

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

Day 1:

- -Anonymous Student Survey
- -The Dangers of Tobacco
- -Videos
- -How Smoking Affects Your Body: Discuss Chronic Bronchitis, and Emphysema
- -“Inhaling From Just One Cigarette Can Lead to Nicotine Addiction”

Day 2:

- -Dangers of Chewing Tobacco
- -e-cigarettes and the dangers of vaping PowerPoint
- -"Texas 15-year old's death is youngest vaping lung injury fatality in the U.S."
- -Centers for Disease Control Vaping Information
- -"Why is Vaping Bad for You" video.
- -Videos

Day 3:

- -Cancer Information
- -"C-A-N-C-E-R" Warning Signs
- -“Quit Brochures”
- -Videos

Day 4:

- -Second-Hand Smoke
- -Affects on Pregnant Smokers
- - \$ Spent on Cigarettes
- -State Laws
- -Work on "Quit Brochures"
- -"Tips to Quit Smoking" Handout

Day 5:

- -"Ad Appeals" to Learn What Appeals Advertisers Use
- -Marketing Psychology: Interactive Activity where Students Analyze 15 ads
 - A 30-slide Guess the Ad PowerPoint Presentation
- -Video
- -"Tobacco Unit Test"

Day 6:

- -The Brain and Habits
- -Why Tobacco is so Hard to Quit!
- -"Habits Survey"
- -"Cleansing a Bad Habit"

Day 7:

- -More on Habits and Addition
- -"Adding a Healthy Habit" Worksheets"
- -"Support Your Peers Calendar"

Day 8 and 9:

- -“Tobacco Packs” Media Literacy Art Project”: FUN!! Students become tobacco advertisers and design a cover for a cigarette pack using at least one ad appeal.
- My students really enjoy this unit, and they always come up with some of the most creative and funny cigarette packs for the media literacy project!

Day 10+:

- -NEW VAPING NEWSLETTER PROJECT! Students Create "Dangers of Vaping Newsletters" using articles and template provided.