

Smoking Information

Lesson Goal: To teach children of the bad effects of smoking at a level that is understandable and more applicable to someone of a younger age.

Points of Emphasis:

- Go over what tobacco is—smoking cigarettes, pipes, and chewing tobacco.
- Talk briefly about nicotine being the addictive part of tobacco and the harmful chemicals/tar which are responsible for much of the bad effects.
- Mention 1200 people die each day due to smoking.
- May want to break up into groups to see what the students already know about smoking
- Be sure to emphasize the obvious deleterious long-term effects that we have learned about in school—heart disease, lung cancer, COPD, asthma exacerbation, etc, and explain what all of these entities are.
- Also discuss problems that will be easier for younger students to grasp, for example:
 - Yellow teeth
 - Bad breath
 - Smelly clothes
 - More colds/coughs
 - DIFFICULTY PLAYING SPORTS
 - Less money
- Students should be encouraged not to start and to help friends quit who may already be smoking.

Adapted from kidshealth.org