



[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 access valid information and products and services to enhance health.
- 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.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Smoking can really wreak havoc on your health, not to mention your personal hygiene (think bad breath, yellow teeth, and stinky clothes)! It's never too early to inform your students about the dangers of smoking. The following discussion questions and activities will help students to see through the smoke and find out the truth about cigarettes.

## Related KidsHealth Links

### Articles for Kids:

#### Smoking Stinks!

[KidsHealth.org/kid/stay\\_healthy/body/smoking.html](http://KidsHealth.org/kid/stay_healthy/body/smoking.html)

#### Looking at Your Lungs

[KidsHealth.org/kid/body/lungs\\_noSW.html](http://KidsHealth.org/kid/body/lungs_noSW.html)

#### Dealing With Peer Pressure

[KidsHealth.org/kid/feeling/friend/peer\\_pressure.html](http://KidsHealth.org/kid/feeling/friend/peer_pressure.html)

## Discussion Questions

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

1. Puff, puff, smoking is dangerous! Make a list of the health problems that smoking can cause.
2. Thousands of kids start smoking every day. If it's so bad for your health, why do so many kids do it? Brainstorm a list of reasons why kids might start smoking. Do you think these reasons are good enough to put your health at risk? Why or why not? Can you think of safer and healthier ways to meet these same goals?
3. Anyone who starts smoking can become addicted to it. What does it mean to be addicted to something? Why is being addicted to smoking a problem? Do you know people who have quit smoking? How did they do it? Was it difficult for them? Why?
4. When friends light up, they are putting themselves at risk. Discuss how you can help a friend who smokes. What could you say or do to get your friend to stop smoking? Who could you ask for help? Do you think some strategies would not be helpful in getting your friend to quit? Which ones? Why do you think so?



## Activities for Students

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

### No Smoking T-Shirt

#### Objectives:

Students will:

- Identify health risks of smoking

#### Materials:

- Computer with Internet access
- No Smoking T-Shirt handout (available at: [KidsHealth.org/classroom/3to5/problems/drugs/smoking\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/problems/drugs/smoking_handout1.pdf))
- Art supplies (colored pencils, markers, crayons)

#### Class Time:

45 minutes

#### Activity:

Hey, are you smoke-free and proud of it? Then Smoke-Free Kids wants you to spread the word by entering a T-shirt design contest! Smoke-Free Kids is a national organization that tries to prevent kids from smoking. They are sponsoring a T-shirt design contest to get the message out about the risks of smoking. If your design wins, it will be printed on thousands of T-shirts worn by kids all over the country! Before you get started on your T-shirt design, do some research on KidsHealth to find out the real story about smoking and how it affects your health. Then, check out the No Smoking T-Shirt handout for the contest entry form. Your T-shirt design needs to include at least four facts about why smoking is bad for you. To win the contest, your design not only needs to give information about the dangers of smoking, but also should look really cool so that kids will want to wear it.

#### Extensions:

1. Smoking a cigarette is one of the worst things you can do for your body. Are you angry about this yucky habit and how it makes people sick? Then go right to the source! Write a letter to a cigarette, describing how you feel about what this nasty habit does to people.
2. Smoking a cigarette makes some kids feel cool and grown-up. If a friend offers you a cigarette, it can be tough to turn down. You might feel left out if you're the only one not smoking. With a friend, role-play a conversation in which you are offered a cigarette. What might you say? After the role-play is over, discuss how difficult it was to turn down the cigarette. How did it make you feel to say no?
3. Smoking is really tough on your lungs. What do you think people's lungs might say after the first time they smoke? Do some research on KidsHealth about the effects of smoking on the lungs. Then, write the transcript of an interview with someone's lungs after he smokes his first cigarette.



## Smoking Adds Up

### Objectives:

Students will:

- Use math skills to calculate the cost of smoking
- Identify alternate ways to use money spent on smoking

### Materials:

- Smoking Adds Up handout (available at: [KidsHealth.org/classroom/3to5/problems/drugs/smoking\\_handout2.pdf](http://KidsHealth.org/classroom/3to5/problems/drugs/smoking_handout2.pdf))
- Pencil
- Catalogs and store advertisements

### Class Time:

35 minutes

### Activity:

Cha-ching! Smoking eats away at your health and your piggy bank, too! Each pack of cigarettes costs approximately \$4. That doesn't sound like a lot, but the costs add up over time. You'd be surprised to see what you could do with the money people spend on smoking! Use the Smoking Adds Up handout to figure out just how expensive smoking is. On the handout, you can calculate how much a smoker spends, depending on how many packs of cigarettes he or she smokes in a week. Then using the items and costs in catalogs and store advertisements, you can make a wish list that spends the same amount of money that smokers spend on one, two, or three packs of cigarettes a week. Just think of all the cool things smokers could buy if they weren't smoking their cash away!

## Reproducible Materials

### Handout: No Smoking T-Shirt

[KidsHealth.org/classroom/3to5/problems/drugs/smoking\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/problems/drugs/smoking_handout1.pdf)

### Handout: Smoking Adds Up

[KidsHealth.org/classroom/3to5/problems/drugs/smoking\\_handout2.pdf](http://KidsHealth.org/classroom/3to5/problems/drugs/smoking_handout2.pdf)

### Quiz: Smoking

[KidsHealth.org/classroom/3to5/problems/drugs/smoking\\_quiz.pdf](http://KidsHealth.org/classroom/3to5/problems/drugs/smoking_quiz.pdf)

### Answer Key: Smoking

[KidsHealth.org/classroom/3to5/problems/drugs/smoking\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/3to5/problems/drugs/smoking_quiz_answers.pdf)

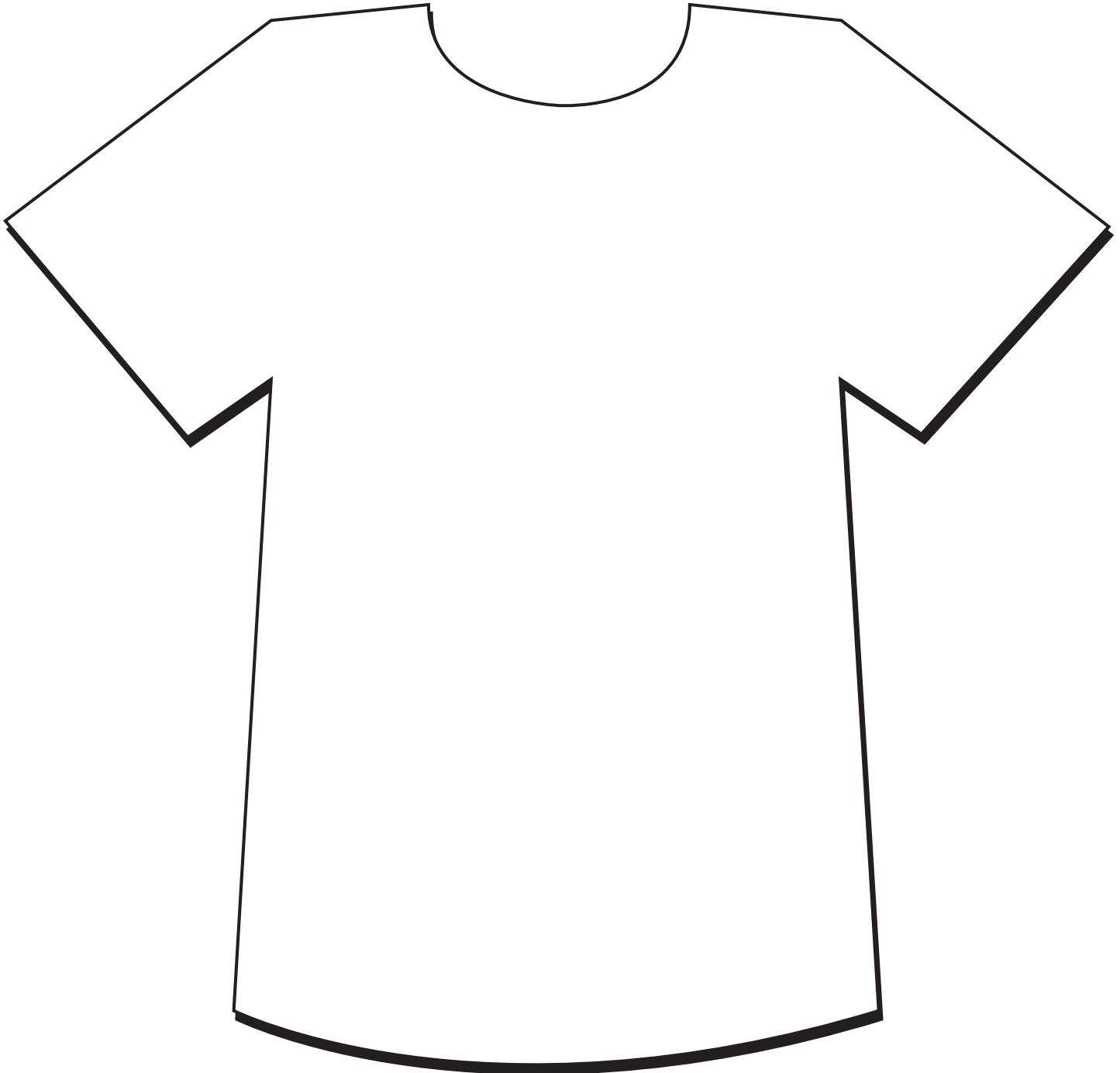


Name: \_\_\_\_\_

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

## No Smoking T-Shirt

Instructions: First, do some research on KidsHealth to find out how smoking affects your health. Then, design a T-shirt to get the message out about the risks of smoking. Your T-shirt must include at least four facts about why smoking is bad for you, and it should also look really cool so kids will want to wear it!





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

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

## Smoking Adds Up

Instructions: If each pack of cigarettes costs \$4, calculate how much a smoker would spend in a year if he smoked the amounts listed below.

### 1 Pack Per Week

Total for year: \_\_\_\_\_

### 2 Packs Per Week

Total for year: \_\_\_\_\_

### 3 Packs Per Week

Total for year: \_\_\_\_\_

## Wish List

Instructions: If you could spend the money that smokers spend on their cigarettes, what would you buy?

### Money Spent on 1 Pack Per Week

Item	Cost	Total

### Money Spent on 2 Packs Per Week

Item	Cost	Total

### Money Spent on 3 Packs Per Week

Item	Cost	Total



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

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

## Quiz

Instructions: Answer each question.

1. True or False: Cigarettes and smokeless tobacco kill hundreds of thousands of Americans every year. T F

2. List four problems that smoking can cause:

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3. \_\_\_\_\_ is a plant that can be smoked in cigarettes, pipes, and cigars.

4. Which of the following is the addictive chemical in cigarettes that causes a tingly feeling?

- a. tobacco
- b. nicotine
- c. snuff

5. \_\_\_\_\_ is also known as chew, dip, or chewing tobacco.

6. What does it mean to be addicted to something?

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7. List two reasons you could give a friend for why she should stop smoking.

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8. True or False: The longer a person smokes, the worse the damage is to the body. T F

9. Which of the following diseases can be caused by smoking?

- a. heart disease
- b. cancer
- c. both a and b
- d. neither a nor b

10. Describe how a person might feel the first time they smoke.

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## Answer Key

1. True or False: Cigarettes and smokeless tobacco kill hundreds of thousands of Americans every year. (T) F
2. List four problems that smoking can cause:  
*Any four of the following: cancer, heart disease, bad breath, yellow teeth, smelly clothes, more colds and coughs, difficulty keeping up with friends when playing sports, empty wallet*
3. Tobacco is a plant that can be smoked in cigarettes, pipes, and cigars.
4. Which of the following is the addictive chemical in cigarettes that causes a tingly feeling?
  - a. tobacco
  - (b) nicotine
  - c. snuff
5. Smokeless tobacco is also known as chew, dip, or chewing tobacco.
6. What does it mean to be addicted to something?  
*If you're addicted to something, it's very hard to stop doing it, even if you want to. When you are addicted to something, your body and mind become so used to it that you need to have it just to feel okay.*
7. List two reasons you could give a friend for why she should stop smoking.  
*Any two of the following: it will hurt her health, it will make her breath stinky, it will turn her teeth yellow, it will give her less endurance when playing sports, it's expensive, it's illegal to buy cigarettes when she's underage*
8. True or False: The longer a person smokes, the worse the damage is to the body. (T) F
9. Which of the following diseases can be caused by smoking?
  - a. heart disease
  - b. cancer
  - (c) both a and b
  - d. neither a nor b
10. Describe how a person might feel the first time they smoke.  
*When people try smoking for the first time, they often cough a lot and feel pain or burning in their throat or lungs. Many people feel sick to their stomachs or throw up.*