

Tobacco Lesson

1. Unit Outline:
This lesson would be taught right as an introduction of the tobacco prevention unit.

2. Target Audience & Rational:
6th Grade – Students will need to make health decisions related to their health habits. Smoking is a habit that often begins in early adolescence. Smoking is the number one cause of lung disorders and contributes to the onset of many diseases.

3. Time Allocated:
45 Minutes

4. National Health Educational Standard:

Standard 1: Students will comprehend concepts related to health promotion and disease prevention.

Standard 2: Students will demonstrate the ability to access valid health information and health-promoting products and services.

Standard 3: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Standard 4: Students will analyze the influence of culture, media, technology, and other factors on health.

Standard 7: Students will demonstrate the ability to advocate for personal, family, and community health.

5. Performance Indicator(s):
1:4 describe ways to reduce risks related to adolescent health problems.
2:2 demonstrate the ability to utilize resources from home, school, and community that provide valid health information.
3:1 explain the importance of assuming responsibility for personal health behaviors.
4:2 analyze the how messages from media and other sources influence health behaviors.
7:4 demonstrate the ability to influence and support others in making positive health choices.

6. Impact Objectives:

Knowledge: Students will describe the short-term and long-term effects of tobacco and nicotine on the body.

Affectively: Students will be able to evaluate the chemicals used in cigarettes and predict the harm they can cause.

Skill: Students will be able to explain how choosing not to smoke is the number one prevention against many diseases and death.

6b. Life Skills:

I will be able to practice using skills to refuse tobacco products.

7. Special Challenges and/or Multi Culturally Sensitivity? The lesson is free of demeaning labels and stereotypes and will have cultural equity. The lesson will contain both male and females in traditional and nontraditional roles.

8. Materials Needed(Teaching Aids):

Computer with Internet access with Read Media pre-installed for viewing video clips.

What I Know About Smoking Worksheet

Partner Scavenger Hunt Worksheets

8 Station Handout clues for Scavenger Hunt

Journal Page worksheet for students

9. Content: (Health Education by Telljohann, Symons and Pateman)

Tobacco Prevention – Important Background Information for Teachers

- ✓ Most young persons and adults do not smoke.
- ✓ Laws, rules, and policies regulate the sale and use of tobacco.
- ✓ Tobacco manufactures use various strategies to direct advertisements toward young persons, such as “image” advertising.

Tobacco Prevalence and Cost

- Cigarette smoking is the single most preventable cause of death in the United States today.
- One in every five deaths is tobacco-related.
- Each year, more than 430,000 people die smoking-related illnesses.
- Nine out of ten adult smokers began smoking at or before the age of 18.
- More than 6,000 youth under the age 18 try their first cigarette each day, and more than 3,000 children become regular smokers every day.

Protective Factors for Tobacco Use

- ◆ Stable temperament
- ◆ Strong parent/child bond
- ◆ Bonding to positive social institutions
- ◆ High degree of motivation
- ◆ Good refusal and resistance skills
- ◆ Nontobacco-using parents, siblings, and peers

Risk factors for Tobacco Use

- ◆ Aggressive, impulsive, and shy personality traits
- ◆ Poor academic achievement
- ◆ Ease of availability of tobacco
- ◆ Lack of after-school academic and recreational programs

10. Instructional Strategies:

Focus & Review:

Worksheet (What I know about smoking) – Students will write down what they know that smoking can harm your health in what ways.

My Idea: Discuss and go over students answers to the worksheet.

Guided Practice: “Smoking Scavenger Hunt” Students will be with a partner that I have already assigned by colors. Each set of partners will be given a “Smoking Scavenger Hunt sheet that will be needed for the activity. The color they were given will represent the first station they will start at. Each station will have clues for them to use to find information on smoking for their scavenger hunt. Once they have completed their data at that station they are to move to the next free station to receive information for their next clue. Once they have gathered all their information at all eight stations they are to return back to their seats. Once everyone is done we will discuss the answers and I will collect the worksheet.

Independent Practice:

Show students the animated public service announcements from the PBS Kids Web site Its My Life. Then show clip of the PBS Kids Web site Don't Buy it and have students view public announcements.

Journal Page Worksheet & Project (cartoon animation or commercial advertisement about tobacco prevention)

Closer:

What today did you learn that you did not know when you came into class today? What's one thing that you will take with you when you leave today?

11. Evaluation Procedures

The evaluation will be skill performance using an Analytic Rubric Frame for grading.

- Rubric Frame for Grading

	1 pt	2 pts	3 pts
Cognitive	Students will be able to apply little knowledge of tobacco prevention.	Students will be able to some knowledge of tobacco prevention.	Students will be able to able knowledge of tobacco prevention.
Affective	Students will explain and give 1 example why tobacco prevention is important.	Students will explain and give 2 examples of why tobacco prevention is important.	Students will explain and give 3 examples of why tobacco prevention is important.
Psychomotor	Students will be able to support their knowledge of tobacco prevention by demonstration one example they learned today.	Students will be able to support their knowledge of tobacco prevention by demonstration two examples they learned today.	Students will be able to support their knowledge of tobacco prevention by demonstration three examples they learned today.

12. Technology & Other Media: Computer and Internet

13. Internet Sources:

In the Mix - http://www.pbs.org/inthemix/smoking_index.html

Campaign for Tobacco Free Kids - <http://www.tobaccofreekids.org/>

Great American Smokeout - http://www.cancer.org/docroot/PED/ped_10_4.asp

Teen Tobacco Stats - <http://www.stat.org/>

It's My Life – <http://pbskids.org/itsmylife/index.html>