\_ smoking ceremonies are very different from smoking cigarettes.
- By not smoking you don't have to worry about y\_\_\_\_\_ teeth and smelly breath.
- If you don't smoke you set a good e\_\_\_\_\_ for your community.
- W\_\_\_\_\_ keeps your body hydrated and running well.

### DOWN

- You can choose to say no to s\_\_\_\_\_
- Playing sport is a way to get your lungs s\_\_\_\_\_
- Not smoking keeps you and the environment h\_\_\_\_\_
- V\_\_\_\_\_ is not healthier than smoking



## ANSWERS

### ACROSS

4. Your body runs best when you have fresh **fruit** and veggies in your diet.
5. **Traditional** smoking ceremonies are very different from smoking cigarettes.
6. By not smoking you don't have to worry about **yellow** teeth and smelly breath.
8. If you don't smoke you set a good **example** for your community.
9. **Water** keeps your body hydrated and running well.

### DOWN

1. You can choose to say no to **smoking**.
2. Playing sport is a way to get your lungs **stronger**.
3. Not smoking keeps you and the environment **healthier**.
7. **Vaping** is not healthier than smoking

## ACTIVITY 5 ANSWER:

TOBACCO

# SMOKING FACTS FOR KIDS

TRIVIA CHALLENGE 100 Smoking Facts for Kids Smoking & vaping is dangerous to our health, but how dangerous? Below we have compiled 100 facts about smoking, some you may already know and some may surprise you. The challenge is to read through the facts below and then test your skills in an online trivia quiz to see how much you know about the affects of smoking.

1

By the time you count to 10, someone has died of smokes.

2

Smoking causes about 90% (or 9 out of 10) of all lung cancer deaths

3

People who smoke die 25-20 years earlier than people who don't.

4

If you are around smokers you are at risk of the dangers of smoking.

5

Being around smokers can cause severe illness.

6

Kids around smokers can get lung and ear infections.

7

Kids who around smokers can have poor smell.

8

Kids who around smokers can have teeth problems.



**9**  
Having smokes can give you bad breath.

**10**  
Having smokes can make you not want to eat.

**11**  
Having smokes can make you dizzy and sick.

**12**  
Having smokes can give you headaches.

**13**  
Having smokes can give you a bad cough.

**14**  
Cigarette smoking increases risk for death from all causes in men and women

**15**  
Having lots of smokes can make you confused.

**16**  
Having lots of smokes can make you have a seizure.

**17**  
Having lots of smokes can make you stop breathing.

**18**  
Having lots of smokes could kill you.

**19**  
Smoking damages your lungs.

**20**  
Smoking puts tar on your lungs



**21**  
Smoking can give you cancer.

**22**  
Smoking can make your teeth and fingers yellow.

**23**  
Smoking makes it hard for your heart to do its job.

**24**  
You don't have to smoke just because your mom does.

**25**  
The people who make smokes earn lots of money and they want you to smoke. People who smoke give their money to big greedy companies.

**26**  
Smoking is one of the worst things you can do to your body.

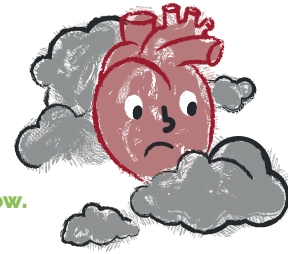
**27**  
There are 7000 chemicals and poisons in smokes.

**28**  
The body tries to get rid of the poison by making you sick. That's why smokers feel sick and dizzy all the time. It is their body trying to protect them.

**29**  
Smokes make your clothes stink.

**30**  
People who smoke have harder time keeping up with their friends when playing sport.

**31**  
Anyone who starts smoking can become addicted.



**32**

If you're addicted to something it's really hard to stop doing, even if you want to.

**33**

Vaping or e-cigarettes still use nicotine, the same as smokes.

**34**

The flavours in vapes have lots of chemicals.

**35**

Kids who start vaping are 4 times more likely to start smoking.

**36**

Nicotine in smokes and vapes/e-cigarettes affects your brain development.

**37**

When you see a smoking ceremony happening, it is a gift from the aboriginal people to all people in Australia so make sure you go to the smoke and wave it over you and cleanse the past for a better future.

**38**

Nicotine is poisonous.

**39**

Smokes cost a lot of money. One packet costs about \$30-\$45.

**40**

Not putting your smokes out can start bushfires or housefires.

**41**

Smoking near fuel can cause an explosion.

**42**

Cigarette butts pollute our planet.

**43**

Cigarette butts can take up to 10 years to decompose.

**44**

Every smoke that someone has reduces their expected life span by 11 minutes.

**45**

Teenagers who smoke are more likely to have depression and anxiety.

**46**

People who smoke have more trouble sleeping.

**47**

Girls who smoke can have more facial hair.

**48**

Smoking can make your hair turn grey faster.

**49**

You're not allowed to smoke in public spaces like shops and schools.

**50**

Stopping smoking is hard, but it can be done.

**51**

British smoking behaviour was taken up by Australian Aboriginal people.

**52**

Smokes are made from tobacco. Tobacco contains nicotine, an addictive substance.

**53**

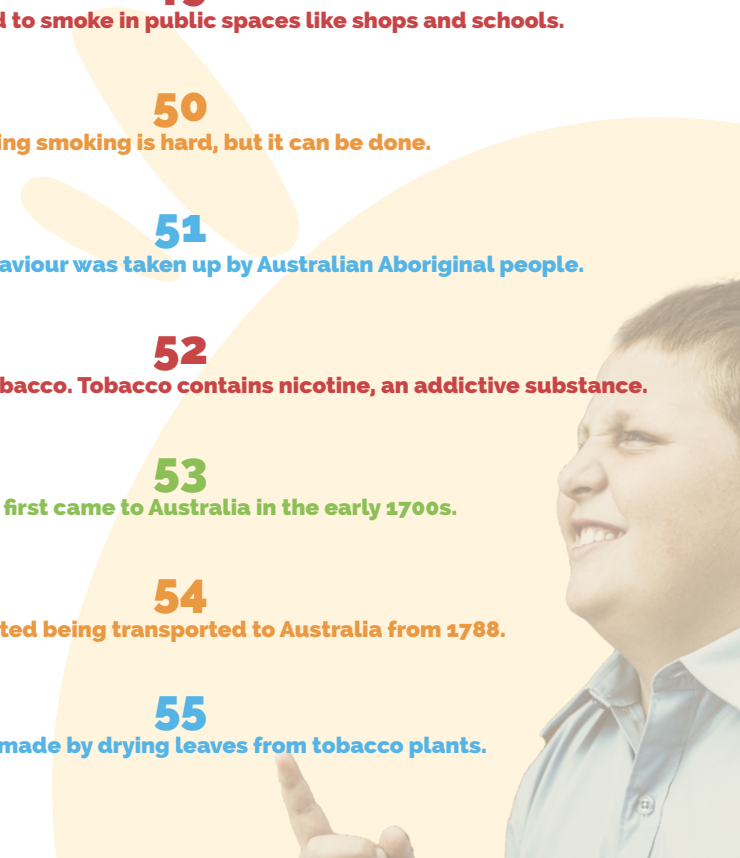
Tobacco first came to Australia in the early 1700s.

**54**

Tobacco started being transported to Australia from 1788.

**55**

Tobacco is made by drying leaves from tobacco plants.





56

In %90 1819 of male labourers were smokers.

57

From the 1920s onwards smoking became more popular with women.

58

By the end of the First World War, more than one-quarter of Australian women were smokers, along with almost three-quarters of adult males.

59

In spite of evidence that tobacco use causes death and disease, female smoking continued to increase, peaking at one-third in the mid1970-s. By this time smoking in males had begun to decline.

60

Did you know that over time cigarette companies have actually made their smokes more addictive by having higher levels of nicotine.

61

Cigarette companies have tried to make smoking more appealing to younger people by adding flavours and menthol.

62

Traditional smoking ceremonies are very different from smokes.

63

Traditional smoking ceremonies burn native plants to ward off bad spirits.

64

Certain traditional smoking ceremonies are also believed to be used for positive therapeutic outcomes dependant on what plants are available from region to region.

65

Nicotine is addictive.

66

Smoking cigarettes harms nearly every organ of the body.

67

Smoking accounts for over 20 percent of Indigenous deaths.

68

More than half of Aboriginal and Torres Strait Islander smokers and %80 of non-smokers reported that smoking was never allowed anywhere in their home.

69

Most adults know that it's not good to smoke in the home.

70

One of the chemicals in smokes is ammonia, which is also in toilet cleaner bleach.

71

One of the chemicals in smokes is acetone, which is also in nail polish remover.

72

One of the chemicals in smokes is benzene, which is also in paint stripper.

73

One of the chemicals in smokes is hydrogen cyanide , which is also in rat poison.

74

1 week after quitting smokes your sense of smell improves.

75

1 month after quitting smokes your blood flow is better which makes your skin look better.

76

3 months after quitting smokes your lung function has increased by 30%.

77

8 hours after stopping smoking the excess carbon monoxide is out of your blood.



**78**

One year after quitting smokes, a pack-a-day smoker will save over \$12000.

**79**

5 days after stopping smoking most of the nicotine is out of your body.

**80**

One year after quitting smokes, your risk of heart disease has halved.

**81**

Passive smoking is breathing in smoke that someone else blows out.

**82**

Passive smoking can trigger asthma.

**83**

Children can get burnt by cigarettes or by playing with matches or lighters.

**84**

It is illegal to smoke in the car with kids.

**85**

Almost %95 of young people aged 12 to 17 years are not current smokers.

**86**

About %88 of adults don't smoke.

**87**

The number of current smokers aged 12 to 17 years has decreased significantly over time falling from 17% in 1999, to 5% in 2017.

**88**

Passive smoke is more dangerous for young children than adults because their lungs are still developing.

**89**

Quitting at any stage brings benefits to smokers.

**90**

One in eighteen school students have tried smoking by age 12.

**91**

By the time they are 17 years old, around 40 per cent of school students have tried smoking.

**92**

Kids who smoke have greater risk of illnesses because they breathe faster than adults so they breathe more smoke in.

**93**

Kids who are around smoke are more likely to end up in hospital with asthma.

**94**

Kids who are around smoke are more likely to end up in hospital with pneumonia.

**95**

Kids who are around smoke are more likely to end up in hospital with bronchiolitis.

**96**

Most people have to try a few times before they quit forever.

**97**

Each time a person attempts to quit smoking, their chances of successfully quitting for good increases.

**98**

Smoking is estimated to kill almost 20,500 Australians a year.

**99**

Smoking is the leading preventable cause of death and disease in Australia.

**100**

Kids who smoke are more likely to drink alcohol and try other drugs.





READY TO PUT YOUR KNOWLEDGE TO THE TEST  
**TAKE THE QUIZ HERE**



Scan to take quiz on tablet/phone