



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- 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 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

The following activities will help students see through the smoke and learn the truth about cigarettes.

Related KidsHealth Links

Articles for Kids:

Smoking Stinks!

KidsHealth.org/kid/stay_healthy/body/smoking.html

What Kids Say About Tobacco

KidsHealth.org/kid/grow/drugs_alcohol/poll_tobacco.html

Smoking and Asthma

KidsHealth.org/kid/health_problems/allergy/smoking_asthma.html

Helping a Parent Who Smokes

KidsHealth.org/kid/grow/drugs_alcohol/folks_smoking.html

Dealing With Peer Pressure

KidsHealth.org/kid/feeling/friend/peer_pressure.html

Discussion Questions

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

1. What are some of the health problems that smoking can cause?
2. Thousands of kids start smoking every day. If it's so bad for your health, why do so many kids do it?
3. Nicotene, a chemical in tobacco plant leaves that is used in cigarettes, cigars, and chewing tobacco, is addictive. What does it mean to be addicted to something? Why is being addicted to smoking a problem? Do you know people who have quit smoking? How did they do it? Was it difficult for them?
4. What could you say or do to help someone to stop smoking? Who could you ask for help? Do you think some ways would not be helpful to help someone quit?



Activities for Students

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

No Smoking T-Shirt

Objectives:

Students will:

- Identify health risks of smoking

Materials:

- Computer with Internet access
- No Smoking T-Shirt handout
- Art supplies (colored pencils, markers)

Class Time:

45 minutes

Activity:

Let's design a T-shirt that would get the message out about the risks of smoking. Before you get started, read the KidsHealth.org articles related to smoking to learn how it hurts your health. Then, check out the No Smoking T-Shirt handout. Your T-shirt design needs to include at least two facts about why smoking is so unhealthy. Make sure your T-shirt looks really cool so that kids will want to wear it.

Extensions:

1. With parent or guardian permission, have kids bring a white or light-colored T-shirt to school to reproduce their handout design, using permanent or fabric markers. Kids can wear the shirts to school on Kick Butts Day (by the Campaign for Tobacco-Free Kids) in March, World No Tobacco Day (by the World Health Organization) in May, and the Great American Smokeout (by the American Cancer Society) in November.
2. Smoking a cigarette makes some kids feel cool and grown-up. If someone offers you a cigarette, it can be tough to turn down. You might feel left out if you're the only one not smoking. With a friend, role-play a conversation in which you are offered a cigarette. What might you say? After the role-play is over, discuss what it felt like to turn down the cigarette. How did it make you feel to say no?
3. Smoking really hurts your lungs. If lungs could talk, what do you think lungs might say the first time a person smoked? Do some research at KidsHealth.org about the effects of smoking on the lungs. Then, pretend lungs can talk and write down what they might say after someone smokes a cigarette.



Burning a Hole in Your Wallet

Objectives:

Students will:

- Use math skills to calculate and contextualize the cost of smoking cigarettes

Materials:

- “Burning a Hole in Your Wallet” handout
- Pencil
- Catalogs and store advertisements

Class Time:

35 minutes

Activity:

Smoking eats away at your health and your piggy bank! The average price of one pack of cigarettes in the United States is about \$6. That might not sound like a lot, but the costs add up over time. Use the “Burning a Hole in Your Wallet” handout to figure out just how expensive smoking is. On the handout, you can calculate how much a smoker spends, depending on how many packs of cigarettes he or she smokes in a week. Then using the items and costs in catalogs and store advertisements, you can make a wish list that spends the same amount of money that smokers spend on one, two, or three packs of cigarettes a week. Just think of all the cool things smokers could buy, or how much they could save, they weren’t smoking their cash away!

Reproducible Materials

Handout: No Smoking T-Shirt

KidsHealth.org/classroom/3to5/problems/drugs/smoking_handout1.pdf

Handout: Burning a Hole in Your Wallet

KidsHealth.org/classroom/3to5/problems/drugs/smoking_handout2.pdf

Quiz: Smoking

KidsHealth.org/classroom/3to5/problems/drugs/smoking_quiz.pdf

Answer Key: Smoking

KidsHealth.org/classroom/3to5/problems/drugs/smoking_quiz_answers.pdf

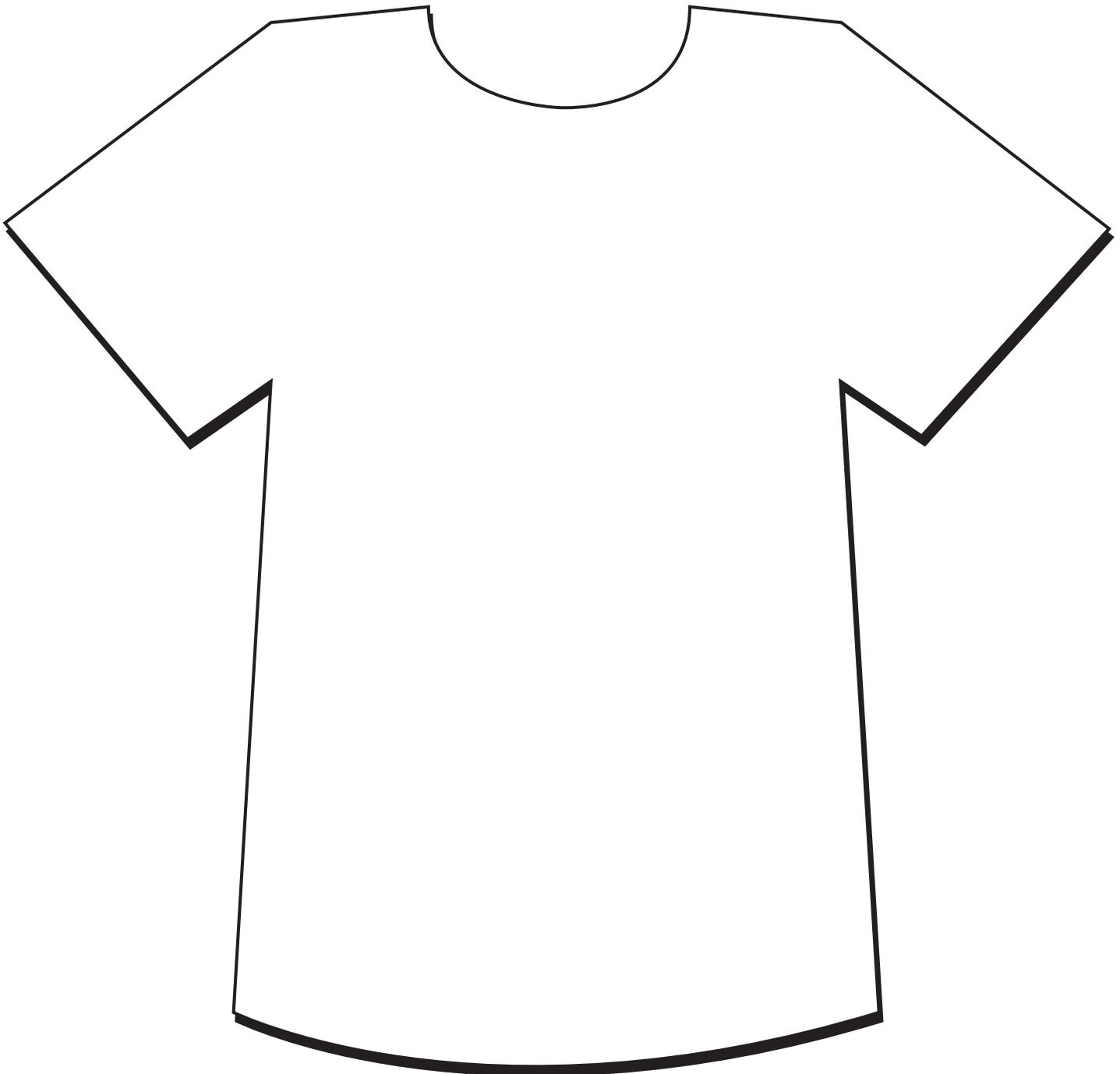


Name: _____

Date: _____

No Smoking T-Shirt

Instructions: First, read the KidsHealth.org articles related to smoking to find out how it hurts your health. Then, design a T-shirt to get the message out about the risks of smoking. Your T-shirt must include at least two facts about why smoking is bad for you, and it should also look really cool so kids will want to wear it!





Name: _____

Date: _____

Burning a Hole in Your Wallet

Instructions: If each pack of cigarettes costs \$6, calculate how much a smoker would spend in a year if he or she smoked the amounts listed below.

1 Pack Per Week

Total for year: _____

2 Packs Per Week

Total for year: _____

3 Packs Per Week

Total for year: _____

Wish List

Instructions: If you could spend the money that smokers spend on their cigarettes, what would you buy?

Money Spent on 1 Pack Per Week

Item	Cost	Total

Money Spent on 2 Packs Per Week

Item	Cost	Total

Money Spent on 3 Packs Per Week

Item	Cost	Total



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: Cigarettes and smokeless tobacco kill hundreds of thousands of Americans every year.

2. List four problems that smoking can cause:

3. _____ is a plant that can be smoked in cigarettes, pipes, and cigars.

4. Which of the following is the addictive chemical in cigarettes that causes a tingly feeling?

- a. tobacco
- b. nicotine
- c. snuff

5. _____ is also known as chew, dip, or chewing tobacco.

6. What does it mean to be addicted to something?

7. Write two things you could say to someone to remind them why to quit smoking.

8. True or false: The longer a person smokes, the worse the damage is to the body.

9. Which of the following diseases can be caused by smoking?

- a. heart disease
- b. cancer
- c. both a and b
- d. neither a nor b

10. Describe how a person might feel the first time they smoke.



Answer Key

1. True or false: Cigarettes and smokeless tobacco kill hundreds of thousands of Americans every year.
2. List four problems that smoking can cause:
Any four of the following: cancer, heart disease, bad breath, yellow teeth, smelly clothes, more colds and coughs, difficulty keeping up with friends when playing sports, empty wallet
3. Tobacco is a plant that can be smoked in cigarettes, pipes, and cigars.
4. Which of the following is the addictive chemical in cigarettes that causes a tingy feeling?
 - a. tobacco
 - b. nicotine
 - c. snuff
5. Smokeless tobacco is also known as chew, dip, or chewing tobacco.
6. What does it mean to be addicted to something?
If you're addicted to something, it's very hard to stop doing it, even if you want to. When you are addicted to something, your body and mind become so used to it that you need to have it just to feel okay.
7. Write two things you could say to someone to remind them why to quit smoking.
Any two of the following: it will hurt her health, it will make her breath stinky, it will turn her teeth yellow, it will give her less endurance when playing sports, it's expensive, it's illegal to buy cigarettes when she's underage
8. True or false: The longer a person smokes, the worse the damage is to the body.
9. Which of the following diseases can be caused by smoking?
 - a. heart disease
 - b. cancer
 - c. both a and b
 - d. neither a nor b
10. Describe how a person might feel the first time they smoke.
When people try smoking for the first time, they often cough a lot and feel pain or burning in their throat or lungs. Many people feel sick to their stomachs or throw up.