

CAT 4 RESOURCE DEVELOPMENT

Group 4-084

Preventing Teenagers from Smoking

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1. ABSTRACT

Preventing teenagers from smoking is a project that is dedicated to help teenagers learn about the harmfulness of smoking. Through the use of our resource package, we hope to prevent teenagers from smoking or thinking about picking up smoking. Our resource package comprises an interactive website which contains information about smoking, a Kahoot! quiz, a crossword puzzle, card game, downloadable bookmarks and a good selection of videos. Our variety of resources are easier to understand, hence it will attract teenagers to visit our website.

2. INTRODUCTION

2.1 Rationale

Teenagers might not be matured enough to know the consequences of smoking. If they started smoking, it would be hard for them to stop as smoking is addictive. A survey done by Channel News Asia in 2017 showed that out of 321 smokers aged 18 to 21 started smoking as early as when they were only 12. Hence we hoped our project would be useful in preventing teenagers from picking up smoking.

2.2 Objectives

The objectives of our project were to

- raise awareness of the harmful effects of smoking to the teenagers
- offer useful tips to prevent teenagers from picking up smoking
- understand why teenagers smoke

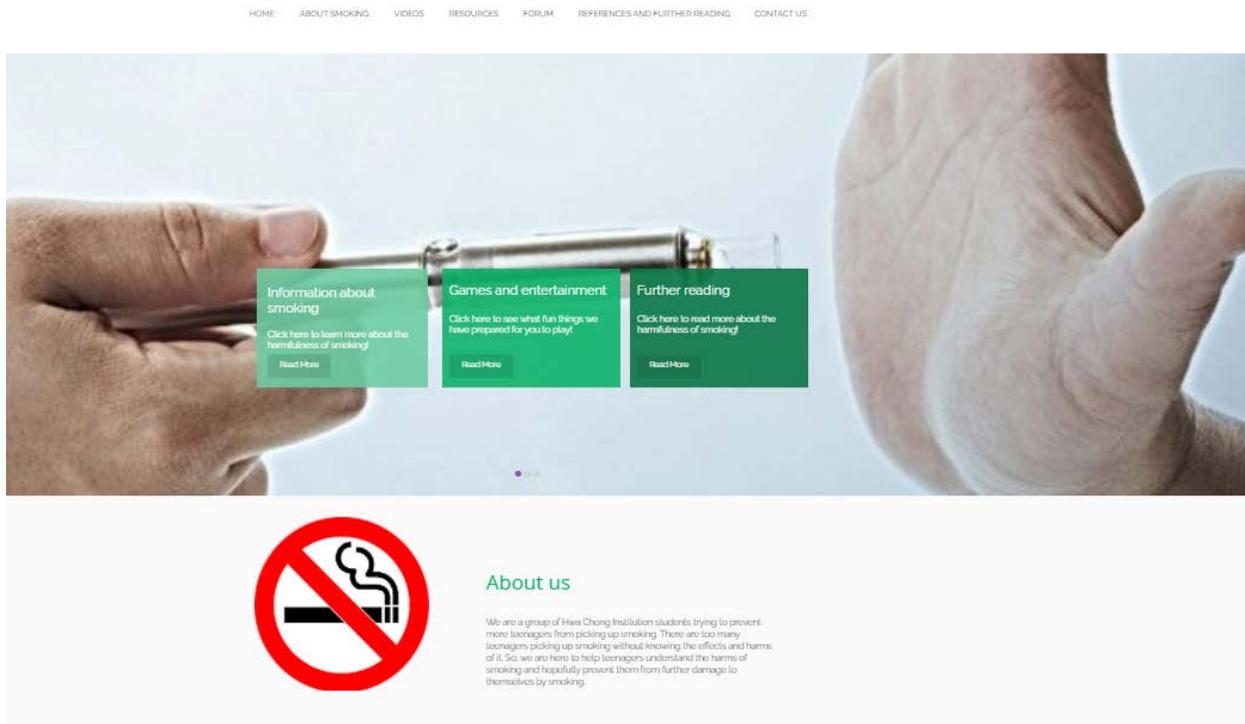
2.3 Target Audience

The target audience were teenagers aged 12 to 14.

2.4 Resources

A website containing

- information and articles on smoking
- a Kahoot! quiz
- a crossword puzzle
- bookmarks
- a card game
- videos



3. REVIEW

3.1 Existing Online Resources

There were many websites, even government official websites asking young adults to quit smoking. However, information about smoking is not consolidated in a single website.

At the current moment, the resources available for teenagers to look at are Government websites, random online websites that might not be reliable asking adults not to smoke or ask them to quit. This is not going to be related to teenagers (the Government websites target audiences are adults), and we as teenagers ourselves, know that the Government websites are very boring. It does not attract us. Furthermore, these websites made by the government have multiple information about smoking but they are all not consolidated in a single website. This makes our project very useful and different from all those out there as we have all the essential information and resources targeted at teenagers aged 12-14 all in a website.

3.2 Past Project

Project “Smoking Kills” (Group 4-057) was done in 2019. They had a website that hosted a skit, posters and videos. Our group felt that the resources in this project were limited and might not be sufficient to attract teenagers to visit their website.

3.3 Literature Review

3.3.1 “Health effects of smoking among young people”

According to the World Health Organization, there are more than 10 harmful effects of smoking that are listed on the website (there are way more not mentioned in that website). When we did our survey, most of the participants were unclear of even the basic few harmful effects of smoking. This is incredibly worrying.



Health effects of smoking among young people

- Among young people, the short-term health consequences of smoking include respiratory and non respiratory effects, addiction to nicotine, and the associated risk of other drug use. Long-term health consequences of youth smoking are reinforced by the fact that most young people who smoke regularly continue to smoke throughout adulthood.(1) Cigarette smokers have a lower level of lung function than those persons who have never smoked.(1) Smoking reduces the rate of lung growth.(1)
- In adults, cigarette smoking causes heart disease and stroke. Studies have shown that early signs of these diseases can be found in adolescents who smoke.(1)
- Smoking hurts young people's physical fitness in terms of both performance and endurance—even among young people trained in competitive running.(1) On average, someone who smokes a pack or more of cigarettes each day lives 7 years less than someone who never smoked.(2)
- The resting heart rates of young adult smokers are two to three beats per minute faster than nonsmokers.(1)
- Smoking at an early age increases the risk of lung cancer. For most smoking-related cancers, the risk rises as the individual continues to smoke.(1)
- Teenage smokers suffer from shortness of breath almost three times as often as teens who don't smoke, and produce phlegm more than twice as often as teens who don't smoke.(3)
- Teenage smokers are more likely to have seen a doctor or other health professionals for an emotional or psychological complaint.(3)
- Teens who smoke are three times more likely than nonsmokers to use alcohol, eight times more likely to use marijuana, and 22 times more likely to use cocaine. Smoking is associated with a host of other risky behaviors, such as fighting and engaging in unprotected sex.(1)

3.3.2 “Underage smokers: The ease of getting cigarettes put to the test”

According to a survey conducted by Channel News Asia, although the legal age of smoking goes up, the work to stop underage smoking only gets harder. The survey showed that out of 321 smokers aged 18 and 21 who started smoking in their teens, 63% lit up their first cigarette between ages 15 and 17. However, what’s even worrying is that 33% of them lit up their first cigarette 12 and 14 years of age, while 4% took their first puff even before that.

CNA Insider

Underage smokers: The ease of getting cigarettes put to the test

A third of smokers aged 18 to 21 started when they were 14 or younger. Talking Point goes undercover to find out how easy it is for teens to get their cigarettes.



3.3.3 “KidsHealth - Smoking”

In this article, it persuades people not to smoke and the reasons for not lighting up the cigarette. It also talks about the harmful effects of each chemical in the cigarette. It gives a very in-depth information to the effects of smoking. It warns teenagers that they should not even light up a cigarette. However, due to how in-depth the information is, the website only has a lot of words and it is really plain and boring. It would not attract the teenagers and that’s why decided to create a website that is much simpler and fun.

The screenshot shows the top navigation bar of the TeensHealth website. The logo 'TeensHealth' is in a blue banner with 'from Nemours' below it. To the right are three dropdown menus: 'for Parents', 'for Kids', and 'for Teens'. Below the navigation is a social media sharing section with icons for Facebook, Twitter, Pinterest, and Email. The article title 'Smoking' is prominently displayed. Below the title, it says 'Reviewed by: Elana Pearl Ben-Joseph, MD'. There are icons for 'Listen', 'AAA' (font size), and a document icon. A green button labeled 'en español' is visible, with 'Fumar' written below it. The main text begins with 'Most of us know that smoking:' followed by a bulleted list of health effects.

Most of us know that smoking:

- causes [cancer](#), lung disease, and heart disease
- can shorten your life by 10 years or more
- can cost a smoker thousands of dollars a year

So why are people still lighting up? The answer, in a word, is [addiction](#).

Once You Start, It's Hard to Stop

Smoking is a hard habit to break because tobacco contains the very addictive chemical nicotine. As with heroin or other addictive drugs, the body and mind quickly get used to the nicotine in cigarettes. Soon, a person needs to have it just to feel normal.

People start smoking for different reasons. Some think it looks cool. Others start because their family members or friends smoke. Almost all adult tobacco users started before they were 18 years old. Most never expected to become addicted. That's why it's so much easier to not start smoking at all.

3.3.4 “Passive smoking tied to adolescent depression symptoms”

This article states that smoking causes depression. In this research, teenagers are linked to depression symptoms due to smoking or breathing in second-hand smoke. According to Channels News Asia, more than 29% of the 37,505 participants, aged 12-15, they surveyed were exposed to second-hand smoke and had depression symptoms. Teenagers at these age smoking would cause even a more likely sign of depression. We do not want to see anyone around us getting depression, I don't think anyone wants either. Therefore, our website tries to prevent all these possibilities of the harms of smoking it can do to someone.

 **WORLD**
Passive smoking tied to adolescent depression symptoms

05 Mar 2020 07:47AM



Bookmark



Smoking can reduce the blood supply to bones, slow the production of osteoblasts, and decrease the absorption of calcium from your diet. (Photo: Unsplash)

PARIS: Regular exposure to secondhand smoke is more common among nonsmoking teens with depression symptoms, according to a survey across 22 low- and middle-income countries.

While there has been plenty of research suggesting a direct link between smoking and depression in teenagers, little is known about how passive smoking might also be linked to depression, said study coauthor Louis Jacob of the University of

4. METHODOLOGY

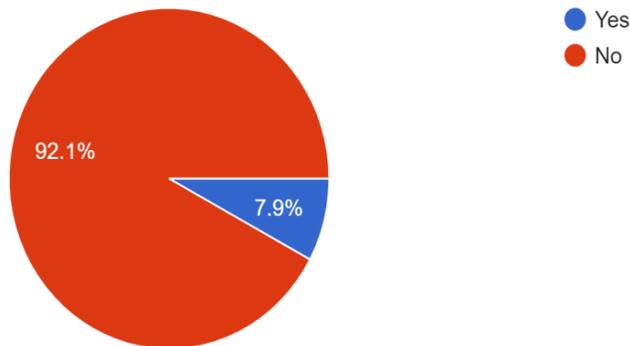
4.1 Needs Analysis

A needs analysis was conducted to assess how relevant our project was to teenagers from Primary 6 to Secondary 2. The objective of this analysis was to firstly find out if the thought of smoking had ever crossed the teens' minds. Secondly, the influence of close friends/relatives smoking on the teen's approach towards smoking. Lastly, to test their general knowledge on the causes and impacts of smoking, as well as how to prevent others from having the thought of smoking cross their minds.

4.2 Survey Results

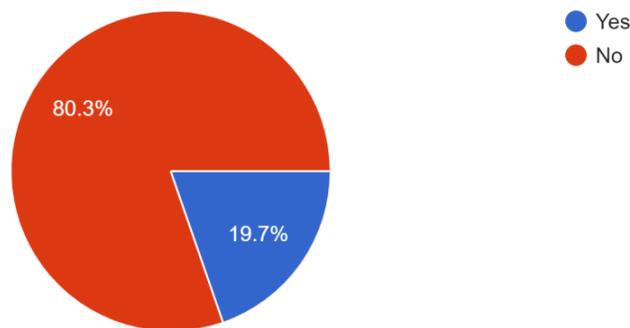
Have you ever thought of picking up smoking?

127 responses



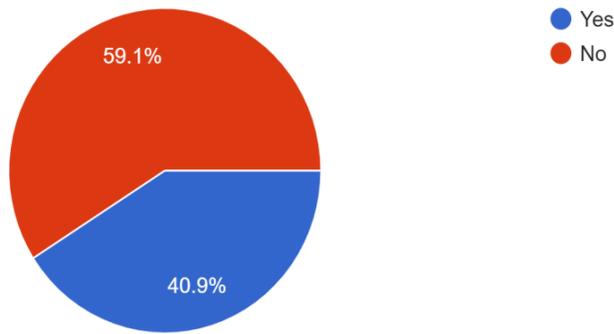
Do you have any friends or family members you know who started smoking at the age of 12 to 14 years old?

127 responses



Do you know how to prevent teenagers from picking up smoking?

127 responses



Read the following 8 statements. Pick the statements which you think is true. (You may choose more than one)

127 responses

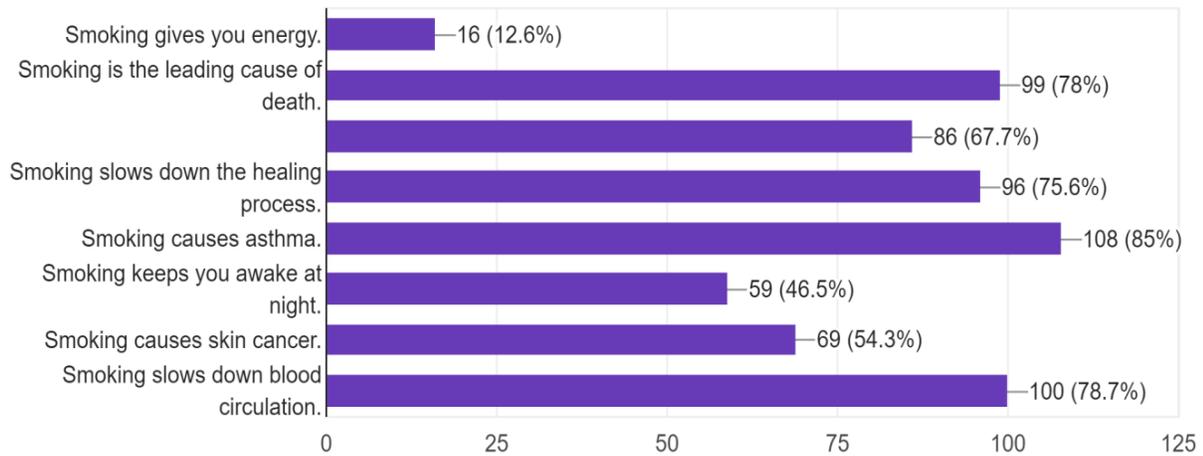
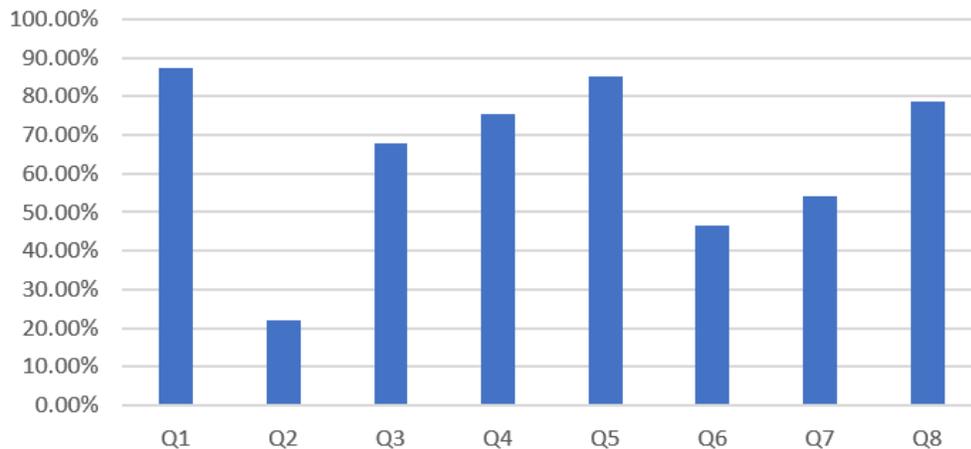


Chart Area Percentage of people who got each question correct.



Why do you think teenagers smoke?



4.3 Development of Resources

We conducted a literary analysis on four different articles from reliable sources to gather information on smoking and wrote an overview on each article and a conclusion based on the information given. By developing a website and many other products such as an animation, card game, crossword puzzle and bookmarks, we have made it easier, more lighthearted, and enjoyable for the teens to process and understand the information.

4.4 Pilot Test

We have surveyed the users of our website to see how useful our website was for them and how much they have enjoyed the resources on our website.

Feedback On Smoking Website

Please give us your honest feedback on how we can improve the website! Thank you!
(Your feedback will be kept confidential)
Here is the link to our website:
<https://smokingisharmful.wixsite.com/website>

***Required**

How useful was our website? *

1 2 3 4 5

Not useful Extremely useful

Were the information on the website easy to understand?

1 2 3 4 5

Very hard Very easy

How was the presentation of information on the website?

1 2 3 4 5

Unclear Very Clear

Were the games and video on the website fun and interactive?

Yes

No

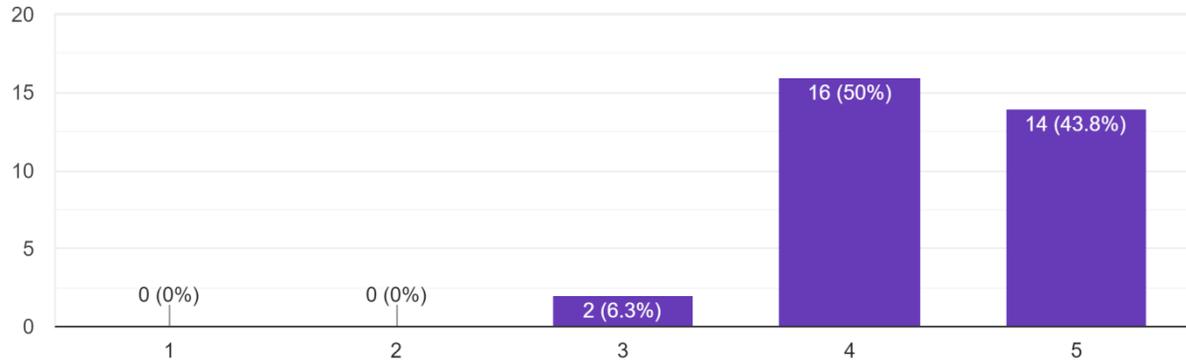
Is there anything you like about our website?

Your answer _____

We have received 32 responses.

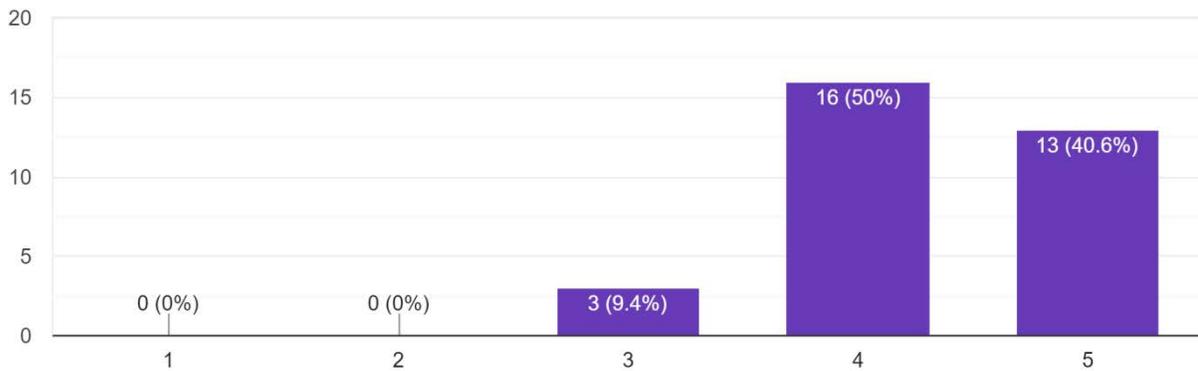
How useful was our website?

32 responses



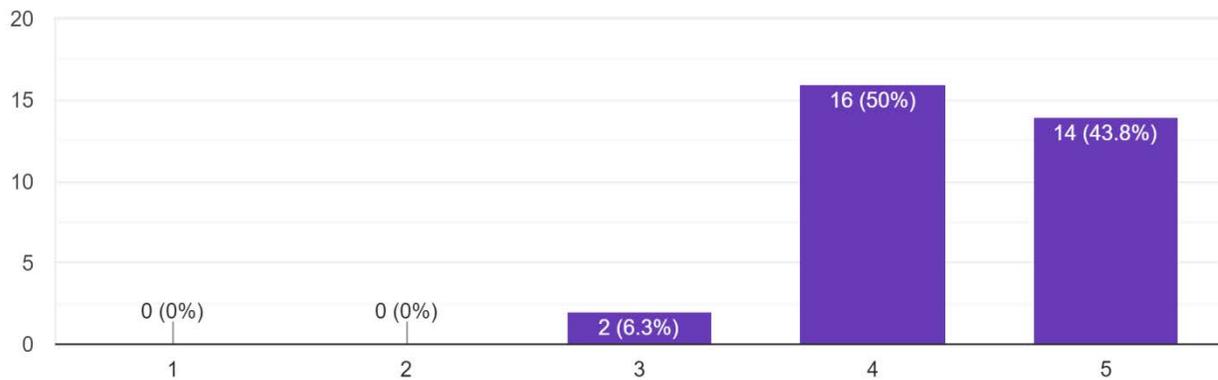
Were the information on the website easy to understand?

32 responses



How was the presentation of information on the website?

32 responses



Is there anything you like about our website?

19 responses

- The information is clearly presented, allowing easier understanding for teens.
- The simple format of the website made it easier for me to navigate.
- I feel that the video is greatly made as it taught me about the harmful effects of smoking that I didn't know of.
- I like the additional info as it taught me new things.
- The web really brought across the message to prevent teenagers from smoking very well. The info on the harmful effects on smoking are really in depth and effective.
- The kahoot was very educational and it was fun to compete with others.
- The information was new and it taught me new things that I did not know about smoking. Nice work for some sec ones :)

5. OUTCOME & DISCUSSION

After we finished pilot testing, we received many comments, which were mostly positive. However, we have also decided to listen to the negative feedback provided and make changes to our resources based on the feedback to make the learning experience more enjoyable. Based on the feedback, we have added more information about the harmfulness of smoking and changed some information to bullet points to make them easier to digest. We also changed the games a little to make it not as confusing as before and lesser glitches. The limitation we face is the age groups. Here's what we mean. Further work can be done by having an interactive element suiting each age differently. This is because teenagers at 14 might not like playing things teenagers at 12 do. So, further work that can be done on our project is to have a wide variety of interactive elements that suit each individual age. Another difficulty we face is that the articles we reviewed were lengthy and some might be confusing. The information on those websites were also hard to digest for the teenagers.

6. CONCLUSION

In conclusion, the project has allowed not only us but many other teens to understand more about smoking as an addiction and a problem among teens. This project has also helped us to develop a lot of knowledge and useful skills about resource development, for example, the making of our video, website, card game and bookmarks. The process of designing these bookmarks and a card game will undoubtedly be useful in the future projects as it will be a much smoother and easier process for us because of this experience. We have also listened to comments made on our project which were both positive and negative and made changes to our project accordingly. Even though there were many challenges we encountered during the span of our project, one of which was to find a common time in which we were all able to meet up and work on the project, especially due to the current Covid-19 measures. Another being the lack of knowledge we had on how to do a project or any website. This taught us to work as a team better to have greater efficiency. Another challenge was summarising the information on the websites into a literary analysis, and we could not have done it without one another and our mentor's help. Although the members of the project all have diverse views, we listened to each other's opinions and used each other's opinions to build on whatever we had done. We accept each other's views and eventually reach a consensus.

7. REFERENCES

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