

DREKETI SANGAM SCHOOL

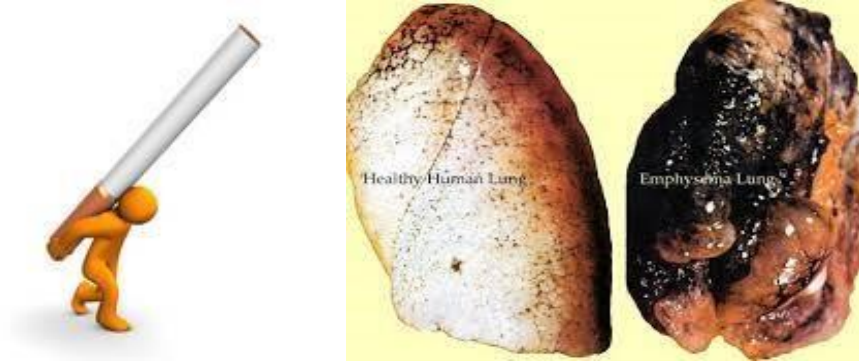
YEAR 6

HEALTHY LIVING

SOLUTIONS

Activity:

1. Your best friend offers you a roll of cigarette to smoke.



You know that smoking will do damage to your young lungs.

1. How will you refuse this offer?
  - Say 'No thanks'
  - Change the subjects
  - Tell the truth that smoking is bad for our health
  - Use humour I can't smoke
  - Walk away
2. Jone invited his best friend Pratap to go on a picnic trip. Pratap's parents allowed him to go but warned him to be careful. At the picnic area, he saw Jone sniffing something from a can.

List down health problems that Jone can face from glue sniffing

Problems face from Glue sniffing

- Seizures
- Weaken the immune system
- Lung and kidney damage
- Hearing loss
- Change to heart rhythm

The End