

# Lesson 26

## Tobacco Smoke Hurts the Body

### Overview

In this lesson, students learn about the different ways tobacco and its smoke can hurt the body. They talk about how the body reacts to smoke and the physical effects of tobacco use. They define secondhand smoke and explore how it hurts the body too, and identify actions they can take to avoid it, including moving away in a safe way. Then they make a booklet to show what they've learned about staying away from tobacco and secondhand smoke, and take home a family sheet to help them talk with their parents or guardians about tobacco and family rules around tobacco use.

**Time:** 50 minutes

### Lesson Objectives

**Students will be able to:**

1. Identify short-term effects of using tobacco.
2. Identify short-and long-term physical effects of being exposed to tobacco smoke.
3. Identify family rules about avoiding tobacco use.
4. Identify actions they can take to avoid exposure to secondhand smoke.

### Materials & Preparation

- Review **Images 26A–D**.
- Prepare a set of **Smoke Clouds** activity sheets (Master 26A) and a **Got a Minute? Talking About Tobacco** family sheet (Master 26B) for each student.
- Have scissors and tape or a stapler available for students.

### Healthy Behavior Outcomes

**T-1:** Avoid using (or experimenting with) any form of tobacco.

**T-2:** Avoid secondhand smoke.

### National Health Education Standards

**Standard 1: Comprehending Concepts**

**Performance Indicator 1.2.1:** Identify that healthy behaviors affect personal health.

## Teaching Steps

### Show Image 26A

Look at this picture. What do you see?

### Summarize

This is a cloud of smoke.

### Ask & Discuss

What would happen if this room suddenly became full of smoke?

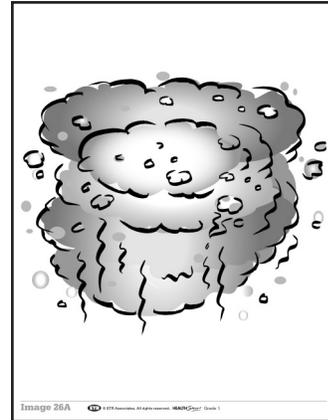


Image 26A

### Summarize

Some of you might get worried that something was wrong or that we were in danger. We see smoke as a warning.

You would cover your eyes or try to look away. Thick smoke burns the eyes and blinds you. It keeps you from seeing things clearly.

### Ask & Discuss

What do tobacco and its smoke do to the body?

### Summarize

Tobacco and its smoke:

- burn your eyes, nose and throat
- choke your lungs
- make your heart beat faster
- make your hair, clothes and breath smell
- make your teeth and nails turn yellow
- make you want more tobacco

### Survey

Raise your hand if you've ever heard the word *secondhand*.

### Ask & Discuss

What do you think "secondhand" means?



**Summarize**

We use the word *secondhand* to talk about something that belonged to someone else first. There are secondhand toys, furniture, cars and clothes.

**Show Image 26B**

Look at this picture. What do you see?



**Image 26B**

**Summarize**

These kids are surrounded by secondhand tobacco smoke.

**Explain**

Secondhand smoke first belongs to the person who smokes a cigarette, pipe or cigar. The smoke from the burning tobacco or the mouth of the smoker fills the air that other people breathe.

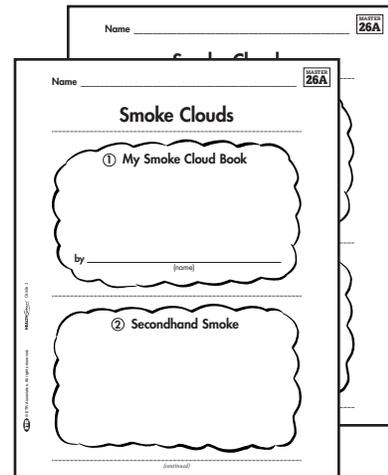
Other people around the smoker have to breathe in the secondhand smoke.

**Create**

Give each student the **Smoke Clouds** activity sheets.

The four clouds on these two sheets will help us learn about secondhand smoke.

First, write your name on the first cloud, Smoke Cloud 1. Then draw a picture of secondhand smoke on the second cloud, Smoke Cloud 2.



**Master 26A**

Help students write their names on *Smoke Cloud 1* and complete *Smoke Cloud 2* with a drawing that shows secondhand smoke.

**Ask & Discuss**

How could secondhand smoke affect the body?

## Summarize

Tobacco smoke hurts the person who chooses to smoke. Secondhand smoke hurts people near the smoker. It can hurt you in the same ways a cigarette, cigar or pipe hurts a smoker. Over time, people who are around secondhand smoke can get very sick, just as smokers do.

## Show Image 26C

Look at this picture. What do you see?



Image 26C

## Summarize

This picture shows some of the ways secondhand smoke can hurt people who are around it. Secondhand smoke:

- burns your eyes, nose and throat
- chokes your lungs
- makes your heart beat faster
- makes your hair and clothes smell

## Create

Help students complete the third cloud, Smoke Cloud 3, by drawing ways secondhand smoke hurts the body.

## Ask & Discuss

What can you do to keep tobacco smoke out of your life?

## Summarize

You can choose never to try or use tobacco and you can choose to stay away from tobacco smoke every time you can.

## Explain

Many adults understand how important it is for kids to be tobacco and smoke free. Adults often make rules that don't allow any smoking in the home, or only allow smoking outside or in certain rooms.

## Survey

How many of you have rules about smoking or tobacco use at your home?

*Allow students who raise their hands to share their families' rules about tobacco use.*

## Ask & Discuss

If there are no rules, and people smoke in the house, what can you do?

## Summarize

It's hard for kids to tell adults what to do or not to do. The easiest action you can take is to move away in a safe way as far as you can from the smoke.

## Recite

*Have students repeat:*

Move away in a safe way.

## Show Image 26D

Look at this picture. What do you see?



Image 26D

## Summarize

These kids are showing you some ways to stay away from secondhand smoke. They are sitting by an open window, asking for help to stay tobacco free and moving away from the smoke and going to another room or a different part of the house. Never open a window or go outside without an adult's permission and help.

## Create & Share

*Help students complete the last cloud, Smoke Cloud 4, by drawing one thing they will do to avoid secondhand smoke. Then allow them to go back and personalize Smoke Cloud 1 in addition to their names.*

*Help students cut out the smoke clouds and assemble them into a booklet, using Smoke Cloud 1 as the cover.*

*Encourage students to take their booklets home to share with their families.*

## Summarize

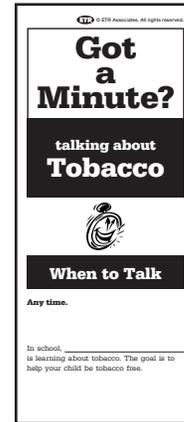
Staying away from tobacco smoke in a safe way is part of being tobacco free and healthy.

You can use this booklet to teach others what you have learned about secondhand smoke and how to stay away from it.

## Send Home

Distribute a **Got a Minute? Talking About Tobacco** family sheet to each student. Have students fold the sheet in thirds and write their names on the front.

Explain that they will take this sheet home to share with their families, and that it will help them talk with their parents or guardians about tobacco and how to avoid secondhand smoke.



Master 26B

## Debrief

Over the next few days, take a few minutes to follow up on students' experiences. Ask them to share their family rules about tobacco use.

### Assessment Evidence

#### Students:

1. Identified short-term effects of using tobacco by:
  - Verbally generating a list of negative outcomes of smoking tobacco.
2. Identified the short-and long-term physical effects of being exposed to tobacco smoke by:
  - Illustrating negative effects of secondhand smoke on **Smoke Cloud 3**.
3. Identified family rules about avoiding tobacco use by:
  - Verbally sharing their families' rules.
  - Taking home the **Got a Minute: Talking About Tobacco** family sheet and reporting back on their family rules.
4. Identified actions they can take to avoid exposure to secondhand smoke by:
  - Illustrating an action they can take to move away from secondhand smoke on **Smoke Cloud 4**.

