



[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.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Despite the fact that smoking is dangerous, thousands of youth ages 12 to 17 start smoking each day. The following 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)

#### Dealing With Peer Pressure

[KidsHealth.org/kid/feeling/friend/peer\\_pressure.html](http://KidsHealth.org/kid/feeling/friend/peer_pressure.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/en/kids/smoking-asthma.html](http://KidsHealth.org/en/kids/smoking-asthma.html)

### Articles for Teens:

#### Smoking

[TeensHealth.org/teen/cancer\\_center/q\\_a/smoking.html](http://TeensHealth.org/teen/cancer_center/q_a/smoking.html)

#### Smokeless Tobacco

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

#### E-Cigarettes

[TeensHealth.org/teen/drug\\_alcohol/tobacco/e-cigarettes.html](http://TeensHealth.org/teen/drug_alcohol/tobacco/e-cigarettes.html)

#### Peer Pressure

[TeensHealth.org/teen/your\\_mind/friends/peer\\_pressure.html](http://TeensHealth.org/teen/your_mind/friends/peer_pressure.html)

#### How Can I Quit Smoking?

[TeensHealth.org/en/teens/quit-smoking.html](http://TeensHealth.org/en/teens/quit-smoking.html)

#### Secondhand Smoke

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

#### Smoking and Asthma

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

## Discussion Questions

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

1. 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.*

### Money Going Up in Smoke

#### Objectives:

Students will:

- Calculate and contextualize the monetary cost of smoking cigarettes

#### Materials:

- “Money Going Up in Smoke” handout

#### Class Time:

15 minutes

#### Activity:

Instructions: If each pack of cigarettes costs \$6, use the “Money Going Up in Smoke” handout to show how much a smoker would spend in a year. Then write down what you might do with each amount of money rather than spending it on tobacco products.

#### Extension:

Facilitate a classroom discussion on reasons not to smoke. Have students state reasons, and write them on the board. Then have students vote on the top reasons, ranked from 1 to 10. Create posters for school hallways listing the Top 10 Reasons Not to Smoke. You can put up the posters in time for Kick Butts Day (by the Campaign for Tobacco-Free Kids) in March, World No Tobacco Day (by the World Health Organization) in May, or the Great American Smokeout (by the American Cancer Society) in November.



## 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
- Paper and pencil or pen or word processing software

### Class Time:

2 hours

### Activity:

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

### Extension:

Interview an adult about age 60 or older and ask about how attitudes and laws related to smoking have changed since she or he was in middle school. Write an essay about the differences between then and now related to smoking and tobacco.

## Reproducible Materials

### Handout: Money Going Up in Smoke

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

### Handout: Money Going Up in Smoke Answer Key

[KidsHealth.org/classroom/6to8/problems/drugs/smoking\\_handout2.pdf](http://KidsHealth.org/classroom/6to8/problems/drugs/smoking_handout2.pdf)

### Handout: Seeing Through the Smoke

[KidsHealth.org/classroom/6to8/problems/drugs/smoking\\_handout3.pdf](http://KidsHealth.org/classroom/6to8/problems/drugs/smoking_handout3.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: \_\_\_\_\_

## Money Going Up in Smoke

Instructions: If each pack of cigarettes costs \$6, calculate how much a smoker would spend in a year if he or she smoked the amounts listed below. Then write down what you might do with each amount of money.

**1 Pack Per Week**

Total for year:

**Half a pack a day**

Total for year:

**1 pack a day**

Total for year:

1. With the amount of money from a pack of cigarettes a week, I could:

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2. With the amount of money from a half a pack of cigarettes a day, I could:

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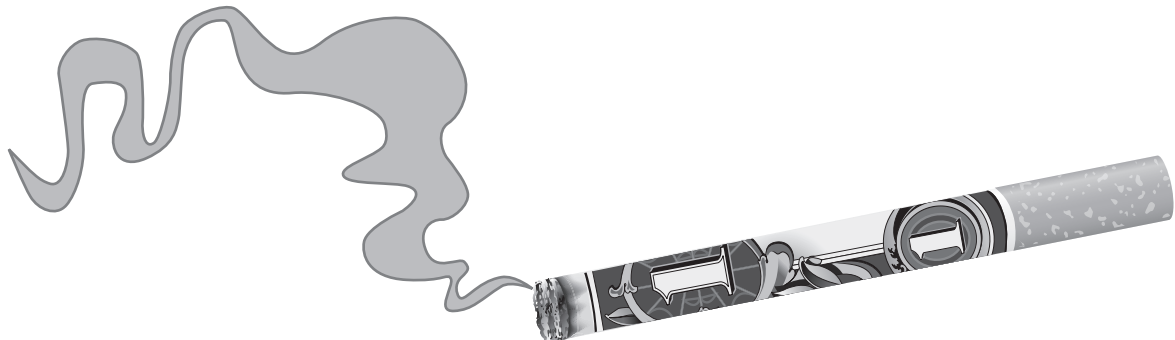
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3. With the amount of money from a 1 pack of cigarettes a day, I could:

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## Money Going Up in Smoke Answer Key

Instructions: If each pack of cigarettes costs \$6, calculate how much a smoker would spend in a year if he or she smoked the amounts listed below. Then write down what you might do with each amount of money.

### 1 Pack Per Week

$$\$6 \times 52 \text{ weeks}$$

Total for year: \$312

### Half a pack a day

$$\$6 / 2 \times 365 \text{ days}$$

Total for year: \$1,095

### 1 pack a day

$$\begin{aligned} &\$6 \times 365 \text{ days} \\ &(\text{or } \$1,095 \times 2) \end{aligned}$$

Total for year: \$2,190

1. With the amount of money from a pack of cigarettes a week, I could:

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2. With the amount of money from a half a pack of cigarettes a day, I could:

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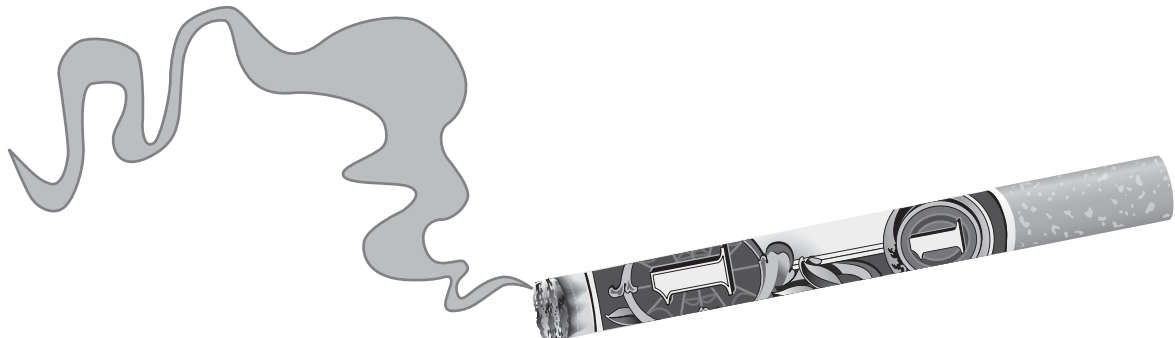
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3. With the amount of money from a 1 pack of cigarettes a day, I could:

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

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

## Seeing Through the Smoke

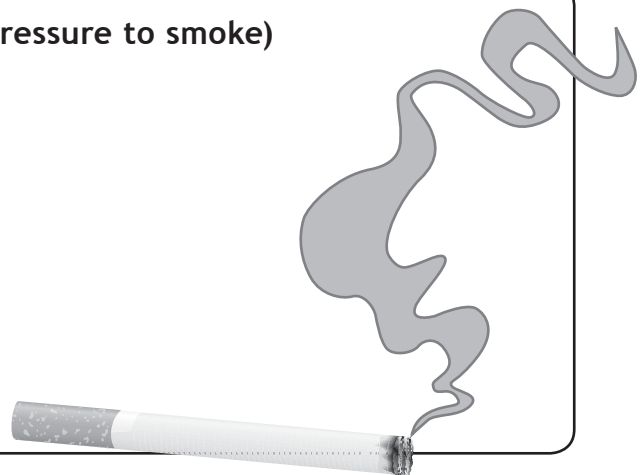
Instructions: After reading articles about smoking at KidsHealth.org, work in small groups to write a brief skit that demonstrates peer pressure on kids and teens to smoke, and how to handle peer pressure and stay away from smoking. To help you get started, use the story map to brainstorm ideas about your skit.

**Setting (time and place)**

**Characters**

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

**Solution (how the main character deals with peer pressure to smoke)**





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

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

## Quiz

Instructions: Answer each question.

1. The main poisonous, addictive chemical in tobacco is called:
  - a. addictotine
  - b. nicktheteen
  - c. kerosene
  - d. nicotine
  - e. amphetamine
2. True or false: It's better to chew tobacco than to smoke cigarettes.

3. Name two health problems caused by smoking:

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4. Name one way you avoid peer pressure to smoke:

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5. Kids and teens can't make a parent or guardian stop smoking, but they can \_\_\_\_\_ them quit.



## Quiz Answer Key

1. The main poisonous, addictive chemical in tobacco is called:
  - a. addictotine
  - b. nicktheteen
  - c. kerosene
  - d. nicotine
  - e. amphetamine
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. Name two health problems caused by smoking:  
*Any two of the following: heart disease; stroke; emphysema; bronchitis; pneumonia; many types of cancer including lung, throat, stomach, and bladder cancer.*

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4. Name one way you avoid peer pressure to smoke:  
*Any one of the following: listen to your inner voice, plan for possible situation with catch phrases, hang out with friends who feel the same as you, say your parents won't let you smoke, get comfortable saying no*

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5. Kids and teens can't make a parent or guardian stop smoking, but they can encourage (or help) them quit.