



Dangers of Smoking

Language: _____

Translator's name: _____ +

Translator's email/phone number: _____ +

**Thare Machi Education,
PO Box 4040,
Leamington Spa,
CV32 5YJ,
UK.**

mail@tme.org.uk,
+441926 422711
www.tme.org.uk.

Reg Company No 3921677, Charity No 1080131

1. Smoking is when you breathe in smoke from a cigarette. When another person smokes near you, you will breathe in their smoke too.

2. Smoking is very bad for your body and for people around you.

3. People all over the world smoke, but many people are trying to stop smoking.

4. Now here's a question for you. Try to answer using the up and down arrows on the controller. You can hear any question again by pressing the middle button.

5. Will you breathe in smoke if you stand near someone who is smoking?

6. Yes,

7. Or no?

8. Press a button now.

9. Correct! You will breathe in smoke if someone near you is smoking.

Dangers of Smoking

10. You might start smoking because your friends smoke and you want to be similar to them.

11. But you don't need to smoke to talk with your friends. You do not need to smoke to be friends with someone.

12. If you feel stressed you might want a cigarette and begin to smoke. Although you may feel this helps you, it will damage your body.

13. Now try to answer these questions:

14. If your friends smoke, what should you do?

15. Start smoking to be part of the group,

16. Or tell your friends that smoking is bad for them?

17. Press a button now.

18. That's right. If your friends smoke, tell them that smoking is bad for them. You should not start smoking to be part of the group.

Dangers of Smoking

19. If you feel stressed, will cigarettes help you?

20. Yes,

21. Or no?

22. Press a button now.

23. Correct! Although you may feel it helps to smoke if you are stressed, cigarettes damage your body.

24. Cigarettes contain a chemical which makes you want to smoke more cigarettes.

25. Once you start to smoke, your body and mind need more cigarettes to feel good.

26. You will need to smoke just to feel okay. You can easily become addicted to smoking.

27. Once you have started smoking it is very difficult to stop, but you can stop smoking with help from your family and friends.

Dangers of Smoking

28. Once you have started smoking, what will happen?

29. You will smoke for the rest of your life,

30. Or you will be able to stop smoking?

31. Press a button now.

32. Well done! Although it will be difficult, you can stop smoking with help from your family and friends.

33. Cigarettes contain many dangerous poisons that can kill you.

34. Smoke and poisons will damage your lungs, heart, skin, teeth and bones. Smoking can also cause cancer.

35. If you smoke a lot of cigarettes, and smoke for a long time, your body will be damaged more and more.

36. Eventually smoking might kill you.

Dangers of Smoking

37. What will smoking do to your health?

38. Improve your health,

39. Or make your health worse?

40. Press a button now.

41. Yes, you are right. Smoking will damage your health.

42. Can smoking kill you?

43. Yes,

44. Or no?

45. Press a button now.

46. Correct! Smoking damages your body and can kill you.

Dangers of Smoking

47. When you smoke cigarettes you get smoke in your mouth.

48. Having smoke in your mouth can damage your teeth and gums. This means that you will get bad smelling breath and your teeth are more likely to fall out.

49. Also, smoking will make you cough a lot and will damage your body so that you feel breathless when you do physical exercise.

50. Which of the following sentences is true?

51. Smoking will help you run faster,

52. Or smoking will make you feel breathless when you run?

53. Press a button now.

54. You are right. Smoking damages your body, so that you feel breathless when you do physical exercise.

55. Smoking cigarettes will make you more likely to get lots of different diseases.

Dangers of Smoking

56. You might get cancer if you smoke. Lung cancer is a very serious disease.

57. You are also more at risk of having a stroke or a heart attack.

58. Smoking can also make you infertile so you cannot have children.

59. Which of these is more likely to give you a heart attack?

60. Smoking,

61. Or exercising regularly?

62. Press a button now.

63. That's the right answer. Smoking increases your risk of having a heart attack or stroke.

64. If people around you breathe in smoke from your cigarettes, this will damage their health.

Dangers of Smoking

65. They can get sore eyes, headaches, coughs and sore throats. They will also be more at risk of getting lung cancer or having heart attacks or strokes.

66. So if you smoke when you are with your children or friends you are putting their health at risk.

67. If you smoke, your children may try to copy you. Your children might start smoking to try and be like you.

68. If your children breathe in smoke from your cigarettes, what will happen?

69. They will have better health,

70. Or they will have worse health?

71. Press a button now.

72. Correct! If you smoke when you are with your children you are putting their health at risk.

73. If you smoke when you are pregnant, it can harm your unborn child.

Dangers of Smoking

74. If you smoke when you are pregnant, your baby may not develop properly and may be born too early.
75. If you smoke when you are pregnant your child is more likely to die before it reaches 1 year old. Your child can also be underweight, which can cause lots of health problems for the child when it is older.
76. Remember: even after your baby is born you should not smoke, because your baby will breathe in the smoke from your cigarettes.
77. If you smoke when you are pregnant what will happen to your developing baby?
78. It can be born too early,
79. Or nothing will happen because the baby is protected in your body?
80. Press a button now.
81. You are right! If you smoke when you are pregnant your baby may not develop properly and may be born too early.
82. After your baby is born is it safe to start smoking?

Dangers of Smoking

83. Yes,
84. Or no?
85. Press a button now.
86. Correct! Even after your baby is born you should not smoke, because your baby will breathe in the smoke from your cigarettes.
87. Remember, smoking harms your body.
88. It is also expensive to smoke. If you don't smoke you will have more money for you and your family.
89. If you smoke will you have....?
90. More money,
91. Or less money?

Dangers of Smoking

92. Press a button now.

93. That's the right answer. If you smoke you will have less money to spend on food and other things for your family.

94. Anyone who starts smoking can become addicted to smoking. If you are addicted to something it is very difficult to stop doing it, even if you want to stop. That is why you will probably find it difficult to stop smoking.

95. When you first stop smoking you may get headaches or you may feel bad-tempered and restless. But these negative effects will not last for long, and you will feel better soon.

96. Your sense of taste and smell will become better after you have stopped smoking for 2 days. Soon your lungs will start to be clearer and you will have more breath and energy.

97. When you have stopped smoking for more than a year, your risk of having a heart attack is much lower.

98. What will happen when you stop smoking?

99. You will feel ill for a long time,

Dangers of Smoking

100. Or you may feel ill for a few days?
101. Press a button now.
102. Yes! When you first stop smoking you may feel ill for a few days, but these negative effects will not last long and you will feel better soon.
103. Remember: Smoking is harmful to you and to people around you.
104. It is difficult to stop once you have started smoking, so the best advice is don't start smoking.
105. If you smoke it is possible to stop smoking with help from your family and friends.
106. Smoking is expensive. You will have more money to spend on other things if you don't smoke.
107. That was the wrong answer. Let's go back and listen again.
108. Sorry! Wrong answer.

Dangers of Smoking

109. Hello. The title of this lesson is "Dangers of Smoking". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.

110. You have now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!

111. Correct!

112. "Dangers of Smoking"