



[KidsHealth.org/classroom](http://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 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](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

It's never too early to warn your students about the dangers of smoking and tobacco. The following activities will help you teach your students all they need to know.

## Related KidsHealth Links

### Articles for Kids:

#### Smoking Stinks

[KidsHealth.org/en/kids/smoking.html](http://KidsHealth.org/en/kids/smoking.html)

#### What Kids Say About Tobacco

[KidsHealth.org/en/kids/poll-tobacco.html](http://KidsHealth.org/en/kids/poll-tobacco.html)

#### Helping a Parent Who Smokes

[KidsHealth.org/en/kids/folks-smoking.html](http://KidsHealth.org/en/kids/folks-smoking.html)

## Discussion Questions

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

1. Why do some people smoke cigarettes? Why is it so hard for some people to stop smoking?
2. What does cigarette smoking do to your body? Is it good or bad for you?
3. What should you do if someone offers you a cigarette?
4. Why aren't people allowed to smoke cigarettes in places like schools, hospitals, restaurants, and stores?



## Activities for Students

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

### Persuasive Postcard

#### Objectives:

Students will:

- Identify the negative effects of smoking on the body
- Use this knowledge to create a postcard that could be used to persuade someone to stop smoking

#### Materials:

- “Persuasive Postcard” handout
- Markers, crayons, pencils

#### Class Time:

40 minutes

#### Activity:

Smoking cigarettes is a terrible thing to do to your body. When you smoke, you put dangerous chemicals into your body that make it hard for your body to work well. This means that you’d have a hard time doing fun activities like playing sports, running, or even singing.

Today, you’re going to make a postcard to help someone to stop smoking. If you don’t know anyone who smokes, your postcard could explain why someone should never start smoking. On the front of your postcard, draw a picture of someone doing something active, something that you can only do if your heart and lungs are healthy. On the back of your postcard, write a couple of sentences explaining why someone should stop smoking. You might write something like, “Stop smoking - let’s run in the park instead!” Or, “Keep your heart healthy. Don’t smoke!” So first, let’s come up with a list of activities that would be difficult to do if you smoked cigarettes. Now, let’s get to work on our postcards! [Note to instructor: Help younger students write their messages.]

#### Extension:

1. Cut out and glue the two sides of the “Persuasive Postcard” together, and have students sign them, address them, and mail them to people to get them to stop smoking.

## Reproducible Materials

#### Handout: Persuasive Postcard

[KidsHealth.org/classroom/prekto2/problems/drugs/smoking\\_handout1.pdf](http://KidsHealth.org/classroom/prekto2/problems/drugs/smoking_handout1.pdf)

#### Quiz:

[Smoking KidsHealth.org/classroom/prekto2/problems/drugs/smoking\\_quiz.pdf](http://Smoking KidsHealth.org/classroom/prekto2/problems/drugs/smoking_quiz.pdf)

#### Answer Key:

[Smoking KidsHealth.org/classroom/prekto2/problems/drugs/smoking\\_quiz\\_answers.pdf](http://Smoking KidsHealth.org/classroom/prekto2/problems/drugs/smoking_quiz_answers.pdf)



Health Problems Series  
**Smoking**

Name:

Date:

## Persuasive Postcard

A large, empty rectangular box with a black border, intended for students to write their persuasive postcard.



## Persuasive Postcard

A large rectangular box representing a postcard. In the top right corner, there is a square area with a scalloped border, intended for a postage stamp. Below this, in the center of the postcard, are four horizontal lines for writing a message.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question (questions can be dictated to preliterate kids and answers may be given orally).

1. Circle two things smoking does not cause:
  - a. cancer
  - b. heart disease
  - c. bad breath
  - d. brain freeze
  - e. yellow teeth
  - f. smelly clothes
  - g. swollen elbows
  - h. more colds and coughs
  
2. The name of the plant that the stuff in cigarettes and cigars comes is: \_\_\_\_\_.
  
3. True or false: Tobacco has a chemical in it called nicotine, which is addictive. That means that if you start to use nicotine, your body and mind will become used to it and you'll need to have it just to feel OK.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz Answer Key

1. Circle two things smoking does not cause:
  - a. cancer
  - b. heart disease
  - c. bad breath
  - d. brain freeze
  - e. yellow teeth
  - f. smelly clothes
  - g. swollen elbows
  - h. more colds and coughs
  
2. The name of the plant that the stuff in cigarettes and cigars comes is:           *tobacco*          .
  
3. True or false: Tobacco has a chemical in it called nicotine, which is addictive. That means that if you start to use nicotine, your body and mind will become used to it and you'll need to have it just to feel OK.