Lesson 3

Worksheet 3: Clear the Air

OBJECTIVE: Students will be presented with scenarios in which tobacco may pose a danger to themselves or others. They will use facts they have learned to write an appropriate response to the situation.

SKILLS COVERED: Human Health; Evaluate Arguments; Recall Relevant Information; Write Opinion Essays; Critical Thinking

LESSON PLAN: Before completing the activity, ask students: Why is it important to encourage people around you not to smoke? (Exposure to secondhand smoke from other people can harm your health; helping convince people not to smoke can help protect their health.) Do you think knowing the facts might affect people’s decisions about tobacco? Why or why not?

Hand out the worksheet and have students complete it individually. After everyone has finished, reconvene as a class and discuss their answers.

KEY CONCEPTS: Many students face situations in which they must make healthy decisions about tobacco and secondhand smoke. Staying healthy means more than just choosing not to smoke. It’s also important for children to protect themselves from secondhand smoke. That means encouraging people around them not to smoke. Helping students consider what they might do and say in certain situations before they happen can better prepare them to make healthy decisions when they need to.

CRITICAL-THINKING QUESTIONS:
Why is it sometimes difficult to make healthy decisions about tobacco? (Peer influence can pressure you to make different decisions; it can be difficult to stand up to adults and older teens.) What are some different ways you can avoid situations where people are smoking? (Go to restaurants and other public areas where smoking is not allowed; ask your parents to make sure no one smokes in your home.)

WORKSHEETS ANSWER KEY

WORKSHEET 1: What Do You Know About the Dangers of Tobacco? (Assessment Quiz)

WORKSHEET 2: Tobacco and the Body
1. Nicotine is addictive and makes it hard to stop smoking. In your brain, it can give you a sense of pleasure or make you feel alert. But when these feelings wear off, your body craves more nicotine to bring these feelings back.
2. Answers may include that breathing in tobacco smoke can increase a child’s risk of ear infections, pneumonia, and bronchitis. Tobacco smoke can damage the cilia and tissue in the lungs. Tobacco smoke can damage the blood vessels, causing the heart to pump faster and harder.
3. Children of smokers may breathe in secondhand smoke. That can damage the lungs, making them more at risk for breathing difficulties and respiratory illnesses such as pneumonia and bronchitis.

WORKSHEET 3: Clear the Air
1. Answers will vary but may include that Kim should not get in the car or should ask Emily to put out the cigarette. Secondhand smoke contains dangerous chemicals that can harm the body. Breathing in the smoke while riding in the car would be dangerous.
2. Answers may include that e-cigarettes contain the same addictive chemical as cigarettes. The nicotine can affect the way the brain processes information and cause you to crave more. They may lead people to want to smoke tobacco cigarettes. Some e-cigarettes also contain toxic chemicals that may cause cancer.