



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

Even though just about everyone knows how dangerous tobacco is, 90% of smokers start before age 18. Many teens who smoke never expect to become addicted, and peer pressure can interfere with trying to quit. The following activities will help your students better understand the consequences of tobacco use, why teens might feel pressured to smoke, and strategies for kicking this deadly habit.

Related KidsHealth Links

Articles for Teens:

Smoking

TeensHealth.org/teen/cancer_center/q_a/smoking.html

E-Cigarettes

TeensHealth.org/teen/drug_alcohol/tobacco/e-cigarettes.html

Smokeless Tobacco

TeensHealth.org/teen/drug_alcohol/tobacco/smokeless.html

Smoking and Asthma

TeensHealth.org/teen/drug_alcohol/tobacco/smoking_asthma.html

Peer Pressure

TeensHealth.org/teen/your_mind/friends/peer_pressure.html

How Can I Quit Smoking?

TeensHealth.org/teen/cancer_center/q_a/quit_smoking.html

Stop Smoking: Your Personal Plan

TeensHealth.org/teen/your_body/take_care/smoking_plan.html

Secondhand Smoke

TeensHealth.org/teen/drug_alcohol/tobacco/secondhand_smoke.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Name some long- and short-term effects of smoking.
2. Why does smoking shorten your life? By how much?
3. Why do some teens try smoking, and continue smoking, even though they know the risks?
4. Why is smoking so hard to quit?
5. How can you help friends or family members quit smoking?
6. Have you been in a situation where someone has pressured you to use tobacco?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

It's Good To Be a Quitter

Objectives:

Students will:

- Investigate the long-term consequences of smoking among former smokers
- Create public service announcement videos to encourage teens to quit smoking or not start smoking

Materials:

- Video equipment

Activity:

[Note to instructor: This activity can be done individually, in small groups, or as a class. Students can view the "Tips From Former Smokers" videos at <http://www.cdc.gov/tobacco/campaign/tips/resources/videos> to help guide their production.] We're going to take a successful strategy used by health experts at the U.S. Centers for Disease Control to create our own public service announcement videos to get people, especially students, to quit, or not even start, using tobacco. The "Tips From Former Smokers" ad campaign by the CDC has helped many smokers quit permanently. The anti-tobacco ads were successful, according to CDC Director Dr. Tom Frieden, because "The fact that you may die is not highly motivating to people. The fact that the remainder of your life may be very unpleasant is." To find subjects for our PSA video, we'll ask our family members and friends if they know any ex-smokers who survived a tobacco-related illness. We can also call the public relations departments of local hospitals and health agencies. We'll use the "Tips From Former Smokers" videos as production guides, and share our final videos with other students at a school assembly.

Extension:

Have your students go online and determine how to get involved as a class in Kick Butts Day (by the Campaign for Tobacco-Free Kids) in March, World No Tobacco Day (by the World Health Organization) in May, or the Great American Smokeout (by the American Cancer Society) in November. Your class could also lead a school-wide or community effort to participate in one or more of these events.



Burning a Hole in Your Wallet

Objectives:

Students will:

- Calculate and contextualize the monetary cost of smoking cigarettes

Materials:

- “Burning a Hole in Your Wallet” handout

Class Time:

- 15 minutes

Activity:

Instructions: If each pack of cigarettes costs \$5.75, use the “Burning a Hole in Your Wallet” handout to show how much a smoker would spend in a year. Then write down what you might do with each amount of money rather than spending it on tobacco products.

Extension:

Research and discuss the taxes your state places on tobacco to discourage use. Have your class discuss if similar taxes should be placed on other unhealthy products. What kinds of products should be taxed in this way? Should these kinds of taxes go into general budget funds, or be dedicated for spending in certain ways, such as public health initiatives related to the items taxed?



Under Pressure

Objectives:

Students will:

- Explore ways to deal with tobacco -related peer pressure
- Identify strategies to resist negative peer pressure

Materials:

- “Under Pressure” handout
- Pens or pencils, paper
- TeensHealth.org article, “Peer Pressure”

Class Time:

One hour

Activity:

Even though we know about the risks and consequences tobacco use, some teens believe smoking is cool and feel peer pressure to try or continue smoking. You and your friends can influence each other’s choices and behaviors in positive and negative ways. The pressure to conform is hard to resist, so many teens take the easy way out and make unhealthy choices. First, read the TeensHealth.org article titled, “Peer Pressure.” Then you and a partner will create a scenario in which a teen is feeling peer pressure to smoke. Think about the characters, setting, and strategies that teens can use when they’re feeling pressured to make an unhealthy choice.

Extensions:

1. Talk to an adult you trust about peer pressure he or she faced as a teen, and how he or she dealt with that pressure.
2. Create posters for school hallways listing the Top 10 reasons to stay away from tobacco.
3. Talk to adults in their 60s or older about how attitudes toward smoking have changed since they were teenagers.

Reproducible Materials

Handout: Smoking: Burning a Hole in Your Wallet

KidsHealth.org/classroom/9to12/problems/drugs/smoking_handout1.pdf

Handout: Smoking: Burning a Hole in Your Wallet Answer Key

KidsHealth.org/classroom/9to12/problems/drugs/smoking_handout2.pdf

Handout: Under Pressure

KidsHealth.org/classroom/9to12/problems/drugs/smoking_handout3.pdf

Quiz: Smoking

KidsHealth.org/classroom/9to12/problems/drugs/smoking_quiz.pdf

Answer Key: Smoking

KidsHealth.org/classroom/9to12/problems/drugs/smoking_quiz_answers.pdf



Name: _____

Date: _____

Burning a Hole in Your Wallet

Instructions: If each pack of cigarettes costs \$5.75, calculate how much a smoker would spend in a year if he or she smoked the amounts listed below. Then write down what you might do with each amount of money.

1 Pack Per Week

Total for year:

Half a pack a day

Total for year:

1 pack a day

Total for year:

1½ packs a day

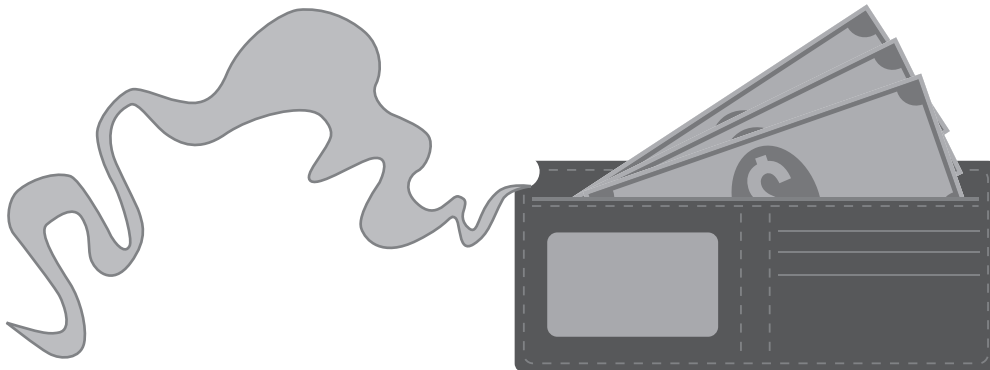
Total for year:

1. With the amount of money from a pack of cigarettes a week, I could:

2. With the amount of money from a half a pack of cigarettes a day, I could:

3. With the amount of money from a 1 pack of cigarettes a day, I could:

4. With the amount of money from a 1½ packs of cigarettes a day, I could:





Burning a Hole in Your Wallet Answer Key

Instructions: If each pack of cigarettes costs \$5.75, calculate how much a smoker would spend in a year if he or she smoked the amounts listed below. Then write down what you might do with each amount of money.

1 Pack Per Week

$$\$5.75 \times 52 \text{ weeks}$$

Total for year: \$299

Half a pack a day

$$\$5.75 / 2 = \$2.9$$

$$\times 365 \text{ days}$$

Total for year: \$1,049.38

1 pack a day

$$\$5.75 \times 365 \text{ days}$$

(or $\$1,049.38 \times 2$)

Total for year: \$2,098.75

1½ packs a day

$$\$5.75 \times 1.5 = \$8.7$$

$$\times 365 \text{ days}$$

(or $\$2,098.75 \times 1.5$)

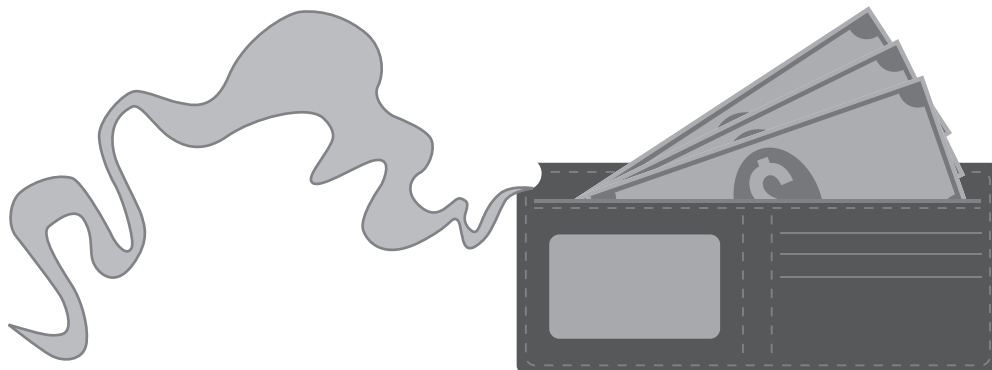
Total for year: \$3,148.13

1. With the amount of money from a pack of cigarettes a week, I could:

2. With the amount of money from a half a pack of cigarettes a day, I could:

3. With the amount of money from a 1 pack of cigarettes a day, I could:

4. With the amount of money from a 1½ packs of cigarettes a day, I could:





Names: _____

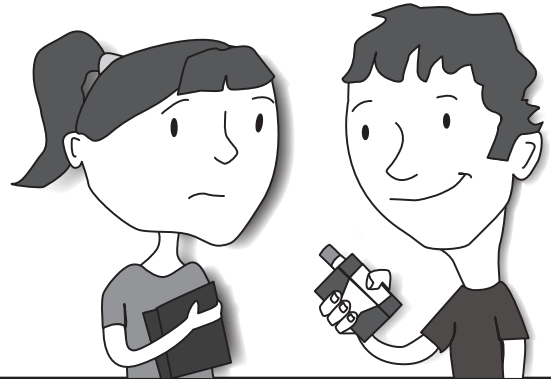
Date: _____

Under Pressure

Instructions: With a partner, write a scenario in which a teen is being pressured to smoke. Then act out your scene in front of your class. Make sure to include at least two strategies teens can use to resist negative peer pressure.

Characters:

Scenario:



Resistance strategies:



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. By how many years can smoking shorten a person's life?

2. What percentage of tobacco users start smoking before age 18?

3. Name three health problems caused by smoking:

4. True or false: E-cigarettes are not safe; they're just another way of putting nicotine – a highly addictive drug – into your body.

5. True or false: Smokeless tobacco is the only safe way to ingest tobacco.

6. Breathing in secondhand smoke does not increase a person's risk for:

- a) asthma
- b) bronchitis and pneumonia
- c) cancer
- d) dyslexia
- e) heart disease

7. True or false: Secondhand smoke contains thousands of chemicals – from arsenic and ammonia to hydrogen cyanide – many of which have been proven to be toxic or to cause cancer (called carcinogens).

8. List two reasons why teens start smoking:

9. Name one strategy you can use to resist any pressure to smoke:

10. List three reasons to stay smoke free:



Quiz Answer Key

1. By how many years can smoking shorten a person's life?
10 years or more
2. What percentage of tobacco users start smoking before age 18?
90%
3. Name three health problems caused by smoking:
Any three of the following: cancer, emphysema, heart disease, stroke, pneumonia, bronchitis
4. True or false: E-cigarettes are not safe; they're just another way of putting nicotine – a highly addictive drug – into your body.
5. True or false: Smokeless tobacco is the only safe way to ingest tobacco.
6. Breathing in secondhand smoke does not increase a person's risk for:
 - a. asthma
 - b. bronchitis and pneumonia
 - c. cancer
 - d. dyslexia
 - e. heart disease
7. True or false: Secondhand smoke contains thousands of chemicals – from arsenic and ammonia to hydrogen cyanide – many of which have been proven to be toxic or to cause cancer (called carcinogens).
8. List two reasons why teens start smoking:
Any two of the following: to be cool, having family members or friends who smoke, peer pressure
9. Name one strategy you can use to resist any pressure to smoke:
Any one of the following: listen to your inner voice, plan for possible situation with catch phrases, hang out with friends who feel the same as you, blame your parents for not letting you smoke, get comfortable saying no
10. List three reasons to stay smoke free:
Any three of the following: live a longer life, have more energy, look and feel better, save money, be more active