



Aboriginal  
Health Council  
of Western Australia

Ear  
Health

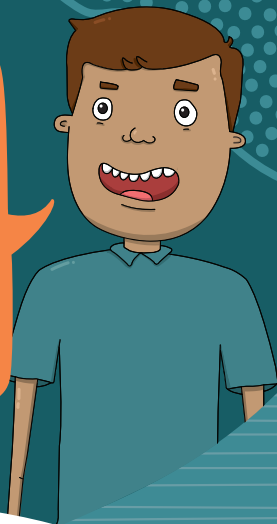
# Simon Says

Let's Learn to Keep Ourselves  
Healthy and Protected from  
Nasty Cigarette Smoke.

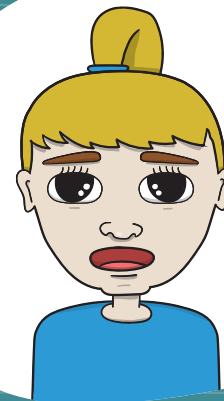
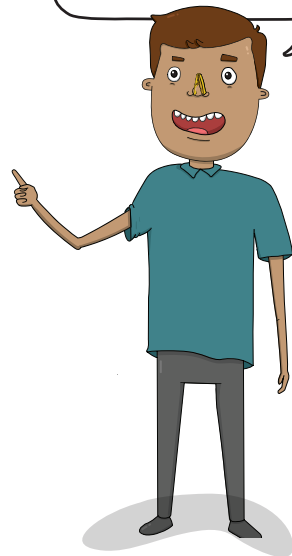


# Hey you mob,

It's Simon here to talk about the dangers of cigarette smoke, so we can keep our ears and lungs healthy and grow strong!

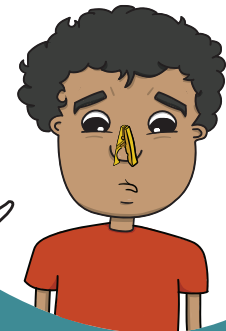


Smoking is harmful to everyone around you. Not just the person smoking.



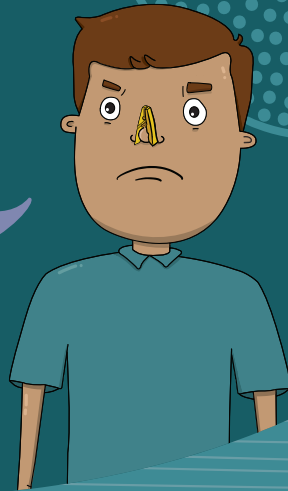
Curtis, why do you have a peg on your nose?

My Uncle smokes in the house a lot. It smells really bad. The peg stops the smell but it still makes me cough.

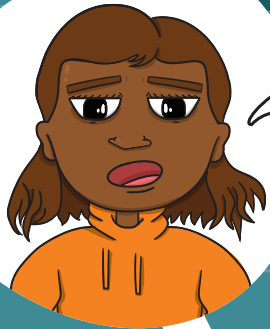


# Simon Says:

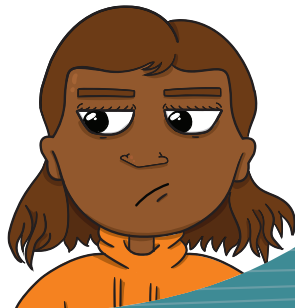
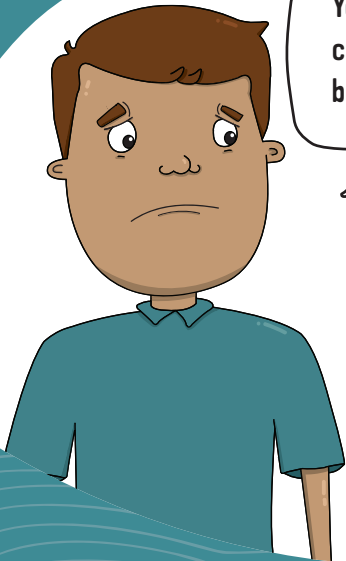
When someone smokes cigarettes near you and you breathe in the smoke they breathe out, it's called second-hand smoke, or passive smoking.



Is second-hand smoke bad for you?

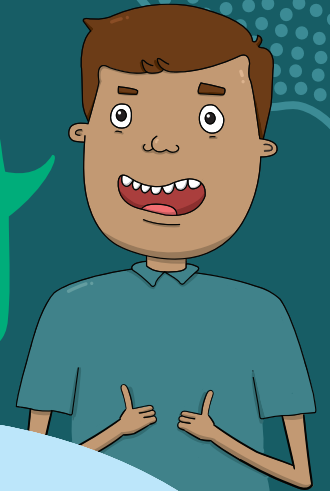


Yes it is Keisha, it is just like having a cigarette. It makes it hard for you to breathe and makes you sick.



# Simon Says:

It's important to protect ourselves from the dangers of smoking and second-hand smoke. We want our children to grow up big and strong.

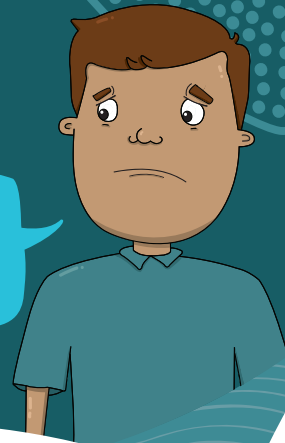


What are the dangers of smoking and second-hand smoke?



# Simon Says:

First lets look at all the harmful things inside cigarettes.



**Ammonia**  
Toilet Cleaner



**Tar**  
Road Glue



**Acetic Acid**  
Vinegar

**Cadmium**  
Batteries



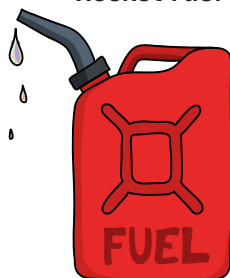
**Stearic Acid**  
Candle Wax



**Butane**  
Lighter Fluid



**Methanol**  
Rocket Fuel



**Hexamine**  
BBQ Lighter



**Toluene**  
Chemical

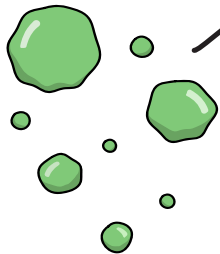
**Arsenic**  
Poison



**Nicotine**  
Bug Spray



**Methane**  
Sewer Gas





# Simon Says:

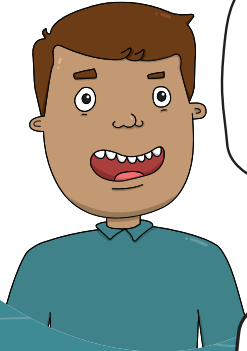
Breathing in second-hand smoke makes you more likely to get sick.



What can we do to protect our ears and lungs from smoke?



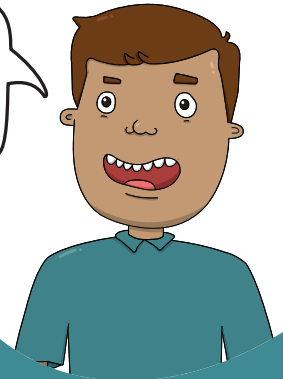
You are more likely to get glue ear and you'll take longer to get better. Glue ear makes it hard to hear. If you get glue ear a lot you may not hear well forever.



I got glue ear last holidays and it really hurt. I don't want it again.



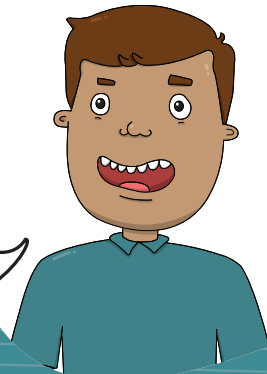
If someone is smoking around you, you can go outside. You can also ask them not to smoke around you!



\*cough\*  
\*cough\*  
\*cough\*



It can also hurt your lungs, make you cough and make it hard to breathe, and it smells really bad.

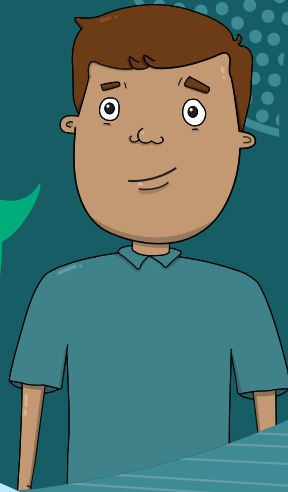


Hey uncle, can you please not smoke around me?



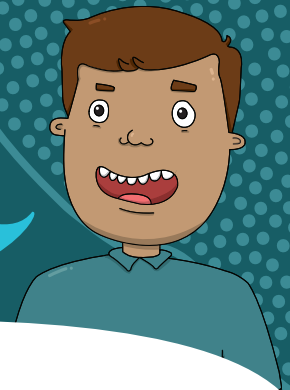
# Simon Says:

We all feel better if we don't smoke or no one is smoking around us.



# Simon Says:

Have a go at finding all the words in the wordsearch below!



S	H	I	D	Q	G	J	U	E	A	C	X	G	B	M	L	Z	R	C	A
L	P	L	F	A	W	C	H	A	C	Z	I	A	N	Y	A	A	G	S	N
A	V	K	H	D	E	R	L	T	N	L	Z	G	D	I	E	P	T	W	I
C	D	A	S	H	B	I	G	Y	A	E	R	D	A	E	K	H	M	O	C
I	R	M	I	E	M	X	H	F	Y	E	N	O	U	R	M	O	L	Z	O
M	S	M	E	L	L	Y	H	A	I	R	R	L	A	A	E	E	M	W	T
E	W	X	Z	G	J	H	C	U	R	H	G	B	H	M	X	T	Y	S	I
H	N	Y	H	R	U	L	G	S	L	D	H	N	D	G	M	C	T	I	N
C	T	O	B	A	C	C	O	C	L	K	V	B	M	A	H	W	Z	E	E
H	T	E	E	T	W	O	L	L	E	Y	H	J	L	H	B	E	K	K	S

AHCWA  
Asthma  
Bad Breath

Chemicals  
Cigarette  
Glue Ear

Smelly Hair  
Smoking  
Tobacco

Yellow Teeth  
Ash  
Nicotine

Stinky, Smelly and Wheezy are hiding in the pages!  
Can you find the smoke monsters in the story?



Go back through the booklet to find them all!

How many could you find?

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For more information please contact:

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