

WORKSHEET 13

EFFECTS ON SMOKING



Smoking is very bad for your health. Teenagers experiment with cigarettes and become addicted to this expensive habit.

Smoking can make you sick and make others around you sick. Smoking over long periods can cause you to get Lung Cancer.

Smoking around others can activate or cause them to suffer from Asthma.

SHORT TERM EFFECTS

- increased risk of stroke and brain damage
- eye cataracts, macular degeneration, yellowing of whites of eyes
- loss of sense of smell and taste
- yellow teeth, tooth decay and bad breath
- cancer of the nose, lip, tongue and mouth



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LONG TERM EFFECTS

- an increase in the unpleasant effects
- feeling faint
- confusion
- rapid decrease in blood pressure and breathing rate

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Instructions: In the empty spaces above, add two more effects to the respective lists. Two under Long term effects and two short term effects.

Parent's/Guardian's signature.....