

	<b>Our response</b>	<b>We need to find out more</b>
1. Kit doesn't know if drinks that contain caffeine (tea, coffee, cola and energy drinks) are good for toddlers and young children.		
2. Dami says that it is against the law to smoke in a car with anyone under 18, but she's not sure why.		
3. Adi is unsure if vaping is completely safe.		
4. Pops says that if someone smokes, the door or window must be open.		
5. Freya has been told that it is legal to buy vapes at age 16, but she thinks it is illegal.		
6. Trey's cousin, who is 17, bought alcohol in the supermarket. Trey doesn't want his cousin to get into trouble but is unsure what the law on buying alcohol is.		
7. Tabby read a leaflet that said adults that drink alcohol should have some 'alcohol-free' days each week.		

Prompt	Teacher Notes
<p>1. Kit doesn't know if drinks that contain caffeine (tea, coffee, cola and energy drinks) are good for toddlers and young children.</p>	<p>Caffeinated drinks are not suitable for toddlers and young children.</p> <p>Caffeine is a stimulant and can temporarily make people feel more alert or less tired. For most adults, tea and coffee can be consumed in moderation, as part of a balanced diet. Energy drinks often contain high levels of caffeine and high levels of sugar too, as well as other stimulants.</p> <p><b>Reference:</b> NHS – caffeinated drinks  <a href="http://www.nhs.uk/live-well/eat-well/water-drinks-nutrition/">www.nhs.uk/live-well/eat-well/water-drinks-nutrition/</a></p>
<p>2. Dami says that it is against the law to smoke in a car with anyone under 18, but she's not sure why.</p>	<p>*It is illegal to smoke in a car with anyone under the age of 18. Smoking in cars means there is a risk of second-hand smoke. Second-hand smoke comes from the tip of a lit cigarette and the smoke that the smoker breathes out. Breathing in second-hand smoke increases the risk of getting the same health conditions as smokers. Babies and children are particularly vulnerable to the effects of second-hand smoke as their lungs are less developed.</p> <p><b>Reference:</b> NHS – What are the risks of smoking?  <a href="https://www.nhs.uk/common-health-questions/lifestyle/what-are-the-health-risks-of-smoking/">https://www.nhs.uk/common-health-questions/lifestyle/what-are-the-health-risks-of-smoking/</a></p>
<p>3. Adi is unsure if vaping is completely safe.</p>	<p>Vapes are not risk free but carry less risk than smoking cigarettes and tobacco.</p> <p>The liquid and vapour in vapes contain potentially harmful chemicals (although in much lower levels than cigarettes which also contain tobacco). Vapes can contain nicotine which raises blood pressure and increases someone's heart rate; nicotine use over time causes a craving for the user to smoke more.</p> <p><b>Reference:</b> NHS smokefree - e-cigarettes/vapes  <a href="https://www.nhs.uk/live-well/quit-smoking/using-e-cigarettes-to-stop-smoking/">https://www.nhs.uk/live-well/quit-smoking/using-e-cigarettes-to-stop-smoking/</a></p>
<p>4. Pops says that if someone smokes, the door or window must be open.</p>	<p>Opening windows and doors or smoking in another room in the home will not make it safe for others.</p> <p>Harmful cigarette smoke can still blow back inside. More than 80% of smoke is invisible, you can't see where it goes, and it is impossible to control. To protect others from second-hand smoke, smokers should keep the environment around them smoke free. People who smoke cigarettes should:</p> <ul style="list-style-type: none"> <li>•always smoke outside and away from the home</li> <li>•not smoke in the car</li> <li>•try to stop smoking</li> </ul> <p><b>Reference:</b> NHS – Passive smoking  <a href="https://www.nhs.uk/live-well/quit-smoking/passive-smoking-protect-your-family-and-friends/">https://www.nhs.uk/live-well/quit-smoking/passive-smoking-protect-your-family-and-friends/</a></p>

Prompt	Teacher Notes
<p>5. Freya has been told that it is legal to buy vapes at age 16, but she thinks it is illegal.</p>	<p>Only people aged 18 and over are allowed to buy vapes/cigarettes.</p> <p><b>Reference:</b> Department for Health and Social Care  <a href="https://www.gov.uk/government/publications/towards-a-smoke-free-generation-tobacco-control-plan-for-england">https://www.gov.uk/government/publications/towards-a-smoke-free-generation-tobacco-control-plan-for-england</a></p>
<p>6. Trey's cousin who is 17, bought alcohol in the supermarket. Trey doesn't want his cousin to get into trouble but doesn't know what the law on buying alcohol is.</p>	<p>It is against the law for someone under 18 to buy alcohol anywhere, including supermarkets.</p> <p>It is also against the law to sell alcohol to someone under 18. An adult is not allowed to buy alcohol on behalf of someone under 18. However, they can buy a child over the age of 16 beer, wine or cider if they are eating a table meal together in licensed premises.</p> <p><b>Reference:</b> Drinkaware – Alcohol and the law  <a href="https://www.drinkaware.co.uk/facts/alcohol-and-the-law">https://www.drinkaware.co.uk/facts/alcohol-and-the-law</a></p>
<p>7. Tabby read a leaflet that said adults who drink alcohol, should have some 'alcohol-free' days each week</p>	<p>Adults who drink alcohol are advised to have some alcohol-free days each week. They should only drink in moderation – in small amounts and not regularly. Alcohol is measured in 'units' and adults should have no more than 14 units a week (approximately 6 pints of beer or 6 glasses of wine). Doctors recommend that pregnant women or women planning to have a baby avoid drinking alcohol. The Chief Medical Officers recommend that children (under 16) do not drink alcohol.</p> <p><b>Reference:</b> UK Chief Medical Officers' Low Risk Drinking Guidelines  <a href="https://assets.publishing.service.gov.uk/media/5a80b7ed40f0b623026951db/UK_CMOs_report.pdf">https://assets.publishing.service.gov.uk/media/5a80b7ed40f0b623026951db/UK_CMOs_report.pdf</a></p>

**Earlier on in the day, Dad and Aunt Lusia watched a news report about healthy habits. Frankie overhears them having a conversation.**

**Aunt Lusia:**

Oh, I wish I didn't smoke!

**Dad:**

Yes... all the chemicals and tar in the tobacco can seriously damage your health and could lead to lung disease, heart disease and cancer.

**Aunt Lusia:**

... and it makes your breath and clothes smell, stains your hands and teeth and gives you wrinkles!

**Dad:**

Why don't you just stop smoking?

**Aunt Lusia:**

I have tried. I've been smoking so long now that I think it will be too difficult to quit. I don't think people know how hard it is. I wish I had never started.

**Dad:**

I know, I understand, so what have you tried so far?

**Aunt Lusia:**

I've tried throwing my cigarettes away, but it didn't work. I just bought more. Then I tried hiding them, but that didn't work either!

**Dad:**

Maybe we should look up that website they mentioned on the news and find out what other support is available to help you. The doctor can definitely help – they might suggest swapping smoking cigarettes for vaping, or nicotine chewing gum or patches.

**Aunt Lusia:**

I know that if I keep smoking, I am just doing more damage to my body. I often have a terrible cough and I know that's caused by smoking too. Frankie says I smell when I hug her! I know I might be making Frankie's asthma worse, just being around her when I am smoking. She gets so cross if I walk in her bedroom smoking.

**Read the questions. Which responses (A, B, C or D) would be the 'best' or 'most useful' options?****1. What help is available to help Aunt Lusia stop smoking?**

- A. Talking to the doctor about changing to vaping or using nicotine patches or chewing gum
- B. Ringing the Smokefree National Helpline – 0300 123 1044
- C. Getting advice about stopping smoking from a website such as [NHS quit smoking](#)
- D. Nothing – she has to just do it on her own

**2. How can the family help Aunt Lusia the most?**

- A. Get cross and shouting at her about smoking
- B. Suggest she looks for more advice about stopping smoking
- C. Tell her it's too late – she won't be able to give up smoking now ever!
- D. Ask what they can do to help

**3. What could Aunt Lusia do to help protect the family's health if she continues to smoke?**

- A. Shut the door to Frankie's bedroom
- B. Smoke outside and completely away from the house
- C. Hide the smell of smoke in the house with an air freshener
- D. Smoke out of the window

**4. How could Frankie help protect her own health at home?**

- A. Sit close to Aunt Lusia when she is smoking
- B. Start smoking when she is older
- C. Remind Aunt Lusia she should smoke outside away from the house
- D. Talk to Mum or Dad about her concerns