

# BUILDING A SMOKE-FREE WALES





# WELCOME, SMOKE-FREE SQUAD!

You've been given a secret mission...

Your job is to learn, create, and share  
your ideas about the Wales you want to  
grow up in.



# WHAT IS THE SENEDD?

- The Senedd is where adults make rules for Wales
- They want to hear what children think about keeping Wales healthy
- You've been invited to share your ideas for a healthier Wales
- Today we'll play games, explore fun facts and choose our best ideas
- Together we'll put our ideas into one message to share.



**ECO EAGLES  
(ENVIRONMENT)**



**PUFFIN  
PROTECTORS  
(HEALTH)**



**SEAGULL SCOUTS  
(COMMUNITY)**



# WHAT WE'RE DOING TODAY



**PLAYING  
GAMES**



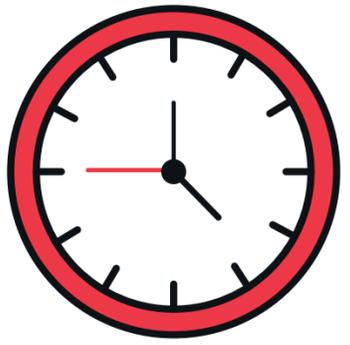
**LEARNING  
SURPRISING FACTS**



**CHOOSING  
IDEAS**



**BUILDING A MESSAGE  
TOGETHER**



**10 MINUTES**

# THE SMOKE-FREE SHOWDOWN





Guess one of the top 5 most  
littered items in the UK

# CIGARETTE CHEMISTRY SHOWDOWN



Which of the following chemicals  
are found in cigarettes?



# BUTT BUSTERS



How many butts do each  
of these containers hold?



Guess one of the top 5 most  
littered items in the UK

# THE TOP 5 LITTERED ITEMS IN THE UK

1. CIGARETTE BUTTS/PACKAGING
2. FOOD WRAPPERS & PACKETS
3. DRINKS BOTTLES/CANS
4. FAST-FOOD PACKAGING
5. VAPES/VAPE PACKAGING



# CIGARETTE CHEMISTRY SHOWDOWN



Which of the following chemicals  
are found in cigarettes?



# ARSENIC

Found in rat poison



# SALT

Used in food (like on chips)



# FORMALDEHYDE

Used to kill germs and keep things from rotting (like dead bodies).



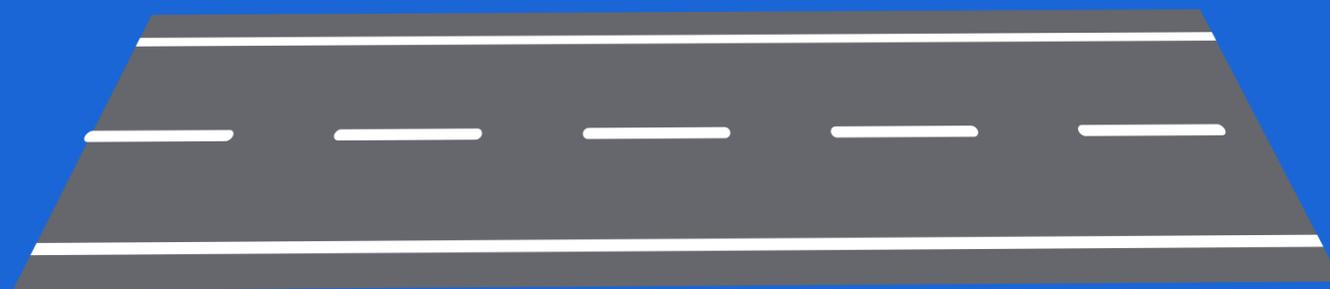
# BENZENE

Found in petrol fumes and bug sprays



# TAR

Road surfaces



# VITAMIN C

Found naturally in fruits and vegetables



# AMMONIA

Found in strong cleaning products like toilet cleaners.



# MILK

The stuff you have on your breakfast cereal



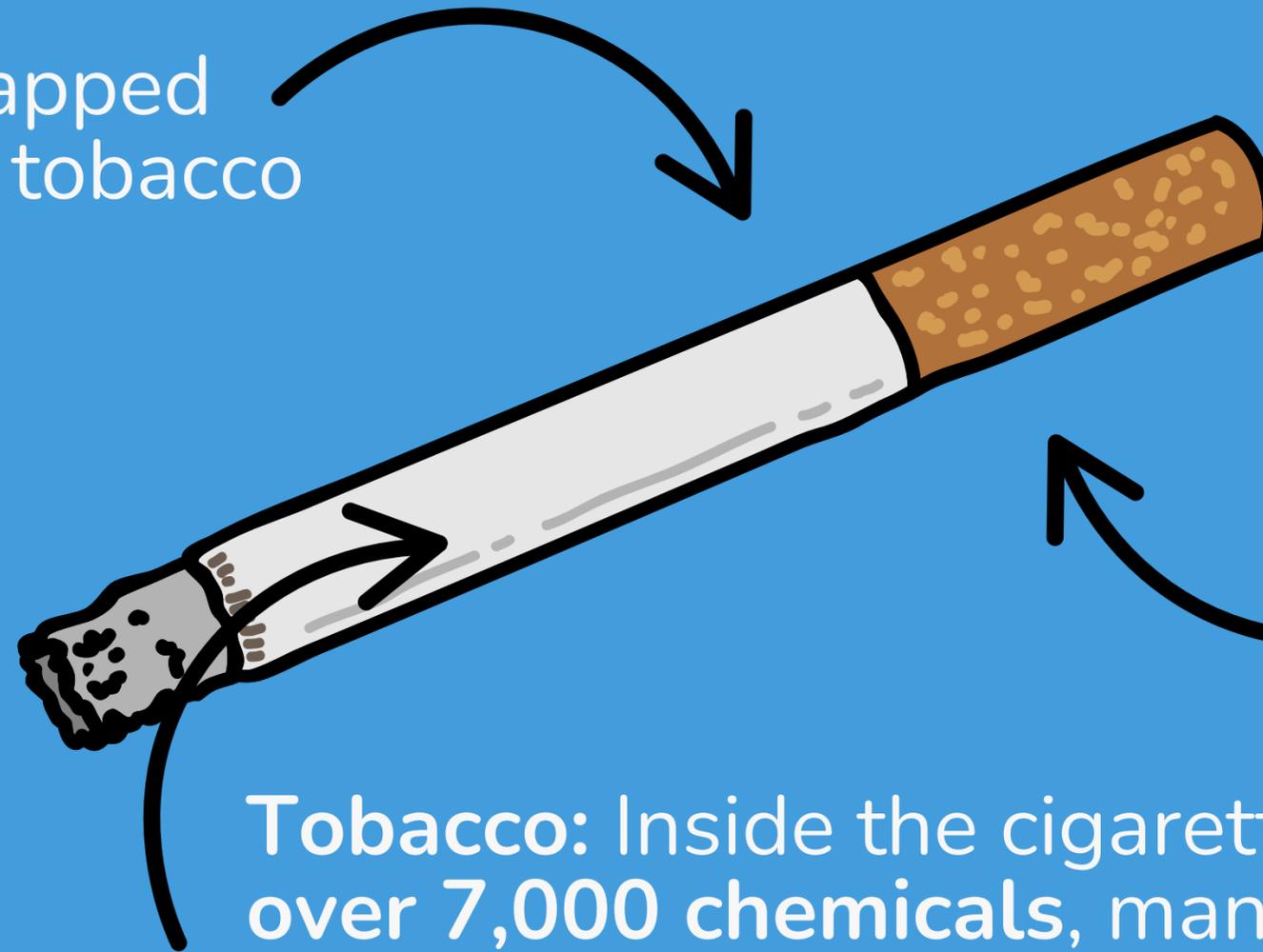
# CADMIUM

Found in batteries.



# WHAT'S IN A CIGARETTE?

**Paper:** Wrapped around the tobacco



**Filter:** A small plastic part at the end of the cigarette, which is one of the **biggest environmental problems.**

**Tobacco:** Inside the cigarette. **Contains over 7,000 chemicals**, many of which are harmful to health and the environment

# BUTT BUSTERS



How many butts do each  
of these containers hold?

# GUESS THE NUMBER OF BUTTTS

How many butts do each of these containers hold?



**HOLDS 375 BUTTTS**

**MCDONALD'S CUP (REG)**

# GUESS THE NUMBER OF BUTTS

How many butts do each of these containers hold?



**HOLDS 420 BUTTS**

**CRISP PACKET**

# GUESS THE NUMBER OF BUTTTS

How many butts do each of these containers hold?



**HOLDS 700 BUTTTS**

**PRINGLES TUBE**



# ENVIRONMENT COMMITTEE

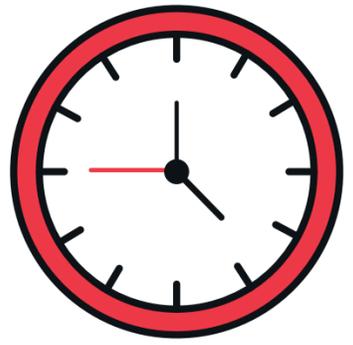


# HEALTH COMMITTEE



# COMMUNITY COMMITTEE





**10 MINUTES**

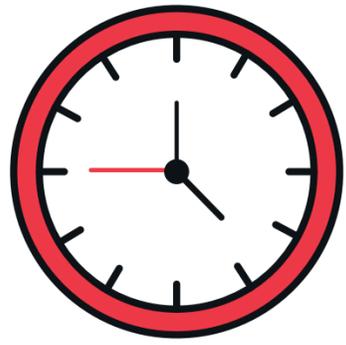


# YOUR TABLE TASK

1. Look at the pictures and facts on your table
2. As a team, decide one thing that surprised you
3. Decide one wish for a Healthy Wales
4. Write them on your team sheet



**NEXT**



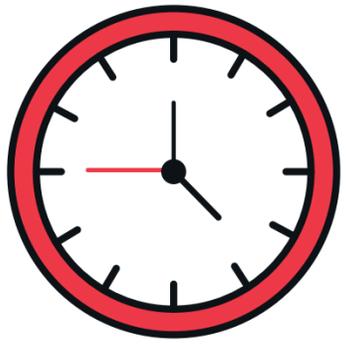
**10 MINUTES**

# WHAT WILL MAKE WALES HEALTHIER?

- Work with your team.
- Choose three ideas you think will help make Wales healthier.
- Then agree on your favourite priority to share.



**NEXT**



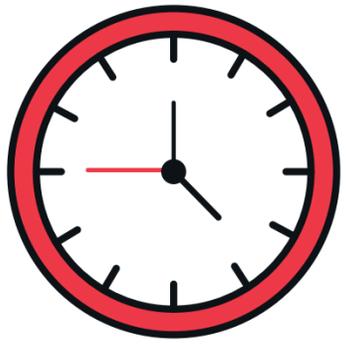
**20 MINUTES**

# COMMITTEE POSTERS

Create your team poster. Include:

- Something that surprised your team
- Your team wish for a healthy Wales
- Your final committee priority
- Every team member's handprint and name
- Decorate using your discovery pack pictures.





**2 MINUTES**

# TRUE OR FALSE?

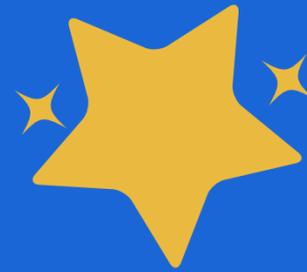
Complete the True/False quiz  
with your team.



**TEAM ECO  
EAGLES**

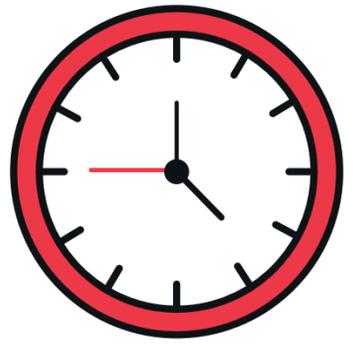


**TEAM PUFFIN  
PROTECTORS**



**TEAM SEAGULL  
SCOUTS**





**5 MINUTES**

# WELL DONE TEAMS!

Time to share posters, celebrate teamwork and hand out certificates





For more information on smoking  
or vaping visit: [ash.wales](https://ash.wales)

**ash** wales  
cymru  
action on smoking and health