

Be Tobacco Free (6-8)

Overview

This program will teach students in grades 6-8 about the importance of having a tobacco free lifestyle. This will be done through discussion and a variety of hands on activities. Students will discover the truth about tobacco with the opportunity to participate in fascinating experiments. These activities are aimed to not only capture their attention but also to create an experience that will stay with them for life.

Objectives

1. To teach students about the importance of living a tobacco free lifestyle.
2. To provide students with a different type of learning experience in order to make an impact on their lives.

Estimated Time

45 minutes to 1 hour

DOE Standards

SCIENCE

Standard 1: The Scientific Process: SCIENTIFIC INVESTIGATION: Discover, invent and investigate using the skills necessary to engage in the scientific process

HEALTH

Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention

Standard 3: SELF: MANAGEMENT: Practice health: enhancing behaviors and reduce health risks

DOE Benchmarks

6-8.1.5- Describe short and long-term effects and consequences of tobacco product use

6-8.1.8- Describe the body system functions, how they interact with each other, and how they are impacted by healthy behaviors

6-8.1.9- Identify choices individuals can make to promote or harm their health

6-8.5.2- Use effective behaviors that communicate care, consideration, and respect for self and others

6-8.6.2- Assess health-related decisions for consequences that affect oneself and others

Evaluation

1. Students should be able to explain the harmful effects of tobacco.
2. Students should be able to explain why smoking tobacco is so bad for their body.

Program Outline:

Lesson

I. Supplies

- i. experiment supplies: filterless cigarettes, cotton balls, empty ketchup bottle, large syringe, tape, lighter
- ii. Glass jar with 8 ounces of molassas

II. Welcome and Introduction

- i. Begin with questions to test the students and get a feel for what they already know.
 - a. Question: What are cigarettes made of?
Answer: tobacco and also many other substances that are really bad for you.
 - b. Question: Why is smoking cigarettes really bad for you?
Answer: It is bad for your lungs but also your teeth, skin and many other parts of your body.

III. Lecture/discussion of material

- i. Question: Does anyone know what tar is?
 - it is the sticky black stuff that the roads are made out of. Tar coats your lungs and makes it hard to breath.
- ii. Question: Does anyone want to guess how many miles of highway can be paved with the amount of cigarettes sold in the United States each year?
 - 455,670 miles!! Unbelievable!
- iii. Question: Does anyone want to guess how many poisonous substances are found in cigarettes?
 - more than 4,000
 - here are a few examples (show poster)
 - a. Can you believe that there is tar in cigarettes?
 - b. Does anyone want to see how much tar is in one cigarette?

IV. Activity

- i. Purpose: To demonstrate the amount of tar that can accumulate from one or more cigarettes.
- ii. Procedure:
 - a. Stuff cotton balls into the end of the ketchup bottle
 - b. Tape an unfiltered cigarette onto the end of the ketchup bottle.
 - c. Light the cigarette and draw the smoke back through the cotton balls by pulling back on the syringe or by squeezing the bottle.
 - d. Examine the tar accumulation by looking, smelling and touching.
- iii. Discussion
 - a. Not all the tar in the cigarette was caught. That means that a lot more goes into the lungs of a person who smokes.

- b. Everyone smell the inside of the ketchup bottle. Does it smell bad? That is how bad someone's breath will smell after they smoke.
 - d. That much tar is only from one cigarette. How much do you think would accumulate in the lungs after one year? Does anyone want to see?
- iv. Tar Accumulation After One Year
- a. Show a clear jar with 8 ounces of molasses in it.
 - b. That is how much is in a smokers lungs after only one year. Image if the person smoked for their whole life?
 - v. Imagine that you have smoked for years and all that tar is caught in your lungs. Do you think it would be hard to breathe? What about it you were playing a sport or running? Would it be harder? Have students wear some kind of mask or mouth covering to represent the tar clogging their lungs. Have them run or play a sport and see if it was more difficult (be careful to watch children to not strain themselves and stop them if they have difficulty, especially if asthmatic)

V. Evaluation, Reflection and Handouts

- i. Evaluation
 - a. Can anyone name a part of the body besides the lungs that cigarettes can hurt?
 - b. Why is smoking so bad for you?
 - c. How can cigarettes harm people who aren't smoking?
 - d. Why and how is the government involved in smoking and cigarettes?
- ii. Reflection
 - a. After the experiment we did, do you think cigarettes are worse for you than you did before?
 - b. Was anyone surprised to see how much tar is in one cigarette?
- iii. Handouts