



## Memory game

### Objective

The objective is to give the participants information about smoking and snuff.

### Target group and the group size

Suitable for groups of different sizes, the number of teams can be adjusted as needed. Time use

### Preparation, supplies, facilities and equipment

- A classroom with tables
- Memory game cards containing descriptions of the effects of smoking and snuff use, a set for each team. The cards should be of identical appearance and size.

### Assignment and work instructions

- Organise the participants around tables in teams of 3-5 people.
- Place the cards on the table image side down. The participants take turns to turn two cards at a time to find pairs. When a pair is found, the player can see another two cards. If no pair is found, the turn passes to the next player. When all cards have been paired, see which player has found the highest number of pairs.
- After the game, the instructors lead a discussion about the images.
- See the appendix for tips on images and related information.

### Notes

#### EXPLANATIONS OF THE EFFECTS OF SMOKING

Skin: Smoking is a major cause of premature ageing of skin. It decreases microcirculation, skin metabolism, and the quality and quantity of elastin and collagen, the proteins that support skin elasticity and firmness. Skin turns pale and grey. The effects are similar to those of excessive sunbathing. According to studies, women who have smoked 20 cigarettes per day for 25 years have five times more wrinkles compared to non-smokers. If they are also frequent sunbathers, the figure is 12-fold. ([Tohtori.fi](http://Tohtori.fi). Tupakan haittavaikutukset.)

Passive smoking: Globally, approximately one death in a hundred is caused by passive smoking. 47% are women, 28% are children and 26% are men. Exposure to cigarette smoke is linked to same health risks as smoking itself. For example, it increases the risk of cancers, lung diseases and cardiovascular diseases. In Finland, it is estimated that each year 50-300 people die of cardiovascular diseases caused by passive smoke exposure. ([Stumppi.fi](http://Stumppi.fi). Ympäristön tupakansavu.)



Cigarette smoke contains over 7,000 compounds. These include e.g:

Ammonia: commonly used in detergents

Acetone: found in paint-strippers

Arsenic: a pesticide

Butane: lighter fluid

Formaldehyde: embalming fluid

Titanium: used in airplane construction

Hydrogen cyanide: was used in the gas chambers of Auschwitz.

([Stumppi.fi](http://Stumppi.fi). Tupakan sisältämiä ainesosia.)

In pregnant women, the toxins of cigarette smoke, such as nicotine and carbon monoxide, cross the umbilical cord and placenta to the foetus. That is why smoking during pregnancy is very harmful to the unborn child. At birth, the baby's blood will have the same nicotine concentration as the mother's blood, or higher. Other effects: low birth weight, premature birth, increased risk of miscarriage, doubled risk of asthma and allergies in the child. (Tuhkalapset. Tupakan vaikutus sikiöön.)

In addition to the habit-forming effect and physical nicotine dependence, smoking also causes other types of addiction that help maintain the habit. These are social dependence (sense of belonging) and psychological dependence (emotional reactions). (Käypä hoito. Tupakkariippuvuus ja tupakasta vieroitus.)

Smoking causes a range of lung conditions including: Chronic cough, COPD, pulmonary emphysema, chronic bronchitis and lung cancer. (Tohtori.fi. Tupakoinnin haittavaikutukset keuhkoihin.)

As the entry point, the mouth has the highest exposure to the chemicals present in cigarette smoke. The health impacts are usually first seen in the mouth. Tar discolours the teeth and sticks to gaps in enamel. Smokers have more calculus than non-smokers, which increases the risk of gum disease. (Tupakkaverkko. Tupakoinnin vaikutus suun ja hampaiden terveyteen.)

The cultivation, manufacture and use of tobacco have an impact on the environment, contribute to climate change and cause suffering in humans as well as animals. The impacts are especially high in developing countries. ([Stumppi.fi](http://Stumppi.fi). Tupakan vaikutukset ympäristöön.)

Smoking and money: Smoking one packet a day (5.70 euros) amounts to 2,080 euros in a year (Nicorette.), which would buy you two holidays abroad.

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