

Talk it Out:  
Tobacco, Vaping  
and Nicotine

TEACHER'S GUIDE



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## **Why Young Learners Should View this Program?**

Tobacco is one of the most addictive, recreational, legal drugs anywhere. And with over 3000 young people beginning to use tobacco products on a daily basis, it is important that teens are exposed to the truth about tobacco and its harmful effects on people's health.

Tobacco is a drug that is illegal to purchase for anyone under the age of 18. Many people believe that legal means safe, but that is far from the truth. Teens who begin smoking or using tobacco products at an earlier age are much more likely to become addicted.

Tobacco, Vaping and Nicotine presents the serious dangers of smoking to teenagers before they become subjected to peer pressure and the temptation to smoke their first first cigarette. By providing a realistic view of tobacco's damaging effects on the human body and brain will help them avoid this harmful drug.

### **Learning Objectives:**

After viewing this program, students will:

- understand that smoking tobacco has short and long term, negative effects on the body
- learn that nicotine is an addictive substance found in tobacco
- understand that vaping is not a safe alternative to smoking
- recognize the harmful health and financial costs to individuals and and society.
- learn that smoking tobacco and use of smokeless tobacco can lead to diseases including lung problems, hearth disease and many kinds of cancers.

## **Program Summary**

Using vintage footage, this program shows viewers how the social attitudes about smoking have changed dramatically over the past several decades. The program then focuses on the short term and long-term, negative effects of smoking tobacco and vaping. It explains the addictive power of nicotine, a substance found in tobacco. Students will see real, vivid scientific demonstrations of the damaging effect of smoking on the respiratory system and circulatory system. Animation and graphics help to present how smoking negatively affects every part of the human body and discusses the health and financial costs to individuals and society.

## **Guidelines for Group Discussion**

Group discussion is an invaluable way to explore ideas and issues, foster creativity, and build communication and social skills in students. The following guidelines can help you maintain a “discussion-friendly” classroom:

- **Create a climate of openness and acceptance.** Encourage students to show respect for the opinions of others and model this behavior yourself.
- **Establish ground rules.** Students can participate in formulating the rules for discussion. Rules will vary, but should include some of these general principles: -No putdowns, ridicule or sarcasm. -Everyone may speak without interruption.- Everyone has the right to pass.
- **Guard against inappropriate self-disclosure.** An intense discussion may lead students to reveal inappropriate information about themselves or others. Sensitivity and vigilance can help you head off such revelations.
- **Probe behind the neat and tidy answers.** Children are good at telling adults what they think adults want to hear. To find out what students really think, it is often helpful to prolong discussion time and encourage greater depth. Offer a “What if...?”; bring out issues such as fairness, justice, intent or lack of it, and so on. Children have a remarkable capacity to discern complexities and subtleties, and their discussion can be very rich.

## Preview Questions

What do you know about cigarettes? Do you think it's an addictive substance?

Why do you think a person has to be 18 years or older to use tobacco and buy tobacco products?

Why do you think people begin smoking cigarettes and using tobacco products?

## Discussion Questions

- What would be the key factors in deciding whether or not you would experiment with cigarettes?
- What are the immediate effects of tobacco smoke on your brain, your lungs, and your heart?
- What do you think are the worst long term effects of tobacco? .
- How does addiction to tobacco impact a person's social and financial life? Explain your answers.
- What are the physical and psychological signs of cigarette addiction?

## **Classroom Activity**

Distribute Handout #1 to the class before showing the program. Tally their answers below. After viewing the program, distribute another copy of Handout #1 and have the students fill in their answers again. Tally the responses. Compare the answers to see how the students' views changed. Lead a discussion with the class about how and why their opinions changed and what they learned from the program.

## Handout #1

Read each statement below and decide if you agree or disagree.

Circle your answer in the left hand column. After viewing the program, read the statements again and circle your answers in the right hand column. Did your answer change? Talk about it.

Before Viewing		After Viewing
Agree    Disagree	Tobacco use is safe when you're young. It takes years to develop health issues.	Agree    Disagree
Agree    Disagree	E-cigarettes are a safe alternative to smoking cigarettes.	Agree    Disagree
Agree    Disagree	Tobacco smoke contains toxic gases and particles that damage the lungs.	Agree    Disagree
Agree    Disagree	There are hundreds of toxic chemicals found in tobacco.	Agree    Disagree
Agree    Disagree	Persons who smoke before the age of 21 have a higher incidence for long term, chronic nicotine addiction.	Agree    Disagree
Agree    Disagree	Early in the smoking process a person's brain chemistry and brain neurotransmitters change normal brain functioning.	Agree    Disagree



## **What Do You Think?**

What do you think are some of the reasons young people begin to smoke cigarettes or use chewing tobacco? What are some of the characteristics of those people?

## **Handout # 3**

### **Journal Entry**

Write a journal entry of a time you were feeling sad or lonely. What things did you consider for coping with your feelings? Were you comfortable with your decision.

## Handout # 4

### What Would You Do?

You're hanging out with your friends when one takes out a pack of cigarettes he got from his father. He gives a cigarette to everyone and expects you to smoke it. Most of the other kids light up. What would you do? What would you say?

- |      |       |   |
|------|-------|---|
| TRUE | FALSE | 1. Tobacco is legal and safe recreational drug.   |
| TRUE | FALSE | 2. Cigarette smoke increases a person's heart rate and blood pressure almost immediately after entering the body. |
| TRUE | FALSE | 3. Frequent smokers feel no withdrawal symptoms when they stop smoking.   |
| TRUE | FALSE | 4. Smoking produces a different effect in each person depending on what they expect the drug to do.               |
| TRUE | FALSE | 5. Vaping is a proven, safe alternative to smoking tobacco.   |
| TRUE | FALSE | 6. A person who smokes 1 cigarette a day builds up 2 cups of tar in their lungs each year.                        |
| TRUE | FALSE | 7. Nicotine is not an addictive substance.  |
| TRUE | FALSE | 8. Smoking tobacco disrupts a person's normal brain chemistry.  |
| TRUE | FALSE | 9. A cigarette is an efficient and highly engineered drug-delivery system.  |
| TRUE | FALSE | 10. Smoking is the leading cause of preventable death.  |

## Handout # 5

### Should The Legal Age to Purchase and Use Tobacco Products be

There are proponents of lowering the legal age to buy and use tobacco. Research the arguments for both the pros and cons of lowering the legal age and list them below. Draw your own conclusion and write a short essay as to why you agree with either the pro or con side of the debate.

**PROS**

**CONS**

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## **Suggested Resources**

Drug Facts

<https://www.drugabuse.gov/publications/drugfacts/understanding-drug-abuse-addiction>

Addiction Education

<http://www.addictioneducationsociety.org/>

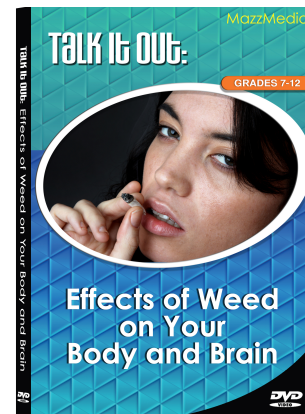
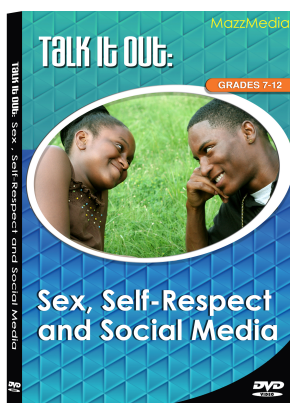
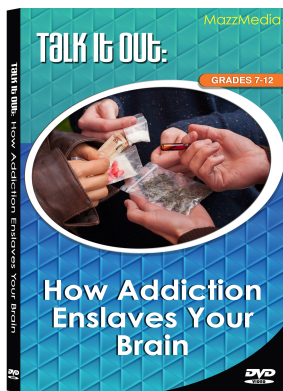
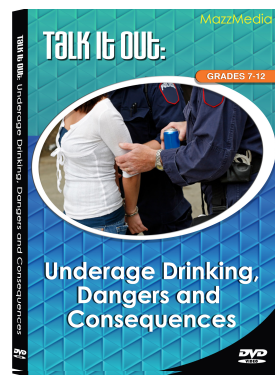
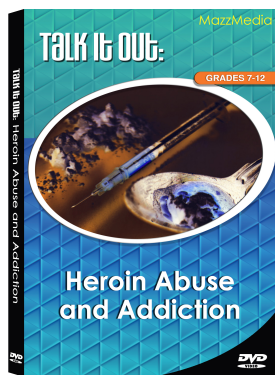
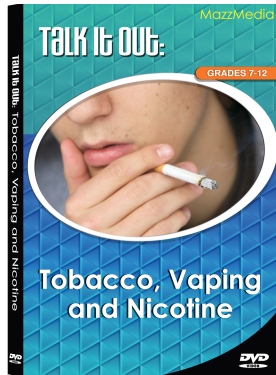
Dealing with Addiction

<http://kidshealth.org/en/teens/addictions.html?ref=search>

Related Materials from

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