Clear the Air

Tobacco and related products can seriously harm your health. That’s true even for people who don’t use tobacco themselves. The smoke from lit cigarettes or cigars contains dangerous chemicals. Breathing in secondhand smoke can increase your risk of illnesses such as bronchitis and pneumonia. E-cigarettes often contain the dangerous drug nicotine, which is addictive.

Check out the situations below. On separate paper, write a paragraph explaining how you would respond if you were in the situation. Think about what you could do and say to help you and the people around you stay safe. Be sure to include facts in your answer.

**Scenario 1:** Helen and Kim are going to the movies with Helen’s older sister, Emily, and her boyfriend. When they pull up, Kim notices that Emily is smoking.

Helen: “Hop in! We’re going to be late.”
Kim: “Um…”
Helen: “What’s the matter? My sister’s boyfriend is a really good driver.”

Is it a good idea for Kim to ride in the car? Explain what you would do or say if you were her.

Write a paragraph about the dangers of secondhand smoke to others in the car.

**Scenario 2:** Ryan is at the mall with his older brother, Dylan, and his brother’s friends from high school. They are talking about e-cigarettes.

Friend: “I heard e-cigarettes are not bad for you.”
Dylan: “Yeah, they aren’t dangerous like real cigarettes.”
Ryan: “But, Dylan, isn’t smoking bad?”
Dylan: “There’s no tobacco smoke, so it’s not a big deal.”

What should Ryan say to his brother? Write a paragraph explaining the dangers of e-cigarettes to Dylan and his friends.