



ON THE CASE

Copyright © Life Education Australia 2020

Reproduction and Communication for educational purposes

The Australian Copyright Act 1968 (the Act) allows a maximum of one chapter or 10% of the pages of this work, whichever is the greater, to be reproduced and/or communicated by any educational institution for its educational purposes provided that the educational institution (or the body that administers it) has given a remuneration notice to Copyright Agency Limited (CAL) under the Act.

For details of the CAL licence for educational institutions contact:

Copyright Agency Limited
Level 11, 66 Goulburn Street
Sydney NSW 2000
Telephone: (02) 9394 7600
Facsimile: (02) 9394 7601
E-mail: info@copyright.com.au

Reproduction and Communication for other purposes

Except as permitted under the Act (for example a fair dealing for the purposes of study, research, criticism or review) no part of this book may be reproduced, stored in a retrieval system, communicated or transmitted in any form or by any means without prior written permission. All inquiries should be made to the publisher at the address above.

THE TIME CAPSULE

Make a healthy choice for the future. Write a note to your 15 year old self about why you won't smoke.

I choose not to
smoke because . . .

Date _____ Name _____

Conan will guard your note in this time capsule.
Cut out, fold and paste to make the time capsule.



CONTENTS

History of Cigarettes	4
Internal Affairs	6
Smoky Scene	7
Around Here	8
Don't Blow It	9
No Thanks!	10

THE HISTORY OF CIGARETTES



"Why are cigarettes legal?"

"Why can people still buy cigarettes?"

I hear these questions all the time. The simple answer is that if smoking had been invented now it would never be legal. Unfortunately human beings had been chewing or smoking the leaves of the tobacco plant for 1000's of years – long before anyone realised the dangers.

In the 16th century (over 400 years ago) European explorers brought tobacco to England and Spain from the South and North American continents.

In the 19th century the farmers in North America grew huge tobacco crops and machines were invented that could roll thousands of cigarettes in a day. This made cigarettes cheaper to make and sell to more people.



Cigarettes were even supplied to soldiers in both world wars as part of their rations and by 1945, 75% of Australian men and 25% of Australian women were smokers. The tobacco companies portrayed smoking as 'healthy' and 'glamorous' and used movie stars, sporting heroes and even doctors in their advertisements.



In the 1950's doctors and scientists proved that smoking causes lung cancer and heart disease even though the tobacco companies claimed the studies were wrong but it took time before governments started changing laws to discourage people from smoking.

THE HISTORY OF CIGARETTES

In 1972 the warning “Smoking is a Health Hazard” had to be printed on every packet of cigarettes. Smoking ads were banned from TV and radio so the tobacco companies began sponsoring the arts and sporting events instead.

By the 1980’s there was finally evidence that smoking didn’t just hurt the smoker but could also harm others through second hand smoking. The Australian Federal and State Governments began to instil laws and strategies to protect people’s health, such as:

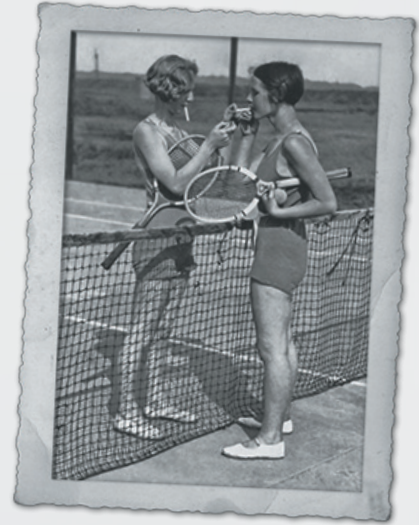
- smoking bans on public transport and in public areas
- a ban on the promotion of tobacco products
- increasing the price of cigarettes through taxes

In 2012 Australia became the first country in the world to pass a law which required all cigarettes packaged here in Australia, to be in plain boxes with big health warnings and gruesome pictures of the damage that smoking can do to a person’s body.

It’s taken more than 30 years but we now have one of the lowest rates of smoking in the world.

These days, everyone knows about the dangers of smoking. We are much, much smarter now! So – stay happy and healthy.

From your friend Harold



INTERNAL AFFAIRS

Unjumble each word. Then rearrange the circled letter to find the hidden message.

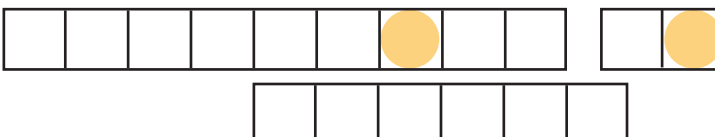
indblness 

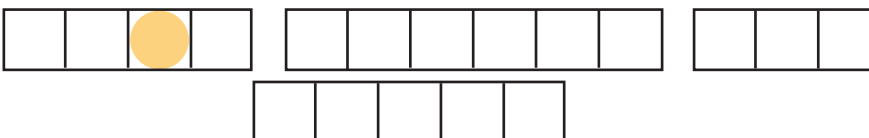
sntaide eetth 

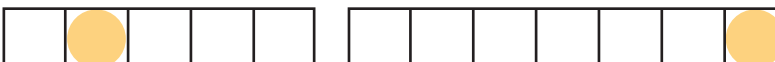
gmu diesase 

inrcesade lbodo psresuer 

kstroee 

sohrtnses fo rebath 

rmoe ogcuhs nad clods 

hraet dieseas 

Hidden Message: _ _ _ _ _ !

Imagine you are a reporter for TV or other media.. You have conducted an interview with one of the 'body parts' about what they think of smoking. Use the space below to draft the interview. How could you create and share this?

SMOKY SCENE

Think about the effect of smoking from the perspective of Cleo's friends, piggy bank, jacket and sports shoes. In the speech bubbles write: how they feel about Cleo smoking and how Cleo's smoking affects them.



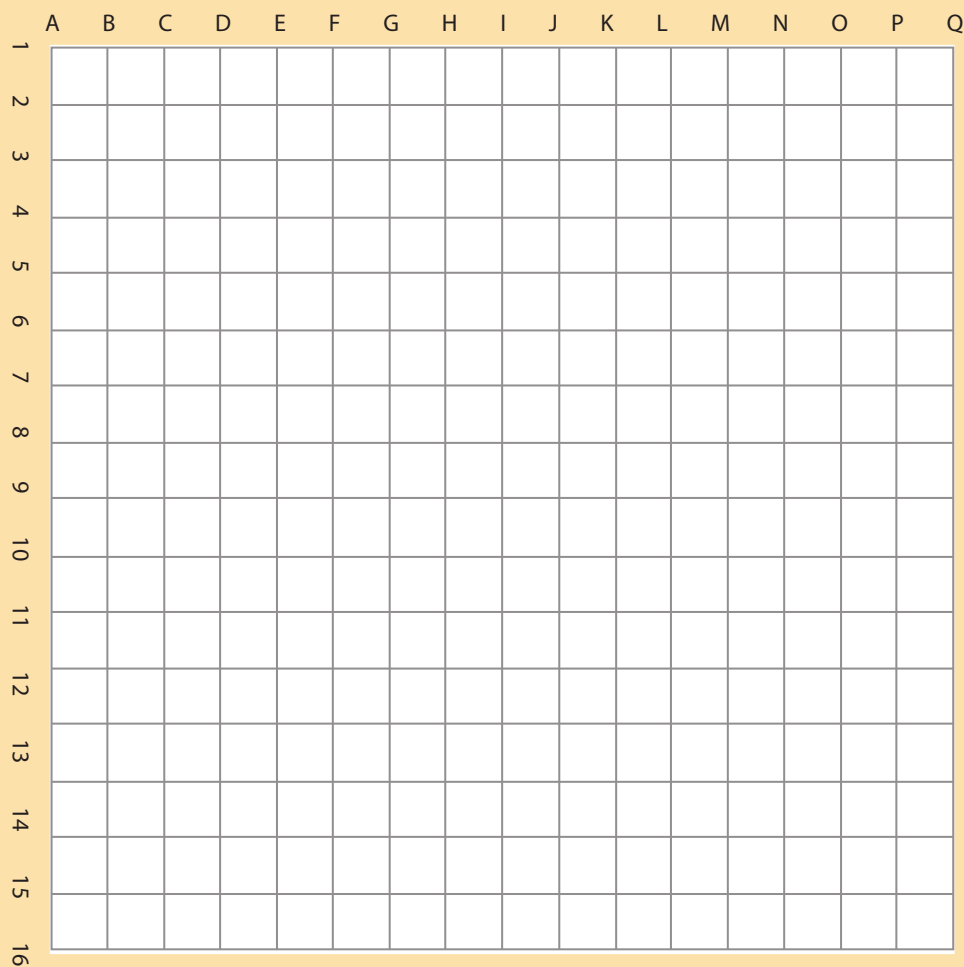
AROUND HERE

What are the laws in your state? Use the website to help you find 2 laws in your state regarding smoking in public places? Write them in the space below.

<http://www.tobaccoinaustralia.org.au/15-7-legislation>

Draw a map showing where to find the location of 4 smoke free environments in your local community. Include a key and coordinates.

Using the grid coordinates, write directions from your school, to the smoke free places.



Key

Direction

DON'T BLOW IT

Listen to the “Don’t Blow It” scenarios online.

For each scenario write the non-smoker’s concerns and the action they could take.



LUKE

Concern: _____

Action: _____

Concern: _____

Action: _____



CLAIRE

Concern: _____

Action: _____

Concern: _____

Action: _____



MAYA



ANTHONY

In your opinion are there any situations that are more harmful than others?
If so why?

NO THANKS!

Check out each of these character's goals on the 'No Thanks' online activity. Thinking about what is important to the characters, write their response to the offer of a cigarette.



SUZY



BEN



AMY



JAMIE



BELLA



ZAK

Think about what is important to you, draw a picture of yourself and write your reason to say no to smoking.



THE SMOKY CASE APP

Dear Parents /Carers

Today your child participated in On the Case, one of the modules from the Life Education program. The students joined Mac McHardy a time travelling detective, to investigate a range of issues around tobacco smoking such as:

- What's in a cigarette?
- Physical and environmental effects of smoking
- History and laws relating to tobacco
- Myths and facts about smoking
- Strategies to reduce harm from second hand smoking
- Reasons why young people choose not to smoke

For more information about the Life Education program visit lifeeducation.org.au

To complement the learning from the module we have created The Smoky Case a fun, educational and interactive game for the whole family. Students help Mac McHardy and his side kick Conan, explore facts and find hidden clues to solve the smoky case and find out why smoking is unhealthy.

Download the free Smoky Case App and start your detective work by turning over the page and looking for the hidden clues in Cleo's bedroom.







LIFE EDUCATION AUSTRALIA

Phone: 1300 HAROLD

Email: info@lifeeducation.org.au

lifeeducation.org.au

**Empowering our children and young
people to make safer and healthier
choices through education**

