



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 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

Let's face it: Smoking stinks! Not only do cigarettes smell bad, but they're also dangerous for your body. This lesson guide will provide you with discussion questions and activities you can use with your students to teach them all they need to know about the dangers of smoking.

Related KidsHealth Links

Articles for Kids:

Be a Fit Kid

KidsHealth.org/kid/stay_healthy/fit/fit_kid.html

Smoking Stinks

KidsHealth.org/kid/stay_healthy/body/smoking.html

What Kids Say About Tobacco

KidsHealth.org/kid/grow/drugs_alcohol/poll_tobacco.html

Heart Disease

KidsHealth.org/kid/grownup/conditions/heart_disease.html

Smoking and Asthma

KidsHealth.org/kid/health_problems/allergy/smoking_asthma.html

Helping a Parent Who Smokes

KidsHealth.org/kid/grow/drugs_alcohol/folks_smoking.html

Discussion Questions

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

1. What's in a cigarette? Why do people smoke cigarettes? Why is it so hard for some people to stop smoking?
2. What does cigarette smoking do to your body? Is it good or bad for you?
3. What should you do if someone offers you a cigarette? What are some things you can do to help make sure you make a good choice for yourself and your body?



Activities for Students

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

Persuasive Postcard

Objectives:

Students will:

- Identify the negative effects of smoking on the body
- Use this knowledge to create a postcard that could be used to persuade someone to stop smoking

Materials:

- Persuasive Postcard handout (available at: KidsHealth.org/classroom/prekto2/problems/drugs/smoking_handout1.pdf)
- Markers, crayons, pencils
- Chart paper or chalkboard

Class Time:

40 minutes

Activity:

Smoking cigarettes is one of the worst things you could do to your body. When you smoke, you put dangerous chemicals into your body that make it hard for your body to work well. This means that you'd have a hard time doing fun activities like playing sports, running, or even singing.

Today, you're going to make a postcard to convince someone to stop smoking. If you don't know anyone who smokes, your postcard could explain why someone should never start smoking. On the front of your postcard, draw a picture of someone doing something active, something that you can only do if your heart and lungs are healthy. On the back of your postcard, write a couple of sentences explaining why someone should stop smoking. You might write something like, "Keep your lungs clean. Stop smoking!" Or, "Keep your heart healthy. Don't smoke!" So first, let's come up with a list of activities that would be difficult to do if you smoked cigarettes. Now, let's get to work on our postcards!

Extension:

1. Make multiple postcards and mail them to people to get them to stop smoking. Distribute the postcards around the school as a campaign to help other students learn why it's important to never start smoking.

Reproducible Materials

Handout: Persuasive Postcard

KidsHealth.org/classroom/prekto2/problems/drugs/smoking_handout1.pdf



Health Problems Series

Smoking

Name:

Date:

Persuasive Postcard

Instructions: Make a postcard that might convince someone to stop smoking. If you don't know anyone who smokes, you could create your postcard explaining why someone should never start smoking. On the front of your postcard, draw a picture of someone doing something active, something that you can only do if your heart and lungs are healthy. On the back of your postcard, write a couple of sentences explaining why someone should stop smoking. You might write something like, "Keep your lungs clean. Stop smoking!" Or, "Keep your heart healthy. Don't smoke!" Teachers may have to help younger children write their message.



Health Problems Series
Smoking

Persuasive Postcard

A large rectangular frame representing a postcard. A vertical line divides the frame into two sections. The right section contains a rectangular area with a scalloped border for a postage stamp and four horizontal lines for an address.