

# A Little Book of Tobacco Activities to Explore Smoking Issues with Young People

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## BOOK DETAILS

- Author : Vanessa Rogers
- Pages : 176 Pages
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## **BOOK SYNOPSIS**

For many young people, smoking is everywhere - people on television and in films smoke, their parents might smoke, and many of their friends will probably smoke. If everyone else is doing it, why shouldn't they? This resource is packed with activities that inform young people about the facts and help them to think and talk about all the issues related to smoking so that they can make positive, informed choices. The activities consider how smoking can affect health, addiction, how to cope with peer pressure, smoking and the media, young people's attitudes to smoking, and smoking and society. Activities on giving up smoking, support and motivation are also included. These fun but informative activities will be great to use with young people aged 13-19, in groups and one-to-one. Teachers, youth workers, drug support workers, youth offending teams and social workers will all find this an invaluable resource.

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