



[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 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)

Despite the fact that smoking is dangerous, thousands of youth ages 12 to 17 start smoking each day. And about more than 1,000 people die from smoking every day. The following discussion questions and activities will help your students understand why people begin smoking, what smoking does to the body, and how they can protect themselves from the effects of tobacco.

## Related KidsHealth Links

### Articles for Kids:

#### Smoking Stinks!

[KidsHealth.org/kid/watch/house/smoking.html](http://KidsHealth.org/kid/watch/house/smoking.html)

#### What Kids Say About: Tobacco

[KidsHealth.org/kid/grow/drugs\\_alcohol/poll\\_tobacco.html](http://KidsHealth.org/kid/grow/drugs_alcohol/poll_tobacco.html)

#### Helping a Parent Who Smokes

[KidsHealth.org/kid/grow/drugs\\_alcohol/folks\\_smoking.html](http://KidsHealth.org/kid/grow/drugs_alcohol/folks_smoking.html)

#### Smoking and Asthma

[KidsHealth.org/kid/health\\_problems/allergy/smoking\\_asthma.html](http://KidsHealth.org/kid/health_problems/allergy/smoking_asthma.html)

### Articles for Teens:

#### Smoking

[KidsHealth.org/teen/drug\\_alcohol/tobacco/smoking.html](http://KidsHealth.org/teen/drug_alcohol/tobacco/smoking.html)

#### Smokeless Tobacco

[KidsHealth.org/teen/drug\\_alcohol/tobacco/smokeless.html](http://KidsHealth.org/teen/drug_alcohol/tobacco/smokeless.html)

#### How Can I Quit Smoking?

[KidsHealth.org/teen/drug\\_alcohol/tobacco/quit\\_smoking.html](http://KidsHealth.org/teen/drug_alcohol/tobacco/quit_smoking.html)

#### Secondhand Smoke

[KidsHealth.org/teen/drug\\_alcohol/tobacco/secondhand\\_smoke.html](http://KidsHealth.org/teen/drug_alcohol/tobacco/secondhand_smoke.html)

#### Smoking and Asthma

[KidsHealth.org/teen/drug\\_alcohol/tobacco/smoking\\_asthma.html](http://KidsHealth.org/teen/drug_alcohol/tobacco/smoking_asthma.html)

## Discussion Questions

*Note: These questions are appropriate for sharing with your students.*

1. Each day, more than 1,000 people die because of smoking, yet more people start this deadly habit. If smoking is so dangerous, why do people do it?
2. List the ways smoking harms the body, including diseases it's linked to.
3. Smoking is addictive and difficult to give up. What can a smoker do to quit?



## Activities for Students

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

### Fact or Fiction: The Truth About Smoking

#### Objectives:

Students will:

- Investigate the reasons people smoke
- Explore what smoking does to the body

#### Materials:

- Computer with Internet access
- Arts supplies (crayons, markers, construction paper, scissors)

#### Class Time:

2 hours

#### Activity:

Ask smokers why they smoke and you'll get many different answers. Read the articles at KidsHealth to learn about smoking. After you're finished your research, design a bulletin board that shows the facts and myths of smoking. Include the reasons people smoke countered by the realities of smoking – what it really does to the body and illnesses it can cause. Use photographs you find from the Internet to help illustrate your ideas.

#### Extension:

1. Create a poster that outlines the top 10 reasons not to smoke. Be sure to use words and images to capture your readers' attention.



## Seeing Through the Smoke

### Objectives:

Students will:

- Explore how peer pressure can affect the decision to smoke
- Identify ways to deal with peer pressure centered around smoking

### Materials:

- Computer with Internet access
- Seeing Through the Smoke Handout (available at: [KidsHealth.org/classroom/6to8/problems/drugs/smoking\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/problems/drugs/smoking_handout1.pdf))
- Paper and pencil or pen

### Class Time:

2 hours

### Activity:

Despite the fact that fewer young people are smoking, pressure still exists for them to start – whether it’s from friends, the tobacco industry, or images they see in the media. After you read the articles at KidsHealth, work in small groups to write a short play that explores these pressures and how your peers can handle them. To help you get started, use the story map to brainstorm ideas about your play – the setting, characters, problem, and solution. Next, get your pens or pencils out and start writing.

### Extensions:

1. A parent has been smoking for many years and has decided it is time to quit. What are some of the strategies he or she can use? How can you best support him or her?
2. Interview an adult about how attitudes toward smoking have changed since he or she was younger. What policies exist now that didn’t when he or she was your age? What still needs to be changed?

## Reproducible Materials

### Handout: Seeing Through the Smoke

[KidsHealth.org/classroom/6to8/problems/drugs/smoking\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/problems/drugs/smoking_handout1.pdf)

### Quiz: Smoking

[KidsHealth.org/classroom/6to8/problems/drugs/smoking\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/problems/drugs/smoking_quiz.pdf)

### Answer Key: Smoking

[KidsHealth.org/classroom/6to8/problems/drugs/smoking\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/problems/drugs/smoking_quiz_answers.pdf)



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

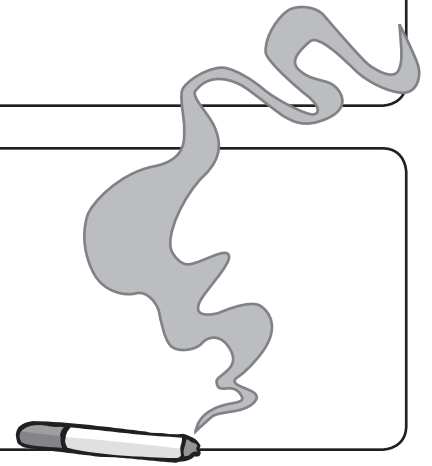
Date: \_\_\_\_\_

## Seeing Through the Smoke

Instructions: After reading articles about smoking at KidsHealth, work in small groups to write a short play that explores pressures on kids and teens to smoke, and how those pressures could be handled to avoid starting to smoke. To help you get started, use the story map to brainstorm ideas about your play.

**Setting (time and place)**

**Characters**



**Problem (faced by the main character)**

**Solution (steps the main character takes to handle the pressures of smoking)**



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

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

## Quiz

Instructions: Answer each question.

1. List four problems that smoking causes for kids your age.

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2. True or false: It's better to chew tobacco than to smoke cigarettes.

3. What health problems do smokers face over the long term?

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4. List four reasons people start and continue to smoke.

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5. What steps should be included in a plan for someone who wants to quit smoking?

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## Quiz Answer Key

1. List four problems that smoking causes for kids your age.  
*Any four of the following: bad breath; yellow teeth; more colds and coughs; asthma; stinky clothes; difficulty keeping up with others in sports; having less spending money.*  
\_\_\_\_\_  
\_\_\_\_\_
2. True or false? It's better to chew tobacco than to smoke cigarettes. *Smokeless tobacco causes mouth and throat cancer, increased heart rate and blood pressure, and receding gums.*  
\_\_\_\_\_
3. What health problems do smokers face over the long term?  
*Any two of the following: heart disease; stroke; emphysema; bronchitis; pneumonia; many types of cancer including lung, throat, stomach, and bladder cancer.*  
\_\_\_\_\_  
\_\_\_\_\_
4. List four reasons people start and continue to smoke.  
*Any four of the following: Makes them look older; helps them relax; to be rebellious; to be cool or fit in; to help manage weight; pressure from advertising.*  
\_\_\_\_\_  
\_\_\_\_\_
5. What steps should be included in a plan for someone who wants to quit smoking?  
*Any five of the following: write down reasons to quit; get support from family and friends; set a quit date; throw away your cigarettes; get rid of the cigarette smell in clothes, house, and car; avoid smoking triggers; expect some physical symptoms; use a nicotine replacement if necessary; don't give up. See "How Can I Quit Smoking?" at KidsHealth.org/teen/drug\_alcohol/tobacco/quit\_smoking.html.*  
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