



Task Title: Quitting Smoking

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☐

Task Description: The learner will review a Government of Canada list of reasons to quit smoking, and a website about second-hand smoke, and write opinion paragraphs.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Read continuous text/A1.2
- Communicate Ideas and Information/Write continuous text/B2.3

Materials Required:

- Pen/pencil and paper and/or digital device
- Computer

Learner Information

People choose to quit smoking for a variety of reasons. The effects of second-hand smoke can be one reason people choose to quit. Read Health Canada's handout "What is My Reason to Quit Smoking?"

Go to the Government of Canada website and read "Second-Hand Smoke":

<https://www.canada.ca/en/health-canada/services/health-concerns/tobacco/legislation/tobacco-product-labelling/second-hand-smoke.html>

WHAT IS MY REASON TO QUIT SMOKING?



IMPROVE MY PHYSICAL HEALTH

Within 24 hours of quitting, your risk of having a heart attack begins to drop. Within weeks, you will be able to breathe easier and you will cough less. After 1 year, your risk of coronary heart disease is half than that of someone who smokes. After 10–15 years, your chance of getting cancer decreases by about half.



SAVE MONEY

On average, Canadians who smoke spend an estimated **\$3600** before taxes per year on smoking. Money spent on cigarettes can really add up! Calculate just how much money you can save by using our cost calculator tool. Scan the QR code to learn more.



IMPROVE MY QUALITY OF LIFE

Regain a better sense of taste and smell, be able to breathe more deeply, and have more energy. Live healthier days and years ahead.



PROTECT MY FRIENDS AND FAMILY

No longer worry about exposing others around you to the harmful effects of second-hand smoke.



HELP THE PLANET

Between **25–40% of global litter** comes from tobacco product waste. Quitting smoking will help decrease the impacts of deforestation, water contamination, and pesticide use.

Still need to find the motivation to quit?

Think about what's important to you: your health? Your family? Take some time to reflect and think about why you want to make this change.

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For more information or to talk with a trained quit coach, connect with your local quit smoking line at gosmokefree.gc.ca/quit or toll-free at **1-866-366-3667**.

Work Sheet

Task 1: Imagine you had a friend or family member who was smoking and you wanted to convince them to quit. Using the handout and website, write a paragraph of at least five (5) sentences to try and convince them. Choose the reasons you think would be most persuasive.

Answer:

Task 2: List three health risks that increase for people exposed to second-hand smoke.

Answer:

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Task 3: Write a paragraph of at least five (5) sentences. Explain what can be done to decrease second-hand smoke exposure for children living in homes with smokers. You can use examples from the Health Canada website or your own ideas.

Answer:
