



Life Education Victoria

Follow Up Activities for Parents



Victoria
FOR A SAFER, SMARTER LIFE

THE BURNING ISSUE-5/6, 6

SYNOPSIS:

The students explore the many issues associated with smoking. Through interactive group and partner activities they investigate the adverse affects of smoking on health of the individual and the broader community. Students discuss ways to reduce the impact of passive smoking and develop and practise strategies to deal with unwanted offers of cigarettes.

KEY UNDERSTANDINGS:

Knowledge and Understanding

- Recognises that smoking affects all body systems resulting in short & long term consequences
- Identifies services & products that advise, educate & inform people of the facts about smoking
- Identifies both personal & community strategies to reduce the harms related to tobacco use
- Examines the harmful effects that smoking has on the environment
- Describes the laws governing the advertising, sale & use of tobacco products

Values and Attitudes

- Increasingly accepts responsibility for personal and community health

Skills

- Develops and implements strategies to address influences and pressures to smoke

SUGGESTED PARENT FOLLOW UP:

Informal Discussion

Take the opportunity to discuss your child's attitudes and knowledge about smoking when issues/statistics are raised in the newspaper or on TV programs.

QUIT Website www.quit.org.au

Access this site to view the most current statistics and information on smoking for the area you live in. Compare with other areas in Victoria. Discuss possible reasons for some of these differences.

Maths challenge

If a person smoked one packet of cigarettes a day, how much would it cost them in a week, month, and year? Brainstorm other things that, if a person had that amount of money in their hand, they would have the power to buy.

Problem Solving-The SEARCH Model

The problem -solving model we use to explore problems throughout our resource from P-6 is the SEARCH Model.

This is a great way to develop a process for your child to analyse their problems and come up with effective strategies to deal with the issue.

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| Situation- | What is the problem? |
| Emotions- | How would the person be feeling? Why? <i>What outcome does the person want?</i> |
| Actions- | What could the person do/say? |
| Review- | What would be the consequences of each action? Which action would work best to achieve the outcome they want. |
| Choice- | Role-play the chosen action. |
| How did it go? | Discuss the effectiveness of the action How did the person get what was wanted/avoid what was not wanted. When, where, how, could these ideas be used in real life? |

- Use this model with your child to help them with their problems
- Create What If... scenarios to give your child practice in problem solving
- Explore dilemmas that you feel are relevant to your child's age that arise in their favorite TV program/book/video.