

Basic

Choices to make

Solvents

Choose life

John 10:10

Teaching aim

To educate the children about the dangers of sniffing solvents.

Memory Verse

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. John 10:10

Activities

- Under 8s Activity Sheet "Choices to make - 7".
- Over 8s Activity Sheet "Choices to make - 8"

Resources

Music

- JP 392 I am going to shine, shine, shine
- JP 377 I'm a footstep follower
- JP 121 I've got that joy, joy, joy

Prayer Points

Thank God:

- For our senses.

Pray for:

- Those who are tempted to sniff solvents.
- Families who have lost children through sniffing.

Setting the scene

Can you name the five senses you have? - sight, smell, hearing, touch and taste. God has given you these senses so that you can be aware of all around you. The sense of smell is very powerful. We can often use it to tell us what something is, even without seeing it. If you have a cold, you sometimes lose your sense of smell.

There are different kinds of smells - some will be very pleasant e.g. your favourite food, flowers etc. Others can be dangerous.

Harmful smells

The smell of some objects is very strong and overpowering. They can make you feel very sick and could even kill you. However, if they are used carefully for what they are made for, they can be useful. Can you think of some things that have dangerous smells? - Petrol, glue, aerosols, cigarette smoke. In the Bible it tells us that God made us (Genesis 2). He gave us our senses so that we can enjoy our lives to the full. Let us all try to write a special prayer to thank God for smell, sight, hearing, taste and touch and then read them out in turn.

Sniffing solvents

Some substances have very powerful smells which are sometimes called fumes. Some have something in them called solvents. All of these things are useful if used the right way. Imagine trying to stick a model together without glue or run a car without petrol.

It is very different when people smell solvents on purpose, This is called 'sniffing' and is very dangerous. There is a danger that sniffing will damage the body just like alcohol and tobacco.

It can affect you in the following ways:

- Give you a headache
- Make you sick or dizzy
- Make you feel tired
- Give you sore spots on your face
- Kill you

Solvent abuse kills sixty young people in the

UK each year. One third of young people who die from solvent abuse are first time users (TheSite.org). See also www.re-solv.org.uk People "sniff" solvents for different reasons:

- My friends sniff.
- It makes me feel good.
- I'm bored.

Living solvent-free

Do you think God gave us a sense of smell so that we could harm ourselves? He loves us and wants us to enjoy life to the full and be happy and safe. He gave us smell to help us to enjoy our food and the rest of His creation. Smell also warns us if there is danger around - people can often smell smoke from a fire before they see it.

It is against the law to sell products containing solvents to anyone under the age of eighteen who might use them for sniffing. In small groups practise what you would say to a friend who tries to persuade you to sniff. Whether or not to sniff is a choice you have to make - but it is your choice. You need to make up your own mind and not let others do it for you. If you decide to live free from sniffing, and can give reasons why, you are setting a good example to your friends.

Remember Jesus said in Mark 10:14, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these."

Summing up

God has given us five senses, one of which is smell. Some smells are very pleasant and harmless. Others are dangerous if not used for what they are intended.

Sniffing substances which contain solvents is very dangerous and can result in sickness and, even worse, death. It's not God's will that you should use your sense of smell to harm yourself. If you want to be happy and healthy, you should consider saying "yes" to a solvent-free lifestyle.

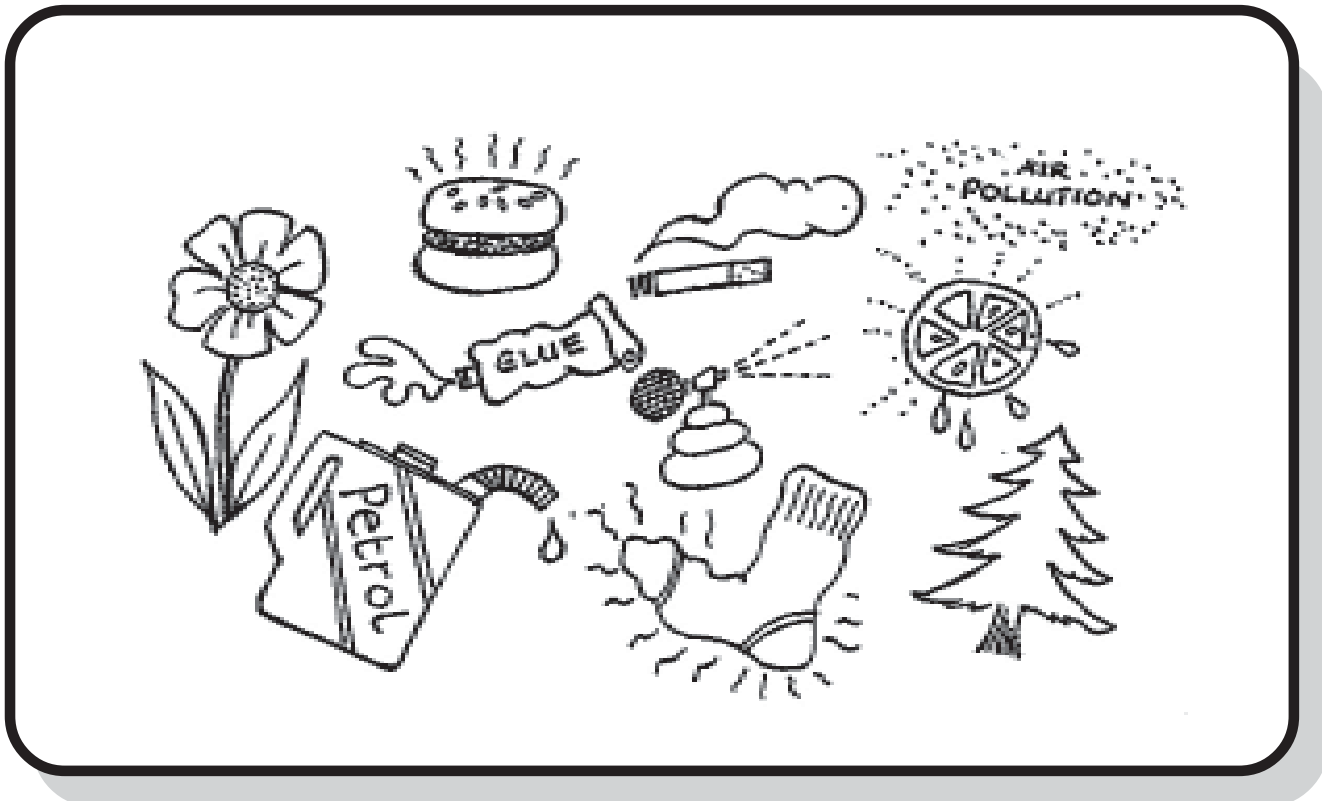
Solvents

Complete the sentences using the words given below.

- 1 Some substances have very powerful s _____ which are sometimes called f _____.
- 2 Some have something in them called s _____.
- 3 A solvent is a c _____.
- 4 When people smell solvents on purpose it's called sn _____.
- 5 Sniffing is very d _____.
- 6 Sniffing can give you a h _____, make you sick or d _____ and it can k _____ you.

dangerous fumes sniffing dizzy kill solvents smells
headache chemical

Some substances can be dangerous if we sniff them.
Circle the dangerous objects.



Solvents

Put a tick in the box next to your answer.

1. Unscramble these words to find the names of the five Senses.

e t s a t l m l s e h t s i g h o c t u g r e h a n i

2. Tick the two objects that could have a dangerous smell.

a) Glue b) Flour c) Perfume d) Petrol

3. Tick the three objects which might have solvents in them.

a) Glue b) Petrol c) Flowers
 d) Liquid soap e) Correction fluid

4. What is sniffing?

a) Taking a drug b) Smelling solvents c) Blowing a runny nose

5. About how many people die each week from sniffing?

a) One - Two b) Five c) Ten

6. Are children allowed to buy solvents to sniff?

a) Yes b) No c) Sometimes

7. Fill in the gaps.

i If you smell something which is strong and overpowering you could ___

ii Fumes have a po_____ smell.

iii A solvent is a ch_____.

8. Place the words from the list below in the Bible verse.

The Lord God _____ the man from the _____ of the ground and _____ into his _____ the breath of life, and the _____ became a living being. Genesis 2:7

breathed man dust formed nostrils