



Dandenong and District Aborigines Co-operative- Tackling Indigenous Smoking Team

Youth Activity Workbook

Tobacco Education

7—14 Years

**KICK THE
BUTT**



HIDDEN MESSAGE

FIND ALL THE CHEMICALS IN CIGARETTE SMOKE
AND THE HIDDEN MESSAGE

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

ACETONE

TAR

CARBONMONOXIDE

ARSENIC

TURPENTINE

HYDROGENCYANIDE

BENZENE

URINE

LEAD

CADMIUM

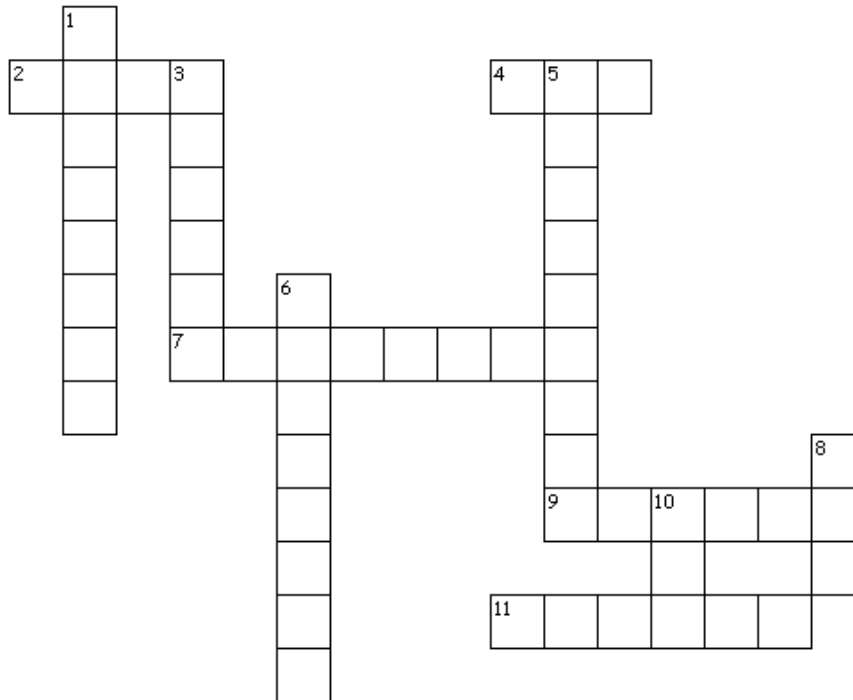
(HIDDEN MESSAGE)



CROSSWORD PUZZLE

HOW SMOKING DAMAGES THE BODY

Complete the crossword by filling in a word that fits each clue



ACROSS

2. If you smoke your hair will become ____ earlier than non-smokers
4. The amount of years earlier that a smoker will die compared to non-smokers
7. The lines on your face that will become worse if you smoke
9. Smoking is a trigger for an _____ attack
11. A disease in the brain that smoking can cause

DOWN

1. Your bones are more likely to become weak and f____ if you smoke
3. The colour your teeth will become if you smoke
5. The lung disease caused by smoking that can never heal
6. The chemical that causes addiction in the brain if you smoke
8. The chemical breathed in while smoking that stains the tongue
10. The amount of teeth a smoker will lose every 10 years



CRYPTOGRAM - CRACK THE CODE AND FIND THE HIDDEN

MESSAGE

| | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|----|---|---|----|---|---|---|---|---|----|---|---|---|----|---|---|---|---|---|---|---|
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| | | | | | 22 | | | 14 | | | | | | 19 | | | | 10 | | | | | | | |

I F O S O S I S F O O
 14 22 4 19 24 10 1 19 25 21 10 8 14 10 8 12 22 19 9 19 23 21
O I I S S S S S O I
 8 19 24 9 14 5 14 10 5 8 21 10 12 1 21 12 10 10 1 19 25 14 23 15
O O O I S I S I S
 19 23 21 8 24 23 20 9 21 20 13 14 15 12 9 21 5 5 21 10

MYTHBUSTING

But shisha is not addictive, right? Waterpipe smoke contains nicotine. Waterpipe smoking is addictive. Daily waterpipe smokers can feel just as addicted as cigarettes smokers.

Doesn't the water filter out the bad stuff? The water in shisha pipes does not filter out the harmful chemicals. Most of the tar and fine particles pass through the water.

It smells like apple, how bad can it be? The waterpipe might have a fruity or sweet smell but it's not healthier or safer than smoking.



