

Activity: Session 7 TOBACCO

Objective: Help participants understand the harmful effects of tobacco on the body and one's appearance.

Materials Needed

- True/False Signs
- "Tobacco Challenge" Questions (attached)

Sign In and Welcome

Mentors and protégés should sign in together as they come in

Group Activity: "Tobacco Challenge" (see attached)

- Put up [True] and [False] signs at opposite ends of the room.
- Explain that today we are going to test our knowledge about tobacco. We are going to read a number of statements.
- If you think the statement is a false or untrue go stand by the [False] sign. If you think it is true go stand by the [True] sign. Be prepared to explain your answer.

One-on-One Time

First, brainstorm and discuss reasons not to smoke. (Examples: Can get in trouble with parents, it makes you smell bad, it ruins your teeth, it costs a lot of money, because you want to be healthy, etc.)

Next, using those ideas create a 20-30 second commercial or skit that promotes others not to choose to use tobacco. Use any props in the room and be prepared to "air" your commercial for the group.

Wrap Up Discussion

Allow each mentor/protégé team time to show their commercial.

Closure

Ask if there are any final questions and thank everyone for their participation.

Optional Activities/Discussions

Optional Group Activity #1: "Tobacco Relay Race"

Materials Needed:

- 4 - 6ft lengths of string or yarn
- 4 small paper "Dixie" cups with small holes poked in the middle
- 20 straws

Objective: This game demonstrates the effects that smoking has on the lungs

Directions: Split the group into 4 teams. Give each team a length of string, a Dixie cup (with holes poked in the middle) and straws for everyone. Run the string through the hole in the Dixie cup and have two members of each team hold the opposite ends of the string tight.

Each team's objective is to blow into the Dixie cup and move it from one end of the string to the other and back. Then the next person will do the same until all members of the team have had a turn. The catch is they must blow through the straw to move the cup. The first team to complete the relay wins. Start the game.

Congratulate the winners. Now have teams play the game exactly the same, except this time they do not have to use the straws to blow the cup.

Debrief the game:

- Was it more difficult to blow the cup when you had to use the straw?
- What do you think the game is demonstrating?
Explain this is how many people who smoke and suffer from emphysema describe how it feels to breathe. The effects of smoking can damage your lungs and make you feel as though you are always breathing through a straw.
- What types of activities would be affected by not being able to breathe well?
(Example: Running, swimming, climbing stairs, playing ball, dancing, etc.)

Optional Activities/Discussions (continued)

Optional Group Activity #2: How Smoking Affects the Body

Materials Needed:

- 5 - five foot pieces of butcher paper
- Markers for everyone

Directions: Split the group into teams of 4 (two protégés and two mentors). Have one protégé lay on the butcher paper while the other members trace around their body. *Be very careful not to get ink on clothing.* Using the traced figure, draw all the effects that using tobacco (smoking or chewing) has on the body. Allow each team to show their drawing and explain what they drew.

Examples:

- Smelly hair/clothing
- Yellow teeth
- Burnt lungs
- Bad Breat h
- Yellow fingernails
- No money in their pockets

Tobacco Challenge Questions

1. Holding an average size dip or chew in your mouth for 30 seconds gives you the same amount of nicotine as smoking 4 cigarettes.
Answer: True
2. A pack-a-day smoker deposits one cup of coal tar tobacco in his/her lungs every year.
Answer: False
Pack-a-day smokers actually deposit a quart of coal tar in their lungs every year.
3. The tobacco industry spends \$2 million on tobacco advertising every day.
Answer: False
They spend over \$7 million every day on tobacco advertising.
4. Ninety percent of smokers start before the age of 20.
Answer: True
5. It is illegal for anyone to sell tobacco to someone under the age of 18.
Answer: True
6. Smokers have two times as many cavities as non-smokers.
Answer: True
How many of you enjoy going to the dentist to have cavities filled?
7. Twenty-five percent (25%) of smokers between the ages of 18 and 29 say that they would like to quit.
Answer: False
Actually, 68% say they would like to quit smoking.
8. Smoking ages the skin and speeds up the aging the process.
Answer: True
Nicotine constricts the blood vessels that bring oxygen and warmth to all parts of the body. Without the right amount of oxygen, skin ages faster and is usually colder.
9. A person who smokes may as well keep on smoking because the bad effects of smoking don't go away after you quit.
Answer: False
The bad effects of smoking begin to reverse as soon as you quit, and the longer you go without using tobacco the more the body repairs itself.
10. If you smoke low tar or "natural" cigarettes you don't really need to worry about health problems.
Answer: False
There is no such thing as a safe cigarette. Low tar cigarettes often produce higher levels of chemicals such as carbon monoxide. Also, to get the same amount of nicotine smokers are accustomed to, some smokers inhale deeper and more frequently.