

Smoke in your Eyes

A Teaching Resource Exploring Tobacco Issues

Scott and Hannah: **Primary 7 Story**



Scott and Hannah

Scott and Hannah are now in Primary 7 and their teacher is Mr Thomson. Their topic this term is the Scottish Parliament and they are learning about new laws that have been passed. Mr Thomson introduces the smoking ban law to the children and explains that they will be researching all of the smoking laws in Scotland and presenting these to the class. Scott and Hannah are keen to get started on their research and find out a number of interesting facts that they were not previously aware of.



Mr Thomson has noticed that two of the pupils in the class are arriving late to school every morning. Whilst the rest of the class are working quietly, Mr Thomson decides to speak to the two children about this issue. He discovers that the reason for their late-coming is because they have stopping at the local newsagents to buy sweets on their way to school. He also realises that one of the pupils had not wanted to do this but had been pressurised by their friend who did not want to be left alone. During a health and wellbeing lesson later that day, Mr Thomson introduces the theme of peer pressure and the class discuss and explore different situations and examples of this.



Following their research of Scottish smoking laws, Scott and Hannah's class have been asked to organise a non-smoking week in the school. Pupils are encouraged to get their relatives to stop smoking for the duration of the event. The class come up with a range of ideas, such as inviting the school nurse to talk to family and friends about the dangers of smoking and to support individuals wishing to stop.

Scott's dad smokes cigars and although this used to be fairly infrequent, he has been smoking more often recently. Scott has been thinking about Hannah's Granddad and influenced by the non-smoking week, he asks his dad to stop smoking. His dad agrees to try during the school's event.





Throughout the week, Scott's dad experiences some of the side effects of trying to stop smoking, such as mood swings, insomnia, cravings, headaches, and coughing. However he does acknowledge the money he is saving from stopping. He is surprised by how difficult he finds it.

By the end of the event, Scott's dad decides that he wants to try and stop permanently, however, he realises this is not going to be easy and therefore goes to his doctors for advice and support on doing this.

