

Let's Talk About Tobacco

Grades 2 to 6

TEACHER'S GUIDE

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Quality Classroom Content

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Why Young Learners Should View this Program?

We all know that smoking cigarettes is dangerous. Tobacco use has been proven to cause an alarming number of life-threatening diseases, including cancer, heart disease and emphysema.

Yet every week about three thousand children and young teenagers smoke their first cigarette. Many end up addicted to nicotine and they are unable to quit. Kids don't worry about the health hazards of smoking because they believe they can stop, and they won't feel effects until they're older.

Let's Talk About Tobacco presents the serious dangers of smoking to young learners before they become subjected to peer pressure and the temptation to smoke their first cigarette. By providing a realistic view of smoking and how it can damage their bodies is a good first step toward helping them avoid this deadly addiction.

Learning Objectives

- understand that nicotine is an addictive drug.
- realize that tobacco in cigarettes contains hundreds of poisonous substances
- recognize some of the many ways in which smoking damages different organs in their bodies and leads to life-threatening illnesses.
- realize that e-cigarettes are not a safe alternative to cigarettes
- understand the dangers of "second-hand smoke" and realize that they have the right to avoid it if possible.

Summary of the Video

The video program is presented in a documentary style.

The documentary begins by showing how tobacco is grown, harvested, and made into cigarettes and other tobacco products. In addition, people are shown using tobacco products in various ways.

The program talks about both the immediate, short-term effects and long-term effects of using tobacco products.

Colorful graphics and diagrams of the interior of the body show the various organs and bodily systems that are affected by the presence of tobacco smoke consumption. The video explains that the symptoms such as coughing and shortness of breath are known to appear in very young smokers. The program explains the factors that influence young people to start smoking, and explain how difficult it is to quit because they have become addicted to nicotine.

Facts about second hand smoke are discussed and that being around a smoker can be dangerous to a non- smoker's health. Second hand smoke can cause a non- smoker the same kind of health problems that smokers have.

The documentary concludes by highlighting and reviewing the information presented in the video.

Preview Questions

What do you know about cigarettes? Why do you think people smoke cigarettes?

Do you know what addiction is? Do you know what a habit is? What are some good habits and some bad habits?

Why is it a good idea to make the decision now never to smoke cigarettes or use other tobacco products.

Discussion Questions

- After viewing this program, do you think you would like to smoke when you are older? Why, or why not?
- Have you ever been asked to smoke a cigarette? What would you do or say if someone asked you to do this?
- Does anyone in your home smoke cigarettes, cigars, or a pipe? How do you feel when they smoke in the house? Do you like or dislike being around a person who is smoking?
- What do you think is the worst immediate effect of smoking? What is the worst long-term effect of smoking? Why?
- What would you say to someone you really like if they began to smoke? Why?

Interdisciplinary Activities

Language Arts

Have your students do research and write or give a report on tobacco farming. The reports should include information about where tobacco is a major crop, climate and soil conditions that are necessary as well as the size of tobacco farms, how plants are harvested and where they are sent afterwards. Some students may choose to do research on the tobacco industry and include information about the manufacture of cigarettes.

Language Arts; Creative Expression

Ask your students to write a public service announcement about the dangers of smoking. Students can perform it in front of the class or record it on video.

Language Arts

Have your students interview someone they know that is a smoker or former smoker and ask questions such as “Why did you start smoking?”, “What made you decide to stop?”

Math; Art

Have your students research the cost of a pack of cigarettes. Ask them to add up the cost of smoking 1,2, and 3 packs per day. Have them come up with a cost per day, week, month, year and 10 years. Ask them what else they could buy with that amount of money and have them draw a picture of it. Have them title the picture If I don't smoke cigarettes, I can buy

Science; Art

Have your students choose an organ that is affected by smoking. Have them draw that organ as a healthy organ and as an organ that has been affected by the toxins in tobacco.

Language Arts; Social Studies

Discuss the concept of advertising with your students. Explain how advertisements are created to try to make people buy a product. Go to one, or several of the following Youtube links provided below that show cigarette advertisements from the 1960's. After watching the commercials have a discussion about what the ads were saying about the cigarettes.

Ask students what they think about the advertisements, "Were they misleading?", "Why do you think TV commercials are banned?"

<https://www.youtube.com/watch?v=NAExoSozc2c>

<https://www.youtube.com/watch?v=lmUpZhR7FAQ>

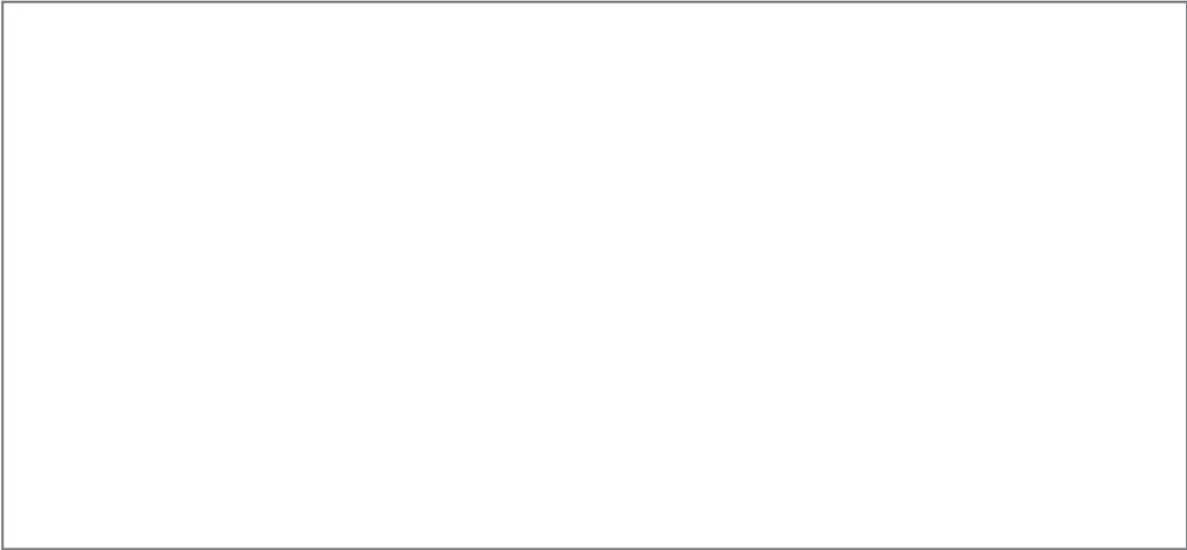
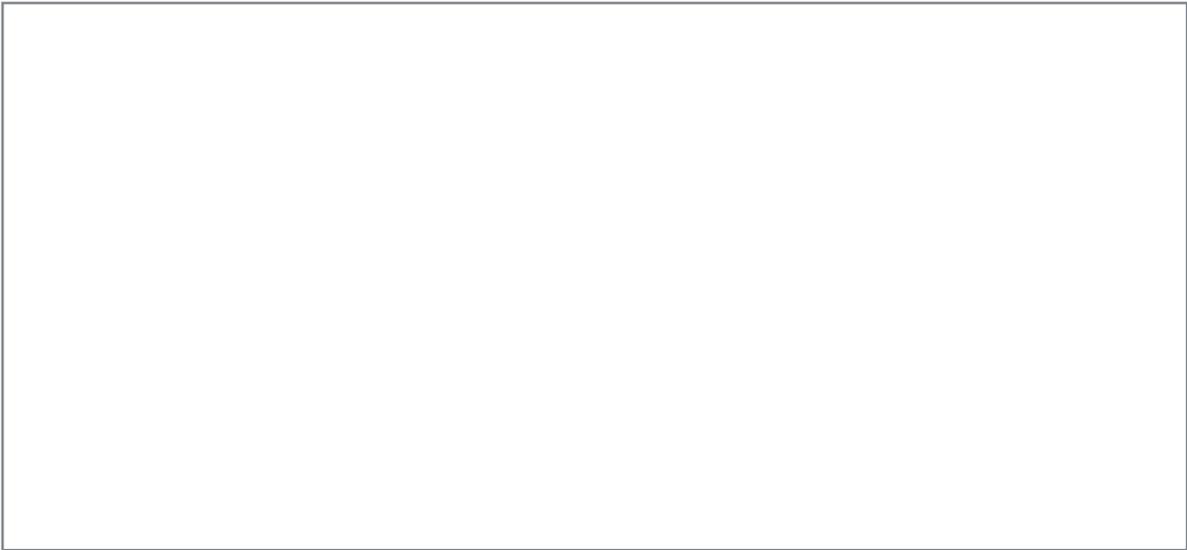
https://www.youtube.com/watch?v=RB6C3o_-RdE

Creative Expression

Have your students create a poster based on the negative effects of smoking. For example, "Are your teeth too bright? Try Cigarettes! They'll dull yellow your teeth in just a few days". Encourage students to have fun and be creative. They can work individually or in small groups.

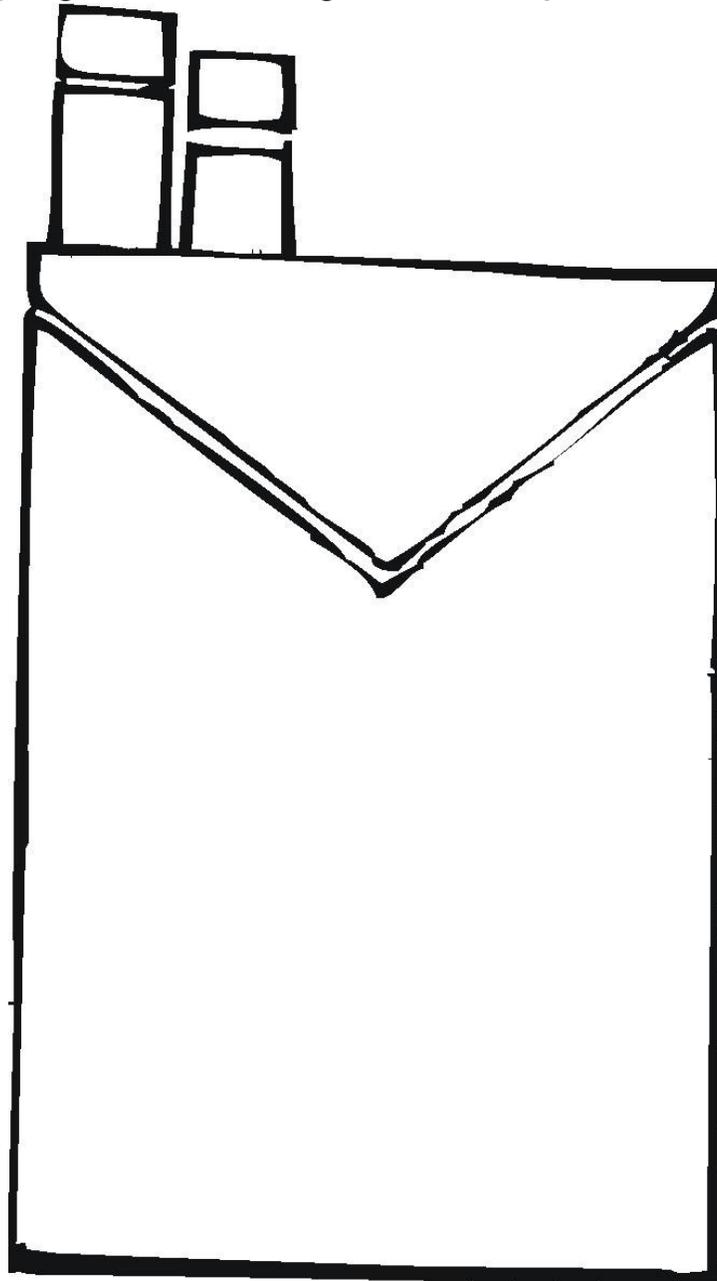
Tobacco and Your Body

In each box below, draw a picture of a body part and label each one. Next, write down one way that body part can be harmed by tobacco.



The Truth About Cigarettes

You know that cigarettes are bad for your health. Create a cigarette package that tells the truth about . Make up a name for the cigarettes and make a design for the package. Don't forget to include the warning label that tells why cigarette smoking is unhealthy.



The Cost of Smoking!

Solve the problem.

Write your answer here.

1. Find out the cost of a pack of cigarettes and write it down.

\$ _____ per pack

2. How much would it cost per week if a person smoked 1 pack of cigarettes each day?

\$ _____ per day

3. How much would it cost per year if a person smoked 1 pack of cigarettes each day?

\$ _____ per year

4. How much would it cost over a period of 5 years if a person if a person smoked 1 pack of cigarettes each day?

\$ _____ over 5 years

Do your work here.

Dear Smoker...

Do you have a family member or person you know that smokes cigarettes? Write a letter to that person and tell them what you learned about tobacco and smoking. Explain to them why you are worried about them.

Dear

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Sincerely,

True or False

	TRUE	FALSE
1. Tobacco is a plant grown all over the world.		
2. Nicotine is the addictive drug in tobacco.		
3. Some tobacco is very safe to smoke.		
4. It's not polite to ask someone near you to stop smoking.		
5. Second hand smoke can be harmful to the person not smoking.		
6. Cigars and pipes are safer to smoke than cigarettes.		
7. Smoking can make you cough and make it difficult to breathe.		
8. Chewing tobacco cannot harm you.		
9. Cancer is one of the many diseases caused by smoking and chewing tobacco.		
10. Smoking is not considered an addiction.		
11. Smoking tobacco doesn't change the way your brain or body work.		
12. E-cigarettes and vaping is a safe way to smoke tobacco.		

Suggested Resources

Smoking Stinks. <http://kidshealth.org/en/kids/smoking.html>

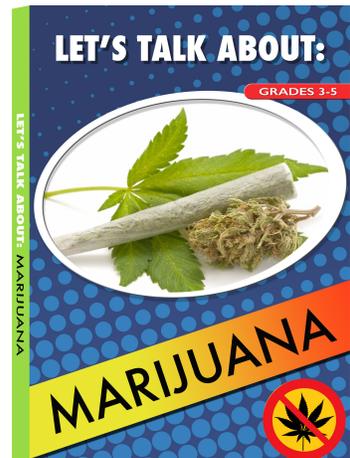
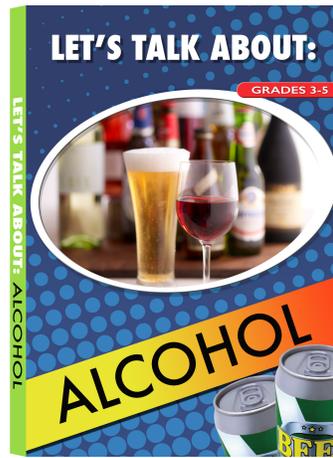
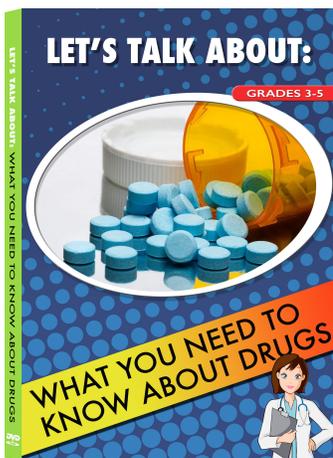
Smoking Health Hazards. <http://pbskids.org/itsmylife/body/smoking/article2.html>

Campaign for Tobacco-Free Kids. <https://www.tobaccofreekids.org/research/factsheets/pdf/0001.pdf>

American Lung Association. <http://www.lung.org/stop-smoking/smoking-facts/?referrer=https://www.google.com/>

HealthyChildren.org. <https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Dangers-of-Secondhand-Smoke.aspx>

Related Materials From



Go To www.mazz.com for more information

CDC National Health Education Standards, Grades 2-6

- 1.5.1 Describe the relationship between healthy behaviors and personal health.
- 1.8.1 Analyze the relationship between healthy behaviors and personal health.
- 1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- 2.5.2 Identify the influence of culture on health practices and behaviors.
- 2.5.3 Identify how peers can influence healthy and unhealthy behaviors
- 2.5.4 Describe how the school and community can support personal health practices and behaviors.
- 2.5.5 Explain how media influences thoughts, feelings, and health behaviors.
- 4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.
- 4.5.2 Demonstrate refusal skills that avoid or reduce health risks.
- 4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.
- 5.5.1 Identify health-related situations that might require a thoughtful decision.
- 5.5.3 List healthy options to health-related issues or problems.
- 5.5.4 Predict the potential outcomes of each option when making a health-related decision.
- 5.5.5 Choose a healthy option when making a decision.
- 5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- 5.8.7 Analyze the outcomes of a health-related decision.
- 5.8.5 Predict the potential short-term impact of each alternative on self and others.
- 7.8.1 Explain the importance of assuming responsibility for personal health behaviors.
- 8.5.1 Express opinions and give accurate information about health issues.
- 8.5.2 Encourage others to make positive health choices.
- 7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.
- 8.8.2 Demonstrate how to influence and support others to make positive health choices.