

Tobacco Prevention



For the classroom teacher:

Tobacco and tobacco use

Kids spend nearly one-third of their waking hours in school. This means schools are in a powerful position to help prevent tobacco use by educating youth about the risks of tobacco. Furthermore, a lot of the peer pressure kids feel regarding whether to use tobacco starts in school.¹

It's never too early to start talking about tobacco. The peak years for first trying to smoke appear to be in the sixth and seventh grades, or between the ages of 11 and 12, with a large number of kids starting even earlier.¹ For example, in one nationwide study, 13% of eighth-grade students reported having first smoked by the fifth grade, and 28% had tried smoking by the eighth grade.² Spit or smokeless tobacco is also used by kids. Though it is less lethal, it is not a safe alternative to cigarettes. And once you start using tobacco in any form, it is hard to stop!

There is evidence that the earlier kids first try smoking, the higher their chance of becoming a regular adult smoker and the less likely they are to quit.³ In fact, nearly 90% of adult smokers in the US started before they were 19 years old.⁴

Kids who use tobacco have many of the same health problems as adults, and many of the same difficulties in quitting. In the face of aggressive and widespread tobacco marketing, it is important for kids to know the dangers of using any form of tobacco.

Did you know?

- Cigarette smoking causes many significant health problems among children and adolescents, including bad breath, tooth decay, gum disease, increased heart rate and blood pressure, blood clots, stomach ulcers, coughing, shortness of breath, increased production of phlegm, respiratory illnesses, reduced physical performance, and reduced lung growth and function. Smoking is also associated with hearing loss, vision problems, increased headaches, pre-cancerous gene mutations, and overall worse health.⁵
- The addiction rate for smoking is higher than the addiction rates for marijuana, alcohol, or cocaine; and symptoms of serious nicotine addiction often occur only weeks or even just days after youth "experimentation" with smoking.³
- There are many health risks linked to spit tobacco, too, including stained teeth, bad breath, gum problems, tooth loss, cancer, and nicotine addiction. In fact, research has shown that teens who use spit or other oral tobacco are more likely to become cigarette smokers than non-users.⁶

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Tobacco facts

- According to the Campaign for Tobacco Free Kids, each day, about 4,000 kids in the US try their first cigarette; and each day another 1,000 kids under age 18 become new regular, daily smokers.⁴
- Each year in the US, smoking results in about 443,000 premature deaths, of which about 49,400 are non-smokers, as a result of exposure to secondhand smoke.⁷
- Smoking accounts for \$193 billion in health care expenditures and productivity losses each year.⁷
- Cigarettes are the tobacco product most often used by American youth, but cigars, smokeless tobacco products, and hookahs (tobacco waterpipes) are growing in popularity.⁷

The 2010 Centers for Disease Control and Prevention's Youth Risk Behavior Survey (YRBS)⁸ data revealed that:

- Nationwide, more than 46% of students had tried cigarette smoking.
- 20% of students reported current use of one or more cigarettes a day.
- 9% of students reported current use of chewing tobacco, snuff, or dip.
- 26% of students reported current use of some form of tobacco, and of these students, 51% had tried to quit.

Smoking and academic performance

The health and behavior problems linked to tobacco use are associated with absenteeism, suspension, and expulsion – all of which are linked with lower academic performance. Studies have shown that smokers are more likely to miss school than non-smokers, and absenteeism is linked with lower student grades.

Keeping students healthy, in school, and ready to learn is the responsibility of parents, educators, and the medical community. Most importantly, it is the responsibility of the students themselves. Schools can play a vital role by offering classroom health education, as well as opportunities for students to practice health-enhancing skills and behaviors during the school day.

Resources

1 Source: Campaign for Tobacco-free Kids, *How Schools Can Help Students Stay Tobacco-free*, 2011

2 Source: Johnston, L.D., et al. *Monitoring the Future National Survey Results on Drug Use, 1975-2002. Volume I, Secondary School Students*, (2003). National Inst. on Drug Abuse (NIDA), NIH Publication No. 03-5375.

3 Source: Campaign for Tobacco-free Kids, *The Path to Smoking Addiction Starts at Very Young Ages*, 2009

4 Source: Campaign for Tobacco-free Kids, *Smoking and Kids*, 2011

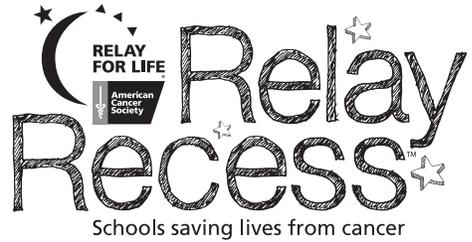
5 Source: Campaign for Tobacco-free Kids, *Smoking's Immediate Effects on the Body*, 2009

6 Source: American Cancer Society, *Child and Teen Tobacco Use*, 2010

7 Source: American Cancer Society, *Cancer Prevention and Early Detection Facts and Figures 2011*

8 Source: CDC, Youth Risk Behavior Surveillance – United States, 2009, *MMWR*, 2010;59:SS-5

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Providing tobacco education to your students

The classroom activity sheets included support the following learning objectives:

- Students will learn about the link between tobacco use and cancer risk and overall health, including:
 - Learning the effects of smoking on health
 - Learning the effects of secondhand smoke
 - Learning the addictive nature of cigarettes
 - Learning how to identify tobacco ads and understand that they are trying to manipulate
 - Learning to recognize the ingredients in cigarettes
- Students will complete activities that help them learn to make healthy choices about tobacco.
- This lesson addresses School Health Standards 1.2.1, 1.2.2, 1.5.1, 2.2.1, 2.5.5, and 3.5.1.

Classroom activities

Grades K-5: The Hazards of Smoking Cigarettes: Classroom Discussion and Activity

Grade 2-3: Choose to Be Smoke-free Crossword Puzzle Worksheet

Grade 2-4 (can be adapted by changing the math): The Cost of Cigarettes Math Game Worksheet

Grade 2-5: Tobacco-free Word Scramble Worksheet

Grade 3-5: Tobacco and the Media: Classroom Discussion and Activity

Grade 4-6: What's in a Cigarette? Worksheet

Grade 5-6: What Are Cigarettes and What Do They Do to My Body? Classroom Discussion and Activity

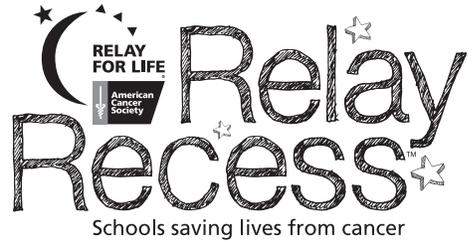
Electronic copies of these activities are available on your Relay Recess website. All kit materials may be reproduced for classroom use.

Additional materials

Help Your Child Stay Smoke-free – This information sheet is designed to alert and motivate parents and caregivers to practice tobacco-free behaviors for themselves and for the people they love.

Tobacco-free Activities for Your Relay Recess Event – This information sheet gives suggested activities to highlight tobacco free information at your event.

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The Hazards of Smoking Cigarettes: Classroom Discussion and Activity

Objectives: Have students understand the hazards of smoking cigarettes

Grade level: K-5

Materials:

- Markers, crayons, colored pencils
- Paper or posterboard

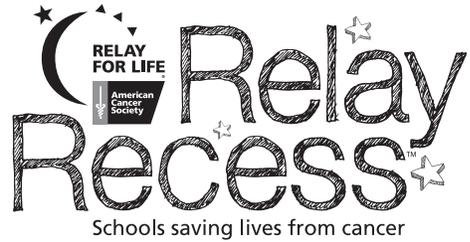
Activities:

1. Discuss the hazards of smoking cigarettes. Visit cancer.org to find resources and information to share with your students. Talk about:
 - a. How smoking damages the lungs and the other organs of the body
 - b. How cigarettes leave an odor
 - c. How smoking discolors your teeth

Ask the kids to think of other damaging effects or more dangers of cigarette smoking. After talking with the students about the dangers of smoking, ask them how it makes them feel. (10 mins.)

2. Have a contest where the students draw a poster illustrating how smoking damages their body. You can ask the students to describe their poster and have the class vote on the best poster. The posters can then be displayed at your school's Relay Recess event or your community's Relay For Life event.

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Choose to Be Smoke-free Crossword Puzzle

Name _____ Date _____

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2					3																
					4			5													
7																					

1. Using tobacco makes your breath _____.
2. Cigarettes contain _____ – the main ingredient in nail polish remover.
3. It’s up to me to be _____ free.
4. Smoking can cause lung _____ and heart disease.
5. _____ is the highly addictive substance found in cigarettes.
6. Most cases of _____ cancer are caused by smoking.
7. _____ smoke may be responsible for more than 49,000 lung cancer deaths in non-smoking adults each year.

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The Cost of Cigarettes Math Game

Name _____ Date _____

1. If cigarettes cost \$5.00 per pack, how many packs can Bob buy with \$25?
a. Four b. Five c. Six

2. If Bob had the same \$25 from above, how many packages of baseball cards could he buy if they cost \$2.50 each?
a. Eight b. Nine c. Ten

3. If Bob spends \$20 every 2 weeks for cigarettes, how much money does he spend in 2 months?
a. \$40 b. \$60 c. \$80

What else could Bob do with the money instead of buying cigarettes?

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Tobacco-free Word Scramble

Name _____ Date _____

Unscramble the tobacco-related words below.

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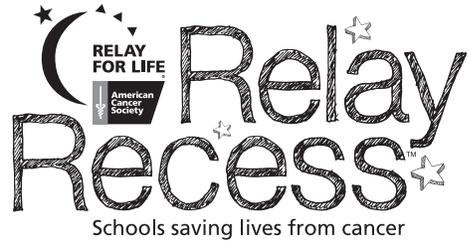
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Tobacco and the Media: Classroom Discussion and Activity

Objectives:

- Learn about the tobacco companies' tactics to get people to smoke.
- Learn how to recognize those tactics so you can avoid them

Grade Level: 3

Materials:

- Tobacco advertisements – Ask the students a few days in advance to look for them in magazines such as *People*, *Sports Illustrated*, etc. The school library may have old magazines they are willing to let you use.
- Markers
- Construction paper
- Scissors
- Glue or paste

Activities:

- a. Ask students to share the tobacco ads they found. Ask if it was hard to find tobacco ads. (The answers should be "no," since they are everywhere.)
 - b. Ask them to share some of the places where they found tobacco ads. Ask where people see them in their town. (You should get answers including billboards, magazines, and convenience stores.)
 - c. Take out a few ads, and ask how the tobacco company is trying to target kids. (This may be a new concept, so you may need to give some examples.) Indicate that these ads are trying to get people of all ages to smoke. Demonstrate that the ads make smoking look cool and fun when it is really not. Ask them how they feel about that. (10 mins.)
2. Pass out the construction paper, markers, scissors, and glue and ask the children to make their own ads that tell the truth about smoking. Encourage them to be creative. Make one ahead of time to use as an example. After they are done, have them take turns sharing their ads. (10 mins.)

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What's in a Cigarette?

Name _____ Date _____

Cigarettes are made mostly from dried tobacco leaves, but they also have other ingredients in them you may not know about. In fact, scientists have identified more than 4,000 chemicals in cigarette smoke, including at least 60 that are known to cause cancer. Here are just a few of the chemicals found in cigarette smoke:

- **Acetone** – a colorless, flammable liquid that is the active ingredient in nail polish remover and paint thinner. Acetone is also used to make plastic, fibers, drugs, and other chemicals and is found naturally in the environment and even in small amounts in the human body.
- **Carbon monoxide** – a colorless, odorless, and tasteless gas that can damage your heart and nervous system. It is found in car exhaust and natural gas.
- **Hydrogen cyanide** – a colorless, very poisonous, and highly volatile liquid. It is found in rat poison.
- **Glycolic acid** – a colorless, odorless solid that is used in some skin care products, such as chemical peels, and to clean and engrave metals
- **Phenol** – a toxic, colorless solid that is used in medicines such as aspirin, mouthwashes, and throat lozenges. It can cause severe chemical burns in concentrated forms.
- **Ammonia** – a gas with a pungent odor and is found in fertilizer and household cleaning products.
- **Nicotine** – an oily liquid that can be used to kill insects

Match the cigarette smoke ingredient to its common use.

Found in cigarette smoke

1. Acetone
2. Carbon monoxide
3. Glycolic acid
4. Ammonia
5. Nicotine

Common use

- car exhaust
- bug spray
- nail polish remover
- metal cleaners
- glass cleaner

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What Are Cigarettes and What Do They Do to My Body? Classroom Discussion and Activity

Objective: Learn how smoking harms your body.

Grade Level: 5

Materials:

- Plastic straws
- Picture of cigarette (can be printed off the Internet)
- Chalkboard/flip-chart

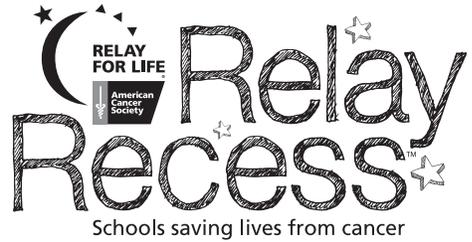
Activities:

1. Pass out the straws, and have the children blow through them to simulate having emphysema. At first it is easy to breathe, but after a minute, your lungs will have trouble keeping up. Ask the children what it would be like to breathe like this the rest of their lives. *(10 mins.)*
2. Put up a picture of a cigarette. Have the children brainstorm for a minute, and then ask them to share everything they know about cigarettes. If they have trouble, here are some questions you can ask to get them going:
 - What is a cigarette?
 - What does smoking do to your body?
 - Can smoking hurt your body even if you are not smoking?

This should give you a good idea about what they know and what you need to cover. *(10 mins.)*

3. Explain what smoking does to the body. Talk about the dangers of secondhand smoke. Tell them how it affects your skin, teeth, lungs, liver, and heart. For more information, please visit:
www.cancer.org/Cancer/CancerCauses/TobaccoCancer/QuestionsaboutSmokingTobaccoandHealth/index and
www.cancer.org/Cancer/CancerCauses/TobaccoCancer/CigaretteSmoking/index. *(10 mins.)*
4. Talk about oxygen and breathing. Explain how the lungs work and how smoking damages them. Talk about the disease emphysema and how it affects breathing.

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For parents: Help your child stay smoke free

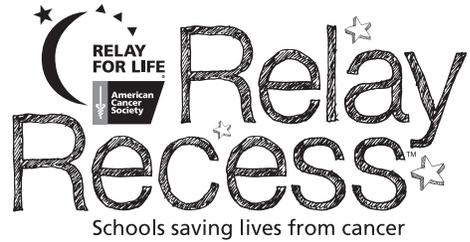
Parents' attitudes and values influence those of their children, including their opinions about tobacco use, smoking, and their behavior related to cigarette use. Parents can take the following actions to help ensure that their children remain – or become – tobacco free:

1. If you don't smoke or use any form of tobacco, don't start. If you do use tobacco, quit. Call us if you need help to quit and stay quit (1-800-227-2345).
2. If you are a former smoker, share your quitting experience with your children.
3. Maintain a smoke-free and tobacco-free home.
4. Tell your kids that it's important for them not to smoke or use any other form of tobacco, and teach them that smoking leads to illnesses such as respiratory diseases and cancer. Make sure they know that there is no safe way to use tobacco.
5. Emphasize the immediate health effects of smoking such as bad breath, stained teeth, smelly clothes, early facial wrinkles, and a greater chance of illness.
6. Explain to your children that not everyone smokes, that in fact, only 1 out of 4 adults smoke.

Talking with your kids is a good start, but we must also ensure that our communities, restaurants, and schools have smoke-free policies. Here are some things that you can do to address the additional factors that influence kids to smoke:

1. Explain to your kids that cigarette ads and the images in them are designed to influence people to associate smoking with glamour, beauty, and popularity.
2. Ensure that your kids' school environments and campuses are smoke-free. Encourage tobacco prevention training for teachers, and work to ensure that all elementary and middle schools have tobacco-prevention education programs and that this education is reinforced in high school.
3. Support local and state tobacco-prevention and restriction efforts by being aware of regulations and laws in place. Support stronger laws and restrictions on tobacco use.
4. Support local, state, and federal programs to prevent and reduce tobacco use among kids and to ensure that adults have access to the help they may need to quit.

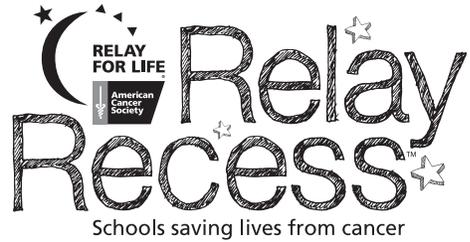
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Tobacco-free activities for your Relay Recess event

- Encourage students to develop their own anti-smoking and anti-tobacco use advertising campaign. Hold a competition and showcase the top advertising campaigns during the event.
- Have kids create posters with the before and after effects of smoking on facial appearance.
- Simulate the impact of cigarette smoke on lungs by providing a demonstration. Visit quit.org.au/downloads/schools/Tar_Extractor.pdf for detailed instructions on an experiment that shows the amount of smoke a person takes in when they inhale and exhale.
- Calculate how much money cigarette smokers spend in a year (assume 1 pack per day at average retail prices for your area) and discuss how much money could be saved or provide examples of other things that could be purchased – such as toys, video games, etc. – if the person did not smoke.
- Knock down cigarettes in a bowling tournament. Make bowling pins that look like cigarettes, and knock them down with a bowling ball. Some have used frozen turkeys as the “ball” to indicate that you can quit cold turkey!

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Answer key

Choose To Be Smoke-Free Crossword Puzzle

1. stink
2. acetone
3. tobacco
4. cancer
5. nicotine
6. lung
7. secondhand

The Cost of Cigarettes Math Game

1. B. Five
2. C. Ten
3. C. \$80

Tobacco Free Word Scramble

- Tobacco
- Cancer
- Poison
- Stinks
- Offensive
- Arsenic
- Addiction

What's in a Cigarette?

1. Nail polish remover
2. Car exhaust
3. Metal cleaner
4. Glass cleaner
5. Bug spray