

Weller Health Education Center

Smoke N' Croak
Addiction Prevention
Grades 6-8

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Program Objectives

Program Description:

Learn the dangers of tobacco and its short- and long-term damaging effects on the body. Students are introduced to a young man whose tobacco use quickly changed his body and life forever.

Standards:

PA 1.6.8ad, 10.1.9a, 10.1.6/9de, 10.2.6e

NJ 2.1.8d, 2.2.8a, 2.3.8.bc

Objectives:

Upon completion of this program, the student will:

1. Name the 2 most damaging chemical substances in cigarette smoke;
2. Discuss 2 ways tobacco can enter the body;
3. Name 5 harmful effects of tobacco use;
4. List 3 reasons why people use tobacco products; and
5. List 4 various harmful ingredients in a cigarette.

Terms:

Addiction – an urge to do something that is hard to control or stop

Arteriosclerosis – a form of heart disease where the blood vessels become less flexible and have build-ups of fat and cholesterol inside them, can lead to heart and brain attacks

Cancer – a disease that causes the body to make cells that are not normal and can lead to death

Drug – any chemical substance that causes a change in body systems

Emphysema – a disease where lung tissue is destroyed, often leading to death

Inhale – breathing in and bringing air into the lungs

Nicotine – clear and odorless drug in tobacco products that leads to addiction

Stimulant – a drug that makes the messages moving between nerve cells move faster

Tar – a dark and sticky substance in tobacco products that contains over 4,300 dangerous chemicals

Tobacco – a plant that is harvested and used in tobacco products including cigarettes, cigars, pipes, and chewing tobacco.



Tobacco Word Search

Objective:

Identify and define terminology associated with tobacco use.

Directions:

1. Answer the questions at the bottom of the page.
2. Locate the terms in the word search.
3. Bonus Question: There is a hidden message in the word search! See if you can find it.

Tobacco Word Search



Name: _____ Date: _____

A D O N T S M O K E T N N X X
S D E T Y Y Y X E A D R W G P
V T D K F W Q H Z M R B O O U
M G I I Y R U S Q E P L Q W A
J I D M C Q O W G S A B M G Q
Q Q J Z U T W M Q Y C H C R N
J X M Y V L I M X H A K M S G
O T A Y S N A O X P N X L Z Z
I P K E H R E N N M C J O S L
K A C A M A E T T E E F Z B W
Z V L N U I K G Q B R X X M K
D E J P R Y Q F V T N D Z S T
T O D A P M N X F A R O T W V
J Y R H B K I A F U U S I Y Q
N I C O T I N E G F D C V C F

1. What is it called when you don't want to do something, but you can't stop?
2. What disease is caused by the growth of abnormal cells?
3. What is a chemical substance that changes how the body functions?
4. What chronic disease results from the destruction of lung tissue?
5. What does it mean to bring air into your lungs?
6. What is the addictive drug in tobacco products?
7. What type of drug speeds up the body?

Please record the hidden message below.

_____!

The Real Cost of a Tobacco Habit

[4]



Name: _____ Date: _____

Background:

Smoking cigarettes is not only a health risk but it is also a very expensive habit.

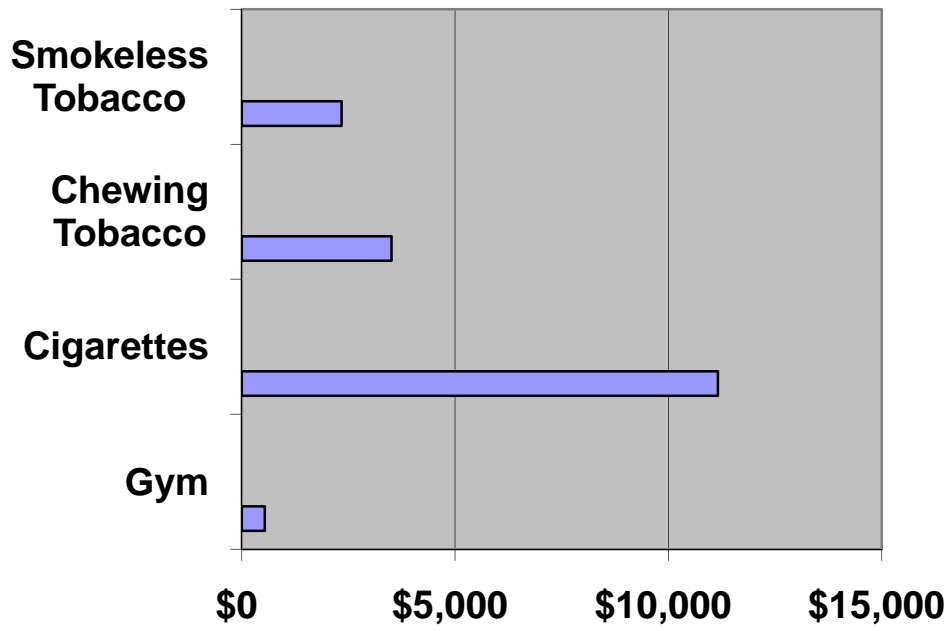
Cigarettes are usually sold in packs of:	20
The average cost of a pack of 20 cigarettes in Pennsylvania is:	\$4.72
The average cost of a pack of cigarettes in New Jersey is:	\$6.51
A package of chewing tobacco can cost an average of:	\$22.50
A package of snuff can cost an average of:	\$15
Membership at a local gym:	\$45/month

Use this information to solve the following word problems.

1. John Tuttle lives in New Jersey and works in Pennsylvania. Every day, John smokes 2 cigarettes on his way to work, 2 cigarettes on his morning break, 3 at lunch, 2 during his afternoon break, 2 on the way home from work, and 5 between the time he gets home and the time he goes to bed. On the weekends, John smokes about 20 per day.
 - a. How many cigarettes does John smoke in a week?
 - b. How many packs would John need to buy in a week? (Put your answers in Fraction form)
 - c. If John bought $\frac{1}{4}$ of his cigarettes in New Jersey and $\frac{3}{4}$ of his cigarettes in PA, how much money does John spend on cigarettes per week? Month? Year?
2. At this rate, how long would it take for John to have enough money to buy a new pair of sneakers for \$80.00 if he saved the money he would be spending on cigarettes?
3. If a CD costs \$18.00, how many CDs could John buy with the money he spent on cigarettes in one month?
4. One day, John's best friend tries to convince him that using tobacco products is more expensive than joining a gym for a year. Create a graph that shows John the following statistics:
 - a. The cost of joining the gym for one year
 - b. The cost of smoking for a year (based on John's current habit)
 - c. The cost of chewing tobacco a year (based on buying 3/week)
 - d. The cost of using smokeless tobacco for a year (based on buying 3/week)



Sample Answer





The Tobacco Gazette

Note to Teachers: This activity works very well as an interdisciplinary project. This project can meet learning objectives across Health, English and Science classes.

Objective: To work as a team to create a two-page newsletter that outlines the dangers and addictive nature of tobacco products.

Time: This project can be done in class or as a research assignment in the library. It is recommended that students get five 45-minute class periods to work together on the newsletter. Each day, the students should be reaching certain benchmarks/deadlines to ensure adequate progress.

Materials/Resources: Internet Access
Computer/Printer
Reference Materials

Methods:

- 1.) Split the class into groups of 4-5 students
- 2.) Assign each student a job on the newsletter. Example list of job assignments:
 - a. Editor: Designs newsletter layout, proofreads work, writes an article, brainstorms with Reporter
 - b. Researcher: Researches facts and statistics for each article
 - c. Reporter (2): Writes one or two articles
 - d. Interviewer: Interviews an adult affected by smoking (parent, doctor, relative, friend)
- 3.) Create a set of benchmarks that the students must meet at the end of every class that show adequate progress toward a completed newsletter.

Example Schedule:	Day One	Day Two
	Assign Duties	Complete Research for Two Articles
	Brain Storm Articles	Begin Writing One Article
	Begin Research	

- 4.) The final day and a half should be dedicated to assembling the newsletter, complete with illustrations and credits. Teachers can feel free to set technical requirements they feel are age-appropriate.
- 5.) Once Newsletters are complete, they can be printed and put on display, distributed, or returned.

Suggested Articles:

How much money does it cost to smoke? What is *really* in a cigarette? When do people start smoking? Five ways that people can quit smoking.



Smoke N' Croak Word Puzzle Solution

```

A D O N T S M O K E + + + + +
S D + + + + + + A + + + + +
+ T D + + + + + M + + + + +
+ + I I + + + + + E + + + + +
+ + + M C + + + + S + + + + +
+ + + + U T + + + Y C + + + + +
+ + + + + L I + + H A + + + + +
+ + + + + N A O + P N + + + + +
+ + + + H + + N N M C + + + + +
+ + + A + + + + T E E + + + + +
+ + L + + + + + + + R + + + + +
+ E + + + + + + + + D + + + + +
+ + + + + + + + + R + + + + +
+ + + + + + + + + U + + + + +
N I C O T I N E G + + + + +
    
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(Over,Down,Direction)

1. ADDICTION(1,1,SE)
2. CANCER(11,6,S)
3. DRUG(12,12,SW)
4. EMPHYSEMA(10,10,N)
5. INHALE(7,7,SW)
6. NICOTINE(1,15,E)
7. STIMULANT(1,2,SE)

Bonus: Don't Smoke!

The Real Cost of a Tobacco Habit-Answer Sheet

Cigarettes are usually sold in packs of:	20
The average cost of a pack of 20 cigarettes in Pennsylvania is:	\$4.72
The average cost of a pack of cigarettes in New Jersey is:	\$6.51
A package of chewing tobacco can cost an average of:	\$22.50
A package of snuff can cost an average of:	\$15
Membership at a local gym:	\$45/month

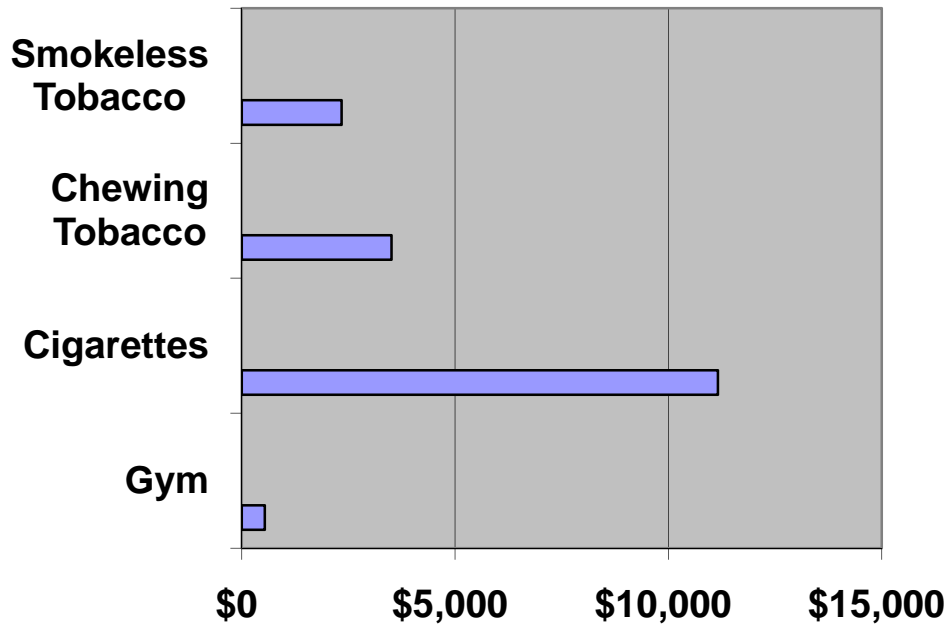
Use this information to solve the following word problems.

1. John Tuttle lives in New Jersey and works in Pennsylvania. Everyday, John smokes 2 cigarettes on his way to work, 2 cigarettes on his morning break, 3 at lunch, 2 during his afternoon break, 2 on the way home from work, and 5 between the time he gets home and the time he goes to bed. On the weekends, John smokes about 20 per day.
 - a. How many cigarettes does John smoke in a week? **120**



- b. How many packs would John need to buy in a week? (Put your answers in Fraction form) **6**
- c. If John bought $\frac{1}{4}$ of his cigarettes in New Jersey and $\frac{3}{4}$ of his cigarettes in PA, how much money does John spend on cigarettes per week? Month? Year?
\$9.77 + \$21.24= \$31.01 per week
\$930.20 per month
\$11,163.60 per year
2. At this rate, how long would it take for John to have enough money to buy a new pair of sneakers for \$80.00 if he saved the money he would be spending on cigarettes?
Around 2 ½ Weeks
3. If a CD costs \$18.00, how many CDs could John buy with the money he spent on cigarettes in one month?
51 CDs
4. One day, John's best friend tries to convince him that using tobacco products is more expensive than joining a gym for a year. Create a graph that shows John the following statistics:
- The cost of joining the gym for one year **\$540**
 - The cost of smoking for a year (based on John's current habit) **\$11,163.60**
 - The cost of chewing tobacco a year (based on buying 3/week) **\$3510**
 - The cost of using smokeless tobacco for a year (based on buying 3/week) **\$2340**

Sample Answer



Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your student has participated in a program called “Smoke-n-Croak” that was presented by the Weller Health Education Center. This program provided details about tobacco and highlighted the physical consequences linked with smoking. The students learned about the consequences firsthand through video-clips and pictures. The focus of “Smoke-n-Croak” beyond explaining health impacts is to encourage students to make safe and healthy choices about their behavior.

The American Heart Association states that in the United States, an estimated 25.9 million men (23.9 percent) and 20.7 million women (18.1 percent) are smokers. The health risks of tobacco are well known, but the resource KIDSHEALTH states that the rates of smoking and the use of chewing tobacco continue to grow. Each year, smoking causes cancer, emphysema, and heart disease, among other diseases, and can shorten your life by ten years or more. Statistics show that 90% of all adult smokers started when they were kids and more than 4,400 kids become regular smokers each day. Data concludes that there is no safe level of exposure to second hand smoke and that even brief exposures can be harmful. Childhood exposure to secondhand smoke can cause adverse respiratory problems now, such as increased colds, coughing, sore throats, sniffing, and sneezing and later in life, such as asthma, decline in lung function, heart disease and lung cancer. As a parent, if you smoke, it is in the best interest of your child’s health to smoke outdoors away from them. The easiest way to reduce smoking and negative health effects is to prevent it from starting. Giving your student information about the risks of using tobacco products and establishing clear rules with your reasons, can help protect students from these unhealthy habits.

Below you will find some sample activities to guide you in taking steps to improve your family’s health. These activities can help to continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at www.wellercenter.org.

Sample Activities:

- 1) Be an effective role model. If you smoke- quit.
 - a. Local cessation resources are available at free and reduces charges. Start researching at www.tobaccofreene.com
- 2) Establish your expectations and clear rules about smoking.
- 3) Explain that starting to smoke is easy, but quitting is extremely difficult. Talk about the effects of addiction.

Yours in good health,
Weller Health Education Center