

Tobacco

Grades K-3

AND

Secondhand Smoke

Summary: *Students analyze a tobacco advertisement, discuss the harmful effects of tobacco on the body, practice refusing offers to smoke cigarettes, and practice avoiding secondhand smoke exposure. They explore the questions, “Why is it good for your health to stay away from tobacco and tobacco smoke?” and “How can you stay away from tobacco and tobacco smoke?”*

Length:

- Initial lesson = approximately 1 hour
- Extension/Booster A = approximately ½ hour
- Extension/Booster B = approximately ½ hour

Preparation Difficulty: Moderate

An 8.5 x 11” body outline must be copied onto a transparency, projected onto poster board, traced, and cut out. Body organs must also be cut out and laminated. Some materials must be acquired and copies made.

Specific Objectives:

Initial lesson

- Recognize that tobacco advertisements make tobacco look “cool”, “popular” and/or “healthy” (HE.03.AT.01)
- List at least three negative consequences associated with tobacco use
- Identify personal reasons for being tobacco-free

Extension/Booster A

- Demonstrate refusal skills around the use of tobacco products (HE.03.AT.02)

Extension/Booster B

- Provide at least one strategy for avoiding secondhand smoke

LESSON OVERVIEW

Essential Questions: Why is it important for your health to avoid tobacco and tobacco smoke? How can you stay away from tobacco and tobacco smoke?

Vocabulary Words: tobacco, disease, cancer, nicotine, secondhand smoke

Agenda (Initial Lesson)

- Anticipatory Set – Tobacco Ad Analysis
- Class Brainstorm – “What do we already know about tobacco?”
- Class Discussion/Activity – “How does tobacco hurt a person’s body?”
- Individual Seatwork – “I’m tobacco-free because...”

Agenda (Extension/Booster A)

- Review/Preview
- Class Activity – Choral Refusal Skills (with or without puppets)

Agenda (Extension/Booster B)

- Review/Preview
- Demonstration – Secondhand Smoke
- Class Game – Smoke Ball Toss

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