

# CUT FILMS

SHISHA AWARENESS

# SHISHA ACTIVITY

Exploring the issues surrounding shisha through a myth/truth game

**Level:** Key Stage 3 & 4

**Age:** 13 plus

**Subject:** PSHE, Health and Safety

**Time:** 35-45 minutes

**Resources:** Worksheet cut up, enough for teams of 2-4

## 1. Introduction (5 minutes)

Start with slide one, ask the group what they know about shisha. This is a chance to gauge what they think they know about shisha.

Introduce slide 2 and explain the different names for shisha. Go to <http://bit.ly/2DnXwrP> to see an animation on how shisha works.

## Learning Outcomes

- Understanding and exploring the direct effects of shisha smoking
- Understand the health implications of shisha smoking
- Understanding the legalities of shisha smoking
- Understanding of the different issues in shisha/tobacco control

## 2. Activity (10 minutes)

1. Divide the class into groups of 2-6
2. Explain that they will be sorting the following statements into either myths or truths
3. Hand out the cut-up statements on the worksheets, 1 page per group.
4. The group places each statement into either a myth or truth pile

## Facilitator discussion points:

- What do young people think about shisha?
- Have you seen an increase in shisha cafes/bars around your area?
- Where else have you seen shisha? TV? Film? Video Games?

## 2. Plenary (20 - 25 minutes)

1. Going through each of the cards one by one, ask the students what pile they had them in and why
2. After each answer is revealed to be a truth or a myth, explain why it is so.

## Signposting:

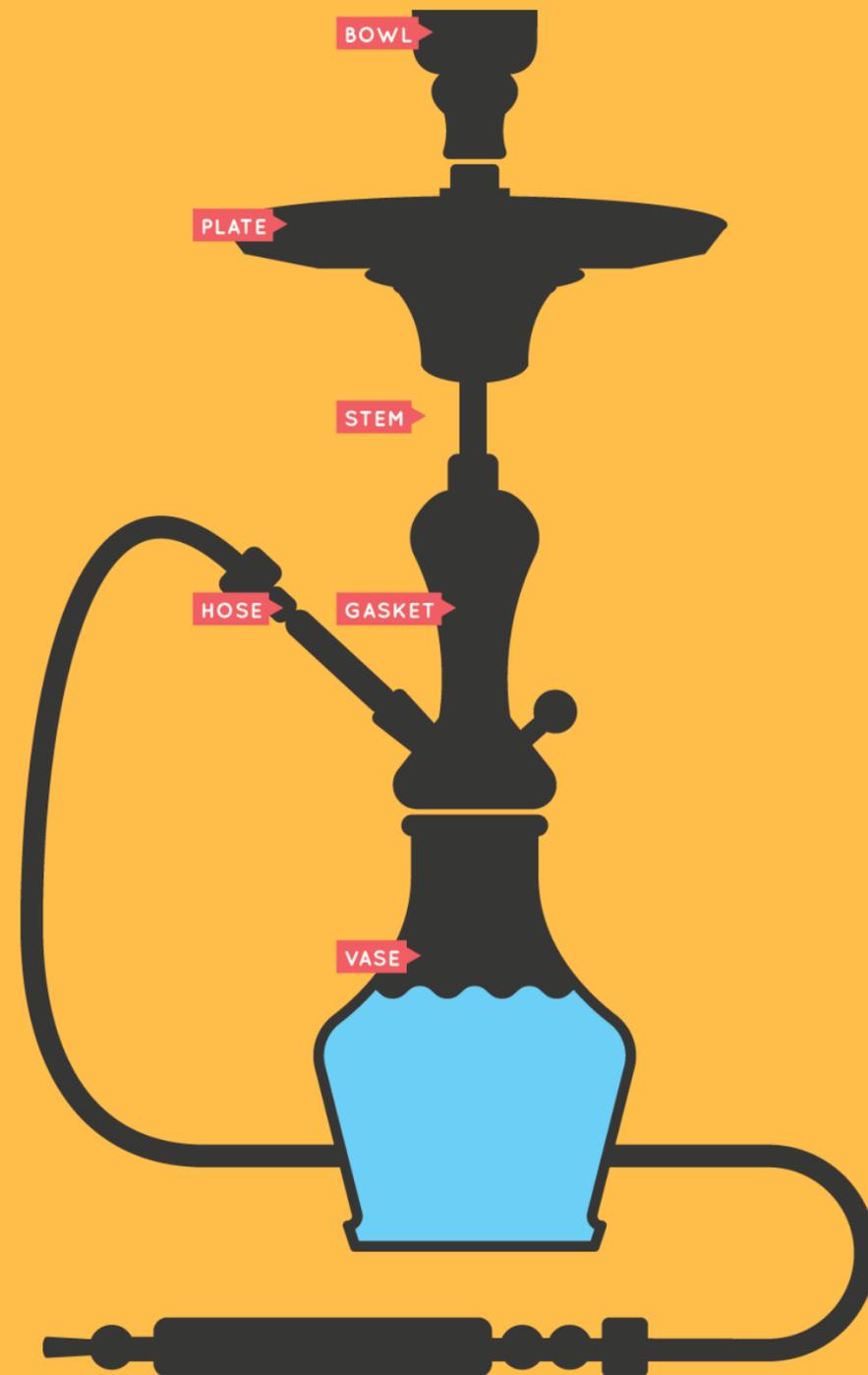
Some of the young people may be smokers or shisha smokers. They may not wish to talk about this. Make sure to discuss with the class where they can find stop smoking services in their area.

DO YOU KNOW WHAT THIS IS?



CUT FILMS

# HOW IT WORKS & NAMES



**Shisha**  
**Narghile**  
**Hookah**  
**Goza**  
**Hubbly-bubbly**

SHISHA IS NOT ADDICTIVE

UNDER 18s ARE ALLOWED TO BUY SHISHA

SHISHA IS HEALTHY, IT CONTAINS ONE OF YOUR FIVE A DAY

MANY ADULTS THINK SMOKING SHISHA ISN'T HARMFUL

SHISHA CAN CAUSE HEADACHES, DIZZINESS AND NAUSEA

ALL SHISHA CONTAINS CARBON MONOXIDE

YOU CAN LEGALLY SMOKE SHISHA INDOORS (CAFES/BARS)

SHISHA OFTEN CONTAINS NICOTINE, TAR, ARSENIC, LEAD AND MERCURY

ALL SHISHA CONTAINS TOBACCO

THE WATER REMOVES ALL THE HARMFUL CHEMICALS IN SHISHA

HERBAL SHISHA IS SAFER THAN REGULAR SHISHA

SHISHA ORIGINATES IN IRAQ

THERE IS NO RISK OF SECONDHAND/PASSIVE SMOKING FROM SHISHA SMOKE

SHISHA IS HEALTHIER THAN CIGARETTES BECAUSE IT'S ALL NATURAL

SHISHA CAN CAUSE HEART DISEASE

## **Notes**

### **SHISHA IS NOT ADDICTIVE - MYTH**

Shisha often contains nicotine and therefore is addictive. Many people start smoking shisha socially and this can quickly turn into an addiction.

### **MANY ADULTS THINK SMOKING SHISHA ISN'T HARMFUL - TRUTH**

Many adults aren't aware of the dangers of smoking shisha, this is because of the social aspect of it but also many don't realise it usually contains tobacco. Also there are no health warnings that come alongside shisha.

### **YOU CAN LEGALLY SMOKE SHISHA INDOORS (CAFES/BARS) - MYTH**

It is illegal to smoke shisha indoors in public places, it is under the same rules and regulations as smoking (as it is a tobacco product)

### **THE WATER REMOVES ALL THE HARMFUL CHEMICALS IN SHISHA - MYTH**

The water removes nothing from the dangerous smoke, the only thing the water does is cool down the smoke so that it is easier to inhale more of the smoke into your lung without you knowing.

### **THERE IS NO RISK OF SECONDHAND/PASSIVE SMOKING FROM SHISHA SMOKE - MYTH**

There is a risk of secondhand/passive smoking from shisha as it contains tobacco and therefore all the harmful chemicals which can harm others who are not smoking shisha.

### **UNDER 18s ARE ALLOWED TO BUY SHISHA - MYTH**

Under 18s are not allowed to buy shisha legally and shop keepers should ID those who are in their bar just as shopkeepers who sell cigarettes should and usually check. BUT, just because it's illegal doesn't mean it doesn't happen. Café owners who serve shisha to underage are at a risk of a massive fine.

### **SHISHA CAN CAUSE HEADACHES, DIZZINESS AND NAUSEA - TRUTH**

The reason for this is that people are having a mild case of Carbon Monoxide poisoning. Do you know where we find CO? Car exhaust fumes! The carbon monoxide actually replaces oxygen in your body and can kill you. In the case of the above it's a mild poisoning that people feel from it.

### **SHISHA IS HEALTHY, IT CONTAINS ONE OF YOUR FIVE A DAY - MYTH**

Just because there is some real fruit in shisha does not mean it's one of your 5 a day! You can't smoke your 5 a day, you have to digest it!

### **ALL SHISHA CONTAINS CARBON MONOXIDE - TRUTH**

Shisha is combusted and therefore releases carbon monoxide, it is at even higher levels than cigarettes because the charcoal that burns shisha contains higher amounts of carbon monoxide.

### **SHISHA OFTEN CONTAINS NICOTINE, TAR, ARSENIC, LEAD AND MERCURY - TRUTH**

Shisha contains nicotine as it usually contains tobacco which also contains tar. Lead, mercury and arsenic are found at higher levels in shisha.

### **ALL SHISHA CONTAINS TOBACCO - MYTH**

Not all shisha contains tobacco, there is a possibility of buying shisha that doesn't contain tobacco. Although researchers testing shisha that has been advertised as not containing tobacco has found that the majority of the time it has contained tobacco.

### **HERBAL SHISHA IS SAFER THAN REGULAR SHISHA - MYTH**

Explanation: Herbal shisha is shisha without tobacco. Many users believe that herbal waterpipe products are less hazardous than tobacco waterpipe products. However, both tobacco and herbal waterpipe smoking involves burning charcoal and inhaling the smoke this produces. The charcoal is a major source of two extremely toxic chemicals in the smoke: CO and benzene. As a result, herbal and tobacco waterpipe smoking are similarly hazardous to health.

### **SHISHA ORIGINATES IN IRAQ - MYTH**

It's actually from India! Although it is very popular in the Middle East and Middle Eastern cultures it originates in India.

### **SHISHA IS HEALTHIER THAN CIGARETTES BECAUSE IT'S ALL NATURAL - MYTH**

Shisha is not all natural. Tobacco is a plant but contains deadly chemicals, this does not mean it's safe.

### **SHISHA CAN CAUSE HEART DISEASE - TRUTH**

Shisha, just like tobacco, increases a user's risk of heart disease and stroke.