



Educator guide: Tobacco lesson

Recommended for grades:

4th – 5th grades

Time:

13 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Name two examples of a tobacco product.
2. Describe what secondhand smoke is.
3. Recognize the dangers of secondhand smoke.
4. Describe two short-term and two long-term health effects of using tobacco products.
5. Demonstrate two different ways to get out of a pressure situation.

Lesson description:

In the Tobacco lesson students will learn what tobacco is, the different types of tobacco products, the short and long-term effects of tobacco and how to resist peer pressure.



Pre and post-test questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. People who are exposed to secondhand smoke have an increased chance of developing heart disease, cancer, and breathing problems.
 - a. **True**
 - b. False
2. Smoking cigarettes can cause heart disease.
 - a. **True**
 - b. False
3. Which of these would be a good way to get out of a pressure situation?
 - a. Threaten the person
 - b. Run and hide
 - c. **Give a personal reason**

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Tobacco lesson. You may choose to use this list in any way that fits your needs.

- Absorbed – a way drugs can enter the body by soaking through the skin or mucus membranes inside the mouth, nose, or lungs. Example: When using chewing tobacco, the nicotine is absorbed through the mouth or gums.
- Addiction – when a person’s body is so dependent on a drug that it is very difficult to stop using that drug
- Brain – the main organ in the nervous system that controls the body’s activities by sending and receiving messages to and from different parts of the body
- Chewing tobacco – a type of smokeless tobacco made from the leaves of the tobacco plant. It is used by putting a pinch of the leaves between the gums and cheek. The nicotine is absorbed into the body through the membranes of the mouth.
- Cigar – a type of tobacco which is smoked. Dried leaves of the tobacco plant are wrapped in a tobacco leaf. Cigars do not have filters. They often come in different flavors.
- Cigarette – a type of smoked tobacco. Dried leaves of the tobacco plant, along with around 4000 chemicals, are packed into thin tubes of paper. When lit, the user inhales the smoke from the cigarette into their lungs.
- Cigarillo – a small cigar that also comes in different flavors
- Drug – a chemical that changes the way a person’s body works



- Heart – the organ in the body responsible for pumping blood to every other part of the body. The heart is part of the circulatory system
- Inhaling – a way drugs can enter the body through the mouth or nose, by breathing them directly into the respiratory system (lungs). Examples of drugs that are inhaled include cigarettes and marijuana.
- Long-term effects – health problems or diseases that take a longer time to develop (months or years). An example of a long-term effect of smoking cigarettes is tar building up in the lungs causing breathing problems, or lung cancer.
- Lungs – the organs of the body which take in air to provide the body with oxygen, and exhale, or get rid of, carbon dioxide. The lungs are part of the respiratory system.
- Nicotine – the highly addictive chemical in tobacco products (like cigarettes, cigars and chewing tobacco) that makes it very hard for people to stop using them
- Pipe – A device used to smoke marijuana or tobacco. Dried leaves of the tobacco plant or cannabis sativa plant are put into the bowl of the pipe and then lit. The smoke is inhaled through a tube connected to the bowl.
- Secondhand smoke – smoke that is exhaled by someone smoking, and smoke that comes off the burning end of tobacco products. It can be inhaled by another person who is not smoking directly, and can cause smoking-related health problems for that non-smoking person.
- Short-term effects – the immediate health consequences of drug use. An example of short-term effects from alcohol use is feeling dizzy, making poor decisions, and loss of coordination and balance.
- Smokeless tobacco – tobacco products that are absorbed through the mouth rather than smoked. Examples include chewing tobacco and snus.
- Snus – a type of smokeless tobacco made from the leaves of the tobacco plant that comes in a small pouch, like a tiny tea bag full of tobacco. The pouch is placed between the upper gum and lip. Nicotine is absorbed into the body through the membranes of the mouth.
- Tar – a sticky, black substance found in smoked tobacco products. For smokers, tar builds up on the lungs, and over time makes it difficult for the person to breathe. Tar may also build up in the lungs of non-smokers from secondhand smoke exposure and air pollution.
- Tobacco – the plant used to make products such as cigarettes, cigars and chewing tobacco

Tobacco worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Tobacco lesson.

1. Approximately how many chemicals can be found in cigarettes?

2. According to the Wisconsin Youth Tobacco Survey, approximately what percentage of middle school students do NOT smoke?

3. List three dangers of secondhand smoke.

a. _____

b. _____

c. _____



4. List three effects of nicotine.

a. _____

b. _____

c. _____

5. List three short-term effects of tobacco use.

a. _____

b. _____

c. _____

6. List three long-term effects of tobacco use.

a. _____

b. _____

c. _____



7. List three ways to get out of a pressure situation.

a. _____

b. _____

c. _____



Tobacco worksheet answer key

1. Approximately how many chemicals can be found in cigarettes? 4,000
2. According to the Wisconsin Youth Tobacco Survey, approximately what percentage of middle school students do NOT smoke? 98%
3. List three dangers of secondhand smoke.
 - a. Increased chance of developing heart disease
 - b. Increased chance of developing lung cancer
 - c. Breathing problems, such as coughing and respiratory infections like pneumonia and bronchitis

4. List three effects of nicotine.

Increased blood pressure, increased breathing, increased heart rate, changes in the brain that lead to addiction

5. List three short-term effects of tobacco use.

Bad breath, bad smelling clothes and hair, coughing, build-up of phlegm, stained teeth

6. List three long-term effects of tobacco use.

Lung cancer, oral cancers, lung disease, heart disease

7. List three ways to get out of a pressure situation.

Say no, walk away, give a personal reason, suggest a better idea, find an adult to help, reverse the situation

Supplemental activity: It could happen to me

Objectives:

After completing this activity students will be able to:

- Identify two places, or locations, that they might be pressured to use a drug.
- State at least two things they could say or do to get out of a pressure situation.
- Role-play at least one way to get out of a pressure situation.

Materials needed:

- Chalkboard or whiteboard for brainstorming
- Props that could be items from the classroom or if students agree, personal items

Time required:

40 minutes

Instructions:

Brainstorm with students a list of places where they might be pressured to use drugs. From that list, create a list of specific peer pressure situations. Discuss with students different ways to get out of pressure situations. Examples can include: say no, walk away, make up an excuse, pressure the other person not to use drugs etc.

Divide the class into small groups, 2-4 students per group works best. Assign each group one of the specific peer pressure situations. Within each group, students should identify who is going to play which part. They should choose one way to get out of a pressure situation that they can demonstrate. Encourage students to be creative and use props, if they want to. Allow the groups time to practice their skits.

Have each group present their skit to the entire class. If time allows, each group could prepare and present two different ways to get out of each situation. This encourages students to think about different ways to handle situations before they find themselves in a similar situation.



Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Resources and services: Alcohol and other drug-use prevention

- American Lung Association Lung Help Line, 1-800-LUNG-USA (800-586-4872)
- Children's Wisconsin, www.childrenswi.org
- KidsHealth, www.kidshealth.org
- LifeStance Health, www.lifestance.com
- National Institute on Drug Abuse (NIDA), www.drugabuse.gov
- Partnership to End Addiction, www.drugfree.org
- Rogers Behavioral Health, www.rogersbh.org
- The Tobacco Control Resource Center for Wisconsin, www.tobwis.org
- United States Government-Drug Enforcement Administration (DEA), www.getsmartaboutdrugs.gov
- Wisconsin Tobacco Quitline, 1-800-QUIT-NOW

Transcript

Slide 1

Tobacco use is the leading preventable cause of disease, disability, and death in the United States. Tobacco is a plant, and the small brown leaves from the plant are used to make products such as cigarettes, cigars or cigarillos, chewing tobacco and snus.

We're going to learn about several types of tobacco products.

Slide 2

First, let's look at cigarettes, which are smoked or inhaled through the lungs into the body. There are lots of dangerous chemicals in cigarettes. As a matter of fact, there are around 4,000 chemicals that can be found in one cigarette. We're going to look at just a few of them. You may be surprised to see what's all in a cigarette.

Slide 3

On the left is a list of a few chemicals found in cigarettes. Some of these names may be unfamiliar to you. On the right you'll see a list of the common household names for these chemicals. Click on the common name and drag it to the space after the matching chemical name. Good luck! And remember, it's ok to guess!

Great job! I don't think many people would willingly put shoe polish or toilet cleaner into their body, but many people choose to start smoking cigarettes despite what's in them.

Slide 4

There are lots of reasons why people start smoking. One of those reasons is kids often think it's "cool" to smoke, or they think everyone else is smoking, so they should too. According to a recent Wisconsin Youth Tobacco Survey only 2.5 percent of middle school students currently smoke cigarettes. That means almost 98% of middle school students do NOT smoke.

Slide 5

Here's how smoking cigarettes affects the lungs. Our lungs help us get oxygen into our body and get rid of carbon dioxide. Each cigarette a person smokes causes tar to build up in their lungs. That tar is just like the black tar that is used to repair streets. The tar can build up over time and make it difficult for a person to breathe.

Slide 6

Take a look at these two sets of lungs. The picture on the left shows the lungs of a nonsmoker, and the picture on the right shows the lungs of a smoker. Clearly, the smoker's lungs are not going to work as well with all that tar in the way.



Slide 7

There can even be effects for people who aren't smoking themselves, but are around cigarette smoke. Secondhand smoke is smoke that is exhaled by someone smoking, as well as the smoke coming off the burning end of tobacco products. People who breathe in secondhand smoke have an increased chance of developing heart disease and lung cancer. Secondhand smoke can also cause breathing problems, such as coughing and respiratory infections like pneumonia and bronchitis.

Slide 8

There's another kind of cigarette called e-cigarettes, or electronic cigarettes. They are battery-operated devices that allow the user to inhale a vapor containing nicotine and other substances. They are available in different flavors, which often appeals to kids. E-cigarettes are a relatively new product, so not a lot is known about them. What we do know is that they contain nicotine, which is a dangerous, addictive chemical, and should be avoided.

Slide 9

Cigars and cigarillos, or little cigars, are another type of tobacco product that people can smoke. These products contain cut tobacco wrapped in a tobacco leaf, and do not have filters. They are sold individually or in packs, and may come in different flavors, like grape, tangerine and chocolate. Unfortunately, tobacco companies are trying to market these flavored cigars to young people. Keep in mind that tobacco companies' main concern is not your health...it is to make money.

Slide 10

There's also a type of tobacco called smokeless tobacco. This includes chewing tobacco and snus. Chewing tobacco, or chew, is finely ground or shredded tobacco leaves. Even though it's called chewing tobacco, it's not actually chewed. The user places a clump of it into the side of their mouth, and the drug is absorbed through the mouth or gums. While using chewing tobacco, a person needs to spit every once in a while. Snus is used a little differently than chewing tobacco. It is tobacco that comes in a small pouch. The pouch is placed between the gum and lip. A person using snus does not need to spit. It is typically left in the mouth for about a half hour. Both chewing tobacco and snus come in different flavors, and are marketed towards young people.

Slide 11

Some people think that because chewing tobacco and snus aren't smoked they are safer. But, they definitely are not safe. Smokeless tobacco can cause cancers of the mouth, lip and tongue. Users may also be at risk for cancer of the voice box, esophagus, colon and bladder. Take a look at this picture of a man who started using chewing tobacco when he was just thirteen years old. By age seventeen, he had cancer of the neck and tongue. He's had over thirty-five surgeries, leaving him severely disfigured. His lower teeth and jawbone are gone, half his tongue and neck muscles are missing, and his face is patched with skin and muscle from his leg.

Slide 12

Cigarettes and other forms of tobacco all contain the chemical nicotine. Nicotine goes into the bloodstream when a tobacco product is inhaled, smoked, or absorbed through the mouth. It can increase a person's blood pressure, breathing and heart rate. It also causes changes in the brain that result in addiction, which is when a person's body becomes so dependent on a drug that it is very difficult to stop using the drug. There are studies that show that adolescents may be even more likely than adults to become addicted to nicotine.

Slide 13

Some short-term effects of tobacco use are bad breath, bad-smelling clothes and hair, coughing, and a buildup of phlegm, which is the yellow slimy chunks that are spit out after coughing. A smoker's teeth can also become stained.

Slide 14

Besides the short-term effects there are also many long-term effects. These can include many types of cancer, such as lung, mouth and tongue cancer. Tobacco use can also cause lung disease and heart disease. Many people know that smoking can cause cancer, but they don't know that it can also cause heart disease, and heart disease is the leading cause of death for men and women in the United States.

Slide 15

Although quitting can be hard, the health benefits of quitting are immediate. Once a person stops using tobacco products, the body quickly starts to improve.

Slide 16

At some point in your life someone may pressure you to smoke, or to do something else that you don't want to do. It's helpful to think about those situations before they happen so you're prepared, and know how you're going to handle it. There are a lot of things you can do or say to get out of a pressure situation. You could simply say no and walk away. Or, you could give a personal reason why you don't want to be a part of what they're doing. And remember, there are always adults in your life that you can talk to.

Slide 17

Watch this video showing someone being pressured to smoke; then watch three examples of ways they could respond in this situation.

Video script

Matt: Nice shot Charlie. You play like your brother. He said you were pretty good. You know, me and TJ were gonna go smoke. You wanna come with us?

TJ: Yeah, dude. Your brother smokes with us too.

Give a personal reason

Charlie: No thanks. I've seen what smoking does to my brother. He can't even run up and down the court anymore without getting out of breath. I'm trying out for the team this year and I really need to stay in shape.

Suggest a better idea

Charlie: Uh, no thanks. Actually, we're going to play another game. You guys could play too. We could play 5 on 5.

TJ and Matt: That sounds pretty good.

Say no and walk away

Charlie: No. I don't think so.

Slide 18

Hopefully these videos gave you a few ideas for what you could do if you're ever being pressured.

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