Task Title: Quitting Smoking

OALCF Cover Sheet – Practitioner 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.
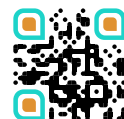
IMPROVE MY QUALITY OF LIFE

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.

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**.

Health Canada Santé Canada

Canada

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Practitioner Copy

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:

_____

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:

_____

Answers

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.

Answers will vary.

Key points may include:

- Health impacts
- Saving money
- Improved quality of life
- Reducing second-hand smoke exposure for others
- Environmental impacts
- Statistics about second-hand smoke (number of deaths, increased number of cancers, increased risk of SIDS and respiratory illnesses for children, etc.)

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

Answers will vary but points may include

- Lung tumors → lung cancer
- Blood clots → heart disease/stroke
- Exposure to smoke during pregnancy → effects on baby's brain and lung development; increased risk of SIDS, respiratory illnesses, ear infections and asthma

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.

Answers will vary but points may include

- Cleaning and filtering indoor air
- Increasing ventilation
- Smoking outside instead of around children
- Not smoking in cars with children; while smoking in vehicles with children is against the law in Canada, 26% of youth have been exposed to second-hand smoke in a vehicle (2016-2017).

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Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	scans text to locate information			
	locates multiple pieces of information in simple texts			
	makes low-level inferences			
	makes connections between sentences and between paragraphs in a single text			
	reads more complex texts to locate a single piece of information			
	follows the main events of descriptive, narrative and informational texts			
	obtains information from detailed reading			
	begins to identify sources and evaluate information			
B2.3	writes texts to present information, summarize, express opinions, present arguments, convey ideas or persuade			
	manages unfamiliar elements (e.g. vocabulary, context, topic) to complete tasks			
	selects and uses vocabulary, tone and structure appropriate to the task			

Task Title: QuittingSmoking_SPI_A1.2_B2.3

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
B2.3 cont'd	organizes and sequences writing to communicate effectively			
	uses a variety of vocabulary, structures and approaches to convey main ideas with supporting details			

This task: Was successfully completed ☐ Needs to be tried again ☐

Learner Comments:

Instructor (print):   Learner (print):

_____   _____