

Health Education Today Preview:

-Tobacco Unit -

TOBACCO



High School Health Unit

National Board-Certified Teachers
with Masters of Education Degrees
and 60+ years of experience teaching
K-12 PE & Health, with collegiate
athletic and coaching experience!

Experience
is the best
teacher!

Created by
Master Teachers!



A family of
educators,
for educators.



Health Education Today

WHY CHOOSE HEALTH EDUCATION TODAY?

Skills

- To help your teens acquire skills and wisdom to be above unhealthy influences.

Content

- To have relevant, inspiring, standards-based and medically accurate lessons.

Ease of Use

- For an editable program where you can choose to print or work online; using step-by-step directions and PowerPoints for visual student lessons!

The Program Meets Health Standards:

Aligned to National, Common Core, and State Standards!

Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects ELA College and Career Anchor Standards https://learning.ccsso.org/common-core-state-standards-initiative		
	Writing Grades 9/10	ELA College and Career Anchor Standards for Writing
1	Write arguments focused on discipline-specific content.	Write arguments to support claims in an analysis of substantive topics or texts using valid reasoning and relevant and sufficient evidence.
2	Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.	Write informative/explanatory texts to examine and convey complex ideas and information clearly and accurately through the effective selection, organization, and analysis of content.
3	Incorporate narrative elements effectively into arguments and informative/ explanatory texts. <i>Note: Students' narrative skills continue to grow in these grades. The Standards require that students be able to incorporate narrative elements effectively into arguments and informative/explanatory texts. In history/social studies, students must be able to incorporate narrative accounts into their analyses of individuals or events of historical import. In science and technical subjects, students must be able to write precise enough descriptions of the step-by-step procedures they use in their investigations or technical work that others can replicate them and (possibly) reach the same results.</i>	Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details and well-structured event sequences.



Real Teachers' Reviews endorse This program:

"I love how this is organized and easy to use. It is also differentiated and is perfect for a substitute to use if you are out for a few days. Thank you!"

"Very detailed and informative! I like the range of activities ranging through readings to art activities. Students were always engaged. Thank you!"

"Much time and thought was put into this curriculum."

"Loved using this resource with my at-risk students."

"Another great resource."



File Organization:

< > TOBACCO UNIT HS	
Name	
	00 Welcome Letter
	01 Tobacco Unit Teacher Directions
	01 Tobacco Unit Teacher Directions PDF
	02 Tobacco Unit POWERPOINT VERSION
	03 Tobacco Unit ONLINE VERSION
	04 Tobacco Unit PDF VERSION
> 	05 Supplemental Materials



< > 05 Supplemental Materials	
Name	
	01 Tobacco Unit Google Drive Master List
> 	02 Standards + Learning Targets
✓ 	03 Extra Large Docs
	Anon Teen Survey and Tally.docx
	Anon Teen Survey and Tally.pdf
	Art Project Rubric.pdf
	Brochures Instructions.docx
	Brochures Instructions.pdf
	Dangers of Dabbing.docx
	Dangers of Dabbing.pdf
	Generic Worksheets Teens.pptx
> 	Substance Packet
	Tips to Quit Smoking.docx
	Tips to Quit Smoking.pdf
	Tobacco Packet Only Key.docx
	Tobacco Packet Only Key.pdf
	Tobacco Packet Only.docx
	Tobacco Packet Only.pdf
✓ 	04 Additional PowerPoint
	01 Habits POWERPOINT VERSION
	05 Previews of Additional Curriculum

***Editable in Word and Google Slides!**

Standards: Beginning each lesson

Day 1 + 2: Tobacco Dangers

**Washington
State
Standards**

**Common
Core
Standards**

**Content
Learning
Target**

**Your
Own State
Standards**

**National
Health
Standards**

**Materials
Needed**

**Behavioral
Learning
Target**

WA State Standards Met: Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS Analyze prevention, lifestyle factors, and treatment of communicable and non-communicable diseases. H2.W2.HSa Analyze why individuals choose to use or not use substances. H1.Su1.HSa Analyze how addiction and dependency impact individuals, families, and society. H1.Su2.HSb Analyze prevention, lifestyle factors, and treatment of communicable and non-communicable diseases. H2.W2.HSa		My State Standards Met:
National Standards Met: 1.12.1, 1.12.4, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.3, 2.12.4, 2.12.5, 2.12.7, 2.12.8, 2.12.9, 4.12.2, 4.12.4, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 6.12.1, 7.12.1, 7.12.2, 7.12.3, 8.12.1, 8.12.2, 8.12.3, 8.12.4		
Common Core Standards Met: Reading / Writing		
Materials Needed:		
PowerPoint	- "Tobacco PowerPoint"	- In folder
Packet	- "Tobacco Packet" -Puzzles -3 Tobacco Articles	-Print 1 for each -Print Puzzle 1 for half of your students and Puzzle 2 for the other half (It's on the PowerPoint or in the "5. Docs for Teachers" folder!) -Print 1 class set so each student has 1 article
Printed Materials	-None today besides "Tobacco Packet"	
Optional:		
Video	Several options-see below	
Learning Target	Content: I will learn the many dangers of tobacco.	Behavioral: I will not use tobacco, or I'll try hard to quit if I do use.
Exit Task	-Fill out "Success Criteria Sheet." -Have each one say a different way tobacco is dangerous for you. See if you can go through everyone without repeating a reason! -Ask Students as they leave class if they have someone they wish would quit using tobacco?	
Assessment	-"Tobacco Packet" will be turned in and graded. -The "Puzzles" can be turned in or checked off.	

**Optional:
Lesson
Assessment**

**Optional:
Exit Task**

Easy to Navigate “Table of Contents”:

Links to
each
lesson
document!

Daily
Lesson
Topics

Weekly
Homework

Common
Core
Standards

National
Standards

WA
State
Standards

Fill in
Your
State
Standards

TOBACCO UNIT	Lesson Titles: <i>Click on the lesson title to be linked to the page</i>	<u>HOMEWORK</u> Click on “Day” it’s listed in to see directions	Comm on Core Stand- ards Met:	National Health Standards Met:	Washington Health Standards Met:	Add Your State Standards Here:
Tobacco-Day 1 + 2	-The dangers of tobacco -<>Video -3 Articles and a Puzzle Activity			1.12.1, 1.12.4, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.3, 2.12.4, 2.12.5, 2.12.7, 2.12.8, 2.12.9, 4.12.2, 4.12.4, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 6.12.1, 7.12.1, 7.12.2, 7.12.3, 8.12.1, 8.12.2, 8.12.3, 8.12.4	H1.W1.HS, H2.W2.HSa, H3.Su1.HSa, H1.Su2.HSb, H2.W2.HSa	
Tobacco-Day 3 + 4	-Chewing Tobacco -Cigar and pipe dangers -e-cigarettes” -“Quit Brochures” -<>Videos		R 2 R 3 R 7 W 3 W 7 W 9 ELA	1.12.1, 1.12.4, 1.12.7, 1.12.8, 1.12.9, 2.12.1, 2.12.3, 2.12.4, 2.12.5, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 3.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5, 4.12.2, 4.12.4, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6,	H1.W1.HS, H2.W2.HSa, H1.Su1.HSa, H3.Su1.HSa, H1.Su2.HSb, H3.Su4.HS, H2.W2.HSa	

Step-by-step Teacher Directions



Your Lesson Planning is Done!

PRINT & ONLINE.

GOOGLE + MICROSOFT + ADOBE +
YOUTUBE + MORE!



PowerPoints
walk you through
the lessons



Teacher Directions: Lead You Through the Lessons PowerPoint.

Step-By-Step Teacher Directions follow PowerPoint slides to make teaching this unit easy!

Day 1 + 2: Tobacco Dangers

WA State Standards Met: Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS Analyze prevention, lifestyle factors, and treatment of communicable and non-communicable diseases. H2.W2.HSa Analyze why individuals choose to use or not use substances. H1.Su1.HSa Analyze how addiction and dependency impact individuals, families, and society. H1.Su2.HSb Analyze prevention, lifestyle factors, and treatment of communicable and non-communicable diseases. H2.W2.HSa	My State Standards Met:	
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Common Core Standards Met: Reading / Writing		
Materials Needed:		
PowerPoint	- "Tobacco PowerPoint"	- <i>In folder</i>
Packet	- "Tobacco Packet"	- <i>Print 1 for each</i>
	- Puzzles	- <i>Print Puzzle 1 for half of your students and Puzzle 2 for the other half (It's on the PowerPoint or in the "5. Docs for Teachers" folder!)</i>
	- 3 Tobacco Articles	- <i>Print 1 class set so each student has 1 article</i>
Printed Materials	- None today besides "Tobacco Packet"	
Optional:		
Video	Several options-see below	
Learning Target	Content: I will learn the many dangers of tobacco.	Behavioral: I will not use tobacco, or I'll try hard to quit if I do use.
Exit Task	- Fill out "Success Criteria Sheet." - Have each one say a different way tobacco is dangerous for you. See if you can go through everyone without repeating a reason! - Ask Students as they leave class if they have someone they wish would quit using tobacco?	
Assessment	- "Tobacco Packet" will be turned in and graded. - The "Puzzles" can be turned in or checked off.	

1. DAY 1: This is a place marker for you.

2. TOBACCO DANGERS: Put this slide up as you hand out to students the "Tobacco Packet" and have them write down any notes in red font. You can talk about each slide as they take notes.

3. IT DAMAGES EVERY ORGAN x 4 SLIDES: Show and discuss info on each slide. Ask students if they have seen any of these effects in people they know.

4. PHYSICAL DANGERS #1 and MORE TWINS: Discuss as students take notes. You will be pointing out the 3 biggest dangers of tobacco: 1) Nicotine, 2) Carbon Monoxide, and 3) Tar

Tobacco Dangers:

Smoking kills you.

Smoking is the #1 preventable cause of death in the United States. *

The Top 4 Causes of Death in U.S. are all Related to Smoking:

1. Diseases of heart
2. Cancer
3. Strokes
4. Chronic lower respiratory diseases

It damages nearly every organ of the body.*

Smoking damages your heart and your blood circulation, increasing the risk of conditions such as coronary heart disease, heart attack, stroke, peripheral vascular disease (damaged blood vessels) and cerebrovascular disease (damaged arteries that supply blood to your brain).

Risks from Smoking

Fatal Lung Diseases:

It Damages nearly every organ of the body.*

It damages nearly every organ of the body.*

Smoking narrows your arteries, reducing the amount of oxygen-rich blood circulating to your organs, especially your brain.

Smoking increases your risk of having a stroke by at least 50%, which can cause brain damage and death.

Smoker **Non-Smoker**

Daily PowerPoint Slides:



Health Education Today

Tobacco Unit

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Day 1:
Tobacco Unit

Tobacco Dangers:



Smoking kills you.

Smoking is the **#1 preventable cause** of death in the United States. ¹

The Top 4 Causes of Death in U.S. are all Related to Smoking:

1. Diseases of heart
2. Cancer
3. Strokes
4. Chronic lower respiratory diseases

It damages nearly every organ of the body.²

Smoking damages your heart and your blood circulation, increasing the risk of conditions such as coronary heart disease, heart attack, stroke, peripheral vascular disease (damaged blood vessels) and cerebrovascular disease (damaged arteries that supply blood to your brain).



Fatal Lung Diseases:

It Damages nearly every organ of the body.³



It damages nearly every organ of the body.⁴



Smoking narrows your arteries, reducing the amount of oxygen rich blood circulating to your organs—especially your brain.

Smoking increases your risk of having a stroke by at least 100%, which can cause brain damage and death.

It damages nearly every organ of the body.⁵

Not only does smoking damage your skin and cause wrinkles, smoking also rockets skin cancer risk. Pipe and cigarette smokers were in double risk as likely as non-smokers to progress squamous cell carcinoma of the skin.

Physical Dangers of Cigarettes.

Nicotine:

Is highly **addictive** and the high lasts only 1/2 hour.

Constricts blood vessels.

Increases heart rate and blood pressure.

A **tolerance** develops.



It is hard on the skin:

Twins.



Slideshow: Surprising Ways Smoking affects Your Looks and Life

<https://www.youtube.com/watch?v=...>

Physical Dangers of Cigarettes #2:

Carbon Monoxide:

- (Carbon Monoxide causes heart disease).
- Is an odorless, tasteless gas in cigarette smoke.
- Displaces oxygen from blood so less gets to heart, muscles.
- Causes poor circulation and leads to amputations.

Speaker Notes:

Guides you through each PowerPoint/Google Slide.

Physical Dangers of Cigarettes.

Nicotine:

Is highly **addictive** and the high lasts only ½ hour.

Constricts blood vessels.

Increases heart rate and blood pressure.

A **tolerance** develops.



It's very hard
on your skin.

10+11. PHYSICAL DANGERS #1 and MORE TWINS: Discuss as students take notes. You will point out the 3 biggest dangers of tobacco: 1) Nicotine, 2) Carbon Monoxide, and 3) Tar.

A Glimpse into the “Habits + Addictions” Presentation:



1



2



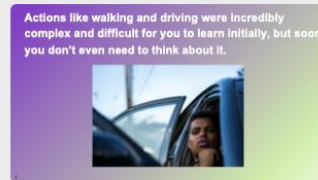
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4



5



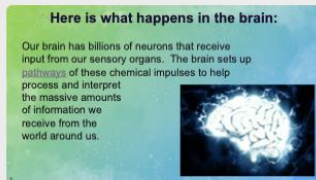
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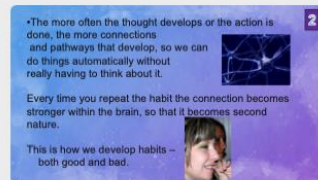
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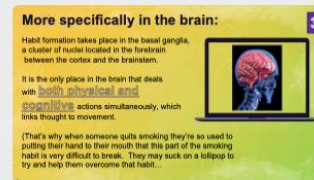
8



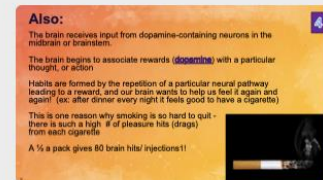
9



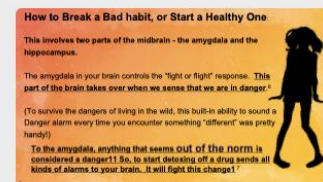
10



11



12



Engaging Lessons
walk you through
with activities



Presentations + Student Documents:
Available on Google Drive/Google Slides

Name: _____ PERIOD: _____

SUBSTANCE USE UNIT: Be above the pressure to use tobacco, alcohol, and drugs

Tobacco

Most people smoke cigarettes compulsively. Very few people can smoke occasionally. So, don't think you'll just be a "casual" smoker!

"Teens who smoke cigarettes are more likely to drink alcohol, + teens who smoke and drink are more likely to use marijuana."

Today, gateway drugs also include inhalants and narcotics (like pills or Oxy)



Marijuana

Alcohol

A child who reaches age 21 without abusing alcohol or using drugs is virtually certain never to do so.

More teens are in treatment with a primary diagnosis of MARIJUANA dependence than for all other illicit drugs combined.

SUBSTANCE USE UNIT: Tobacco - Be above the influence!!

- Smoking is X _____ of death in the United States.
(It causes heart disease, strokes, cancers, emphysema, and Chronic Bronchitis)
- The harmful ingredients of cigarettes are:
 - NICOTINE:
 - is highly X _____ and the high lasts only 1/2 hour
 - X _____ blood vessels
 - Increases heart rate and blood pressure
 - A X _____ develops
 - CARBON MONOXIDE:
 - Is an odorless, tasteless gas in cigarette X _____
 - Displaces X _____ from blood so less gets to heart, muscles
 - Causes poor circulation and
 - Leads to X _____

Thank You
For Not
Smoking



***SUMMARY OF ALCOHOL RISKS FOR TEENS*:**

<u> X </u>	<u> X </u>	<u> X </u>
<u> X </u>	<u> X </u>	<u> X </u>
<u> X </u>	<u> X </u>	<u> X </u>
<u> X </u>	<u> X </u>	<u> X </u>

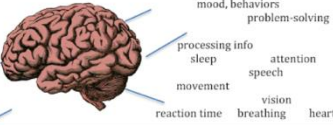
How to resist peer pressures to drink alcohol: - Have the courage to say _____,
 drink something else, choose _____,
 avoid situations where _____, + have fun _____



FAS: X _____ Syndrome is caused by less
 X _____ to the baby. It can cause birth defects, low birth weight,
 miscarriages and stillbirths. No amount of alcohol during pregnancy is _____!!!!

← ————— →

How drugs affect the brain – your most precious body organ!



The most development of the frontal lobe (which controls rational thinking, reasoning, emotions, decisions, memory, and personality) is between the ages of X and X . Are you allowing drugs to hinder this important development ???... A teen who uses drugs X his or her brain, and that in turn changes their emotions, personality and values!

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Name: _____ Period: _____ Date: _____

Title: Cleansing A Bad Habit Calendar Check Off

Write the habit you want to break here: _____

Give yourself a smiley face or gold star for each day you break your bad habit.

(Remember experts say it usually takes at least 21 days to break a bad habit!)

Sun. _____	Mon. _____	Tues. _____	Wed. _____	Thurs. _____	Fri. _____	Sat. _____

6



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Day 1:

Examples of Daily Lessons:

Anonymous Health Survey - TALLY SHEET

Per: _____

1. How would you rate your self-esteem (how you feel about yourself)?

really good _____

pretty good _____

O.K. _____

sort of low _____

really low _____

2. Have you ever smoked?

Yes _____

No _____

3. Do you have a friend who smokes?

Yes _____

No _____

SUBSTANCE USE UNIT: Tobacco - Be above the influence!!

1. Smoking is **#1 preventable cause** of death in the United States (It causes heart disease, strokes, cancers, emphysema, and Chronic Bronchitis)

2. The harmful ingredients of cigarettes are:

NICOTINE:

- is highly **addictive** and the high lasts only 1/2 hour
- **constricts** blood vessels
- increases heart rate and blood pressure
- a **tolerance** develops

CARBON MONOXIDE:

- is an odorless, tasteless gas in cigarette **smoke**
- displaces **oxygen** from blood so less gets to heart, muscles

Thank You
For Not
Smoking



Tobacco Unit

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It damages nearly every organ of the body:²

Smoking narrows your arteries, reducing the amount of oxygen rich blood circulating to your organs-especially your brain.

Smoking increases your risk of having a stroke by at least 50%, which can cause brain damage and death.



-Anonymous Student Survey

-The Dangers of Tobacco

-How Smoking Affects Your Body: Discuss Chronic Bronchitis, and Emphysema

-“Inhaling From Just One Cigarette Can Lead to Nicotine Addiction”

Day 2:

Is vaping safe? No. The verdict is in...



<https://www.cnn.com/2020/01/09/health/cdc-vaping-lung-injury-evail-teen-update-tn/index.html>
<https://www.cnn.com/2019/07/25/opinions/vaping-epidemic-is-a-major-public-health-threat-tyler-lowe/index.html>

Vaping Laws:

<https://www.nytimes.com/2020/01/31/health/vaping-flavors-disposable.html>
<https://vaping360.com/learn/countries-where-vaping-is-banned-illegal/>
<https://www.nytimes.com/2020/01/31/health/vaping-flavors-disposable.html>



<https://www.webmd.com/smoking-cessation/ss/slideshow-vaping-body-effects>



Harvard Health Publishing
HARVARD MEDICAL SCHOOL

Trusted advice for a healthier life

<https://www.health.harvard.edu/>

ARTICLE 2: E-cigarettes: Good news, bad news

<https://www.health.harvard.edu/blog/electronic-cigarettes-good-news-bad-news-2016072510018>

POSTED JULY 25, 2016, 9:30 AM



John Ross, MD, FIDSA
Contributing Editor

Americans are confused about electronic cigarettes. A recent poll showed that the public was about evenly split between those who thought that electronic cigarettes, or e-cigarettes, were less harmful than conventional cigarettes, and those who believed that e-cigarettes were as bad as or worse than regular cigarettes.



Unfortunately, there is no long-term safety data about e-cigarettes. What information we do have suggests that e-cigarettes have a complex mix of potential harms and benefits.

E-cigarettes: Less deadly than regular cigarettes

First, the good news: e-cigarettes are almost certainly less lethal than conventional cigarettes. Cigarette smoking is a uniquely dangerous addiction. In fact, cigarettes might be the only consumer product that kills when used as directed. Cigarettes are the number one cause of preventable death in the United States, killing 480,000 people every year. That's more deaths than HIV, heroin, methamphetamine, cocaine, alcohol, motor vehicle accidents, and firearms combined.

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



Day 3:

7 Signs of Cancer: **cancer**

(as designated by the American Cancer Society)

<<http://www.webmd.com/cancer/understanding-cancer-symptoms>>

CAUTION:

C hange in bowel or bladder habits.

A sore that does not heal.

U nusual bleeding or discharge.

T hickening or lump in the breast, testicles, or elsewhere.

I ndigestion or difficulty swallowing.

O bvious change in the size, color, shape, or thickness of a wart, mole, or mouth sore.

N agging cough or hoarseness.

Work on Quit Tobacco Brochures:



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

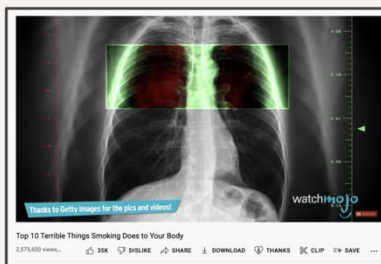
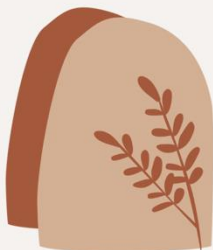
Day 4:

Why Is Tobacco Legal?

32 billion was made by “British American Tobacco Company, and nearly 30 billion U.S. dollars in sales was made by “Philip Morris International” among tobacco companies around the world in 2019.



Video:



<https://www.youtube.com/watch?v=Ux-b89laPU>

QUITTING TOBACCO BROCHURE DIRECTIONS*:

- Each student will make his/her own brochure. If you know someone who smokes and you'd like to encourage that person to quit make the brochure for them (tailor it to their lifestyle and habits and what you think will help them the most)
- The brochure has 6 sections total, including:
 - A **title** on the front (which will be section #6 if done in the computer lab) with your **name** and class **period**
 - Resources to help with quitting**
 - A narrative paragraph presenting the argument that tobacco is bad for you and why anyone who uses, should quit
 - The other sections can be filled with any of the following information:
 - 1. Why is Tobacco Bad For You?
 - 2. Why Should You Quit?
 - 3. Why is Quitting So Difficult?
 - 4. How to Prepare to Quit
 - 5. Tips for Successful Quitting
 - 6. Managing Cravings
 - 7. Medications That Help
 - 8. Resources
 - 9. How to Stick With It
 - 10. Chew Gums

1. Narrative Paragraph	2. Your Choice of Info	3. Your Choice of Info
4. Your Choice of Info	5. Quit Tips	TITLE PAGE

Brochure Directions:

- Open a Word document. Go to "File" "Page Setup" and turn paper sideways
- For tools go to "View" and click on "Formatting Palette." Also click on "Toolbars" and "Drawing"
- Go to "Format" across the top and click on "Document". Put Top, Bottom, Left, and Right all on .5 and click "O.K."
- Go to "Format" across the top and click on "Columns".
- Choose 3 columns, and click the box "line between". You can unclick this later before you print. Click "O.K."
- On the page hit return until you have And, Save it:

1. Why is Tobacco Bad For You?:

Tobacco and Disease - Tobacco use causes:

Cancer
Heart disease
Lung diseases (including emphysema, bronchitis, and chronic airway obstruction)*
High blood pressure
Amputations due to poor circulation
Unhealthy, wrinkled skin

Cigarette smoking increases the length of time that people live with a disability by about 2 years.*
For every person who dies from a smoking-related disease, 20 more people suffer with at least one serious illness from smoking.*

Worldwide

Tobacco use causes more than 5 million deaths per year.*
Current trends show that tobacco use will cause more than 8 million deaths annually by 2030.*
On average, smokers die 13 to 14 years earlier than nonsmokers.*

In the United States

Cigarette smoking is the leading preventable cause of death.*
Cigarette smoking is responsible for about one in five deaths annually, or about 443,000 deaths per year.
An estimated 49,000 of tobacco-related deaths are the result of secondhand smoke exposure.

2. Why You Should Quit?

55555555. To figure how much you are spending:
 $\text{Price of pack} \times \text{\# of packs smoked per day} \times 365 = \text{\$ of years smoked} = \text{_____}$
- Think about how much money you'll save by not buying cigarettes
- Think about the time you'll have for yourself instead of taking cigarette breaks, rushing out to buy a pack, or searching for a light
- Think about Not being short of breath or coughing as much
- You can set a better example for your children (if you are a parent)

More reasons to quit:

“Quitting Tobacco (and Vaping) Brochures”

33 links to FREE videos

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

Day 5:

NEW The discovery of a German Doctor has revolutionized the field of weight loss !.

LOSE WEIGHT FAST AS YOU WALK

SEE HOW DOCTOR METZ' SLIMMING SOLES CAN MAKE YOU LOSE OVER 15 LBS WITHOUT THE SLIGHTEST EFFORT !

...and without dieting

You walk all the time... When you go shopping, at home, at work... Well did you know that just by walking, you can lose over 15 lbs without any diet or without doing any extra exercise ? And that's what Dr. Robert Metz, a German weight loss expert and inventor of the first Slimming Soles, has discovered !

Here is the secret !

PRINCIPLES OF REFLEXOLOGY
STIMULATING SPECIFIC POINTS ON THE SOLE OF THE FEET



Left sole left foot sole right foot sole right sole

Dr. Robert Metz, weight loss expert

GUARANTEE
In asking to use Dr. Metz' Slimming Soles on a trial basis, you are not taking any risk except to give your feet, day after day, becoming healthier.

* These points "force" your body to get rid of its surplus fat.
* These points can make you lose **OVER 15 LBS** in just 6 weeks without dieting or doing any extra exercise !

After 6 weeks, you should have already lost between 13 to 16 lbs (as proven by our results). You will have found a new zest for life, a new energy. You will

6 weeks to lose 15 lbs.

COUPON TO LOSE 16 LBS NO EFFORT!
return quickly to: BODYWELL U.S.A.

- "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"

Name: _____ Period: _____ Date: _____

Title: Tobacco Quiz

Write 1 thing that is important in your life. Then list 3 ways using tobacco use could put that thing at risk.



- _____
- _____
- _____
- _____
- _____
- _____

List 2 dangers of tobacco:

Give 1 tip for someone who doesn't want secondhand smoke danger but who lives in a house with a smoker.

- _____

True or False: Smoking is the #1 cause of preventable death in the U.S.?

8. True or False? _____

9. Tell why chew is no safer than cigarettes:

Day 6+7:

ADDING A HEALTHY HABIT - Name: _____

Per: _____ Date: _____

Write the healthy habit you want add here: _____

1. Why do you want to add this habit? What benefits would t

2. How often do you want to do this habit per day or per week

Name: _____ Per: _____ Date: _____

A **Habit** applies to a behavior or practice so ingrained that it is often done without conscious thought. adapted from: <http://answers.google.com/answers/threadview/id/726515.html>

Mark any BAD HABITS you feel you have:

- ___ arguing
- ___ begging
- ___ being aggressive
- ___ being a hypochondriac (always think you're sick)
- ___ being annoying
- ___ being anxious (nervous)
- ___ being arrogant (proud, snobby)
- ___ being critical of others, making fun of people
- ___ being jealous
- ___ being late
- ___ being lazy
- ___ being loud
- ___ being selfish
- ___ being shy
- ___ blowing your nose
- ___ borrowing and not returning items
- ___ bragging
- ___ bulimia (pigging out eating, then throwing up)
- ___ bullying
- ___ burping
- ___ chewing gum
- ___ chewing or biting your fingernails
- ___ chewing with your mouth open
- ___ complaining
- ___ coughing
- ___ cracking your knuckles
- ___ cutting (self-mutilation)
- ___ drinking soft drinks
- ___ eating chocolate
- ___ eating junk foods
- ___ eating sugar
- ___ eating sunflower seeds
- ___ eating too fast
- ___ eating too much
- ___ excessive cleaning
- ___ excessive throat clearing
- ___ fidgeting (shaking foot, etc.)
- ___ finishing people's sentences
- ___ gambling



BREAK HABITS

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Tobacco Dangers:



"SUPPORT YOUR PEERS" CLASSROOM CALENDAR:

(Remember experts say it usually takes at least 21 days to break a bad habit!)

Directions: Give yourself a smiley face/gold star if you had success the previous day with your habit:

WEEK 1:					
Period/ Name/ Habit:	Sun. ____	Mon. ____	Tues. ____	Wed. ____	Thurs. ____
____ Name and habit to break or add:					
____ Name and habit to break or add:					
____ Name and habit to break or add:					

BREAKING A BAD HABIT - Name: EXAMPLE

Per: **0** Date: **1/1/11**

Write the habit you want to break here: **biting my fingernails**

1. Why do you keep repeating this habit or why did you start it in the first place?

nervous habit, don't know I'm doing it

don't like my nails long

don't know when I started it

2. What are some negative consequences of your habit?

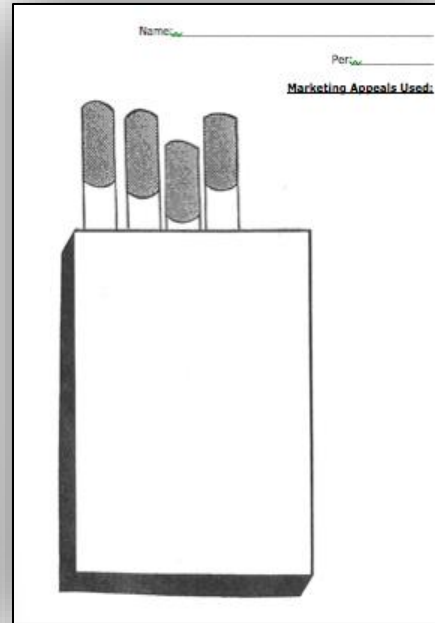
ugly nails

so short sometimes they bleed or hurt

looks bad

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

Day 8+9:



A Student Favorite!!

Art Project Grading Rubric: NAME: _____		Per: _____			
Your Score:		A 4 points	B 3 points	C 2 points	D or F 1 point
____/4	Content, Accuracy and Relevance	*Understanding of topic is very evident and message is very clear and positive.	Understanding is partially clear and message is somewhat clear and relevant.	Understanding is unclear or the message isn't clear or relevant.	Understanding is unclear and message is incorrect or negative.
____/4	Graphics: photos, pictures, and/or wording	*Graphics are very creatively displayed.	Graphics are somewhat creatively displayed.	Graphics are a bit creative.	Lacking creative graphics.
____/4	Attractiveness	*Looks really good in design, layout, and neatness.	Looks good in design, layout and neatness.	Is acceptably attractive though it may be a bit messy.	Is messy or poorly designed, seems time was not taken to complete it.
____/4	Grammar	*No grammatical mistakes. (Spelling)	Just one or two grammatical mistakes. (Spelling)	Several grammatical mistakes. (Spelling)	There are many grammatical mistakes. (Spelling)
____/	16/16 = A 15/16 = A- 14/16 = B 13/16 = B-	12/16 = C 11/16 = D+ 10/16 = D- 9/16 = F			

“Tobacco Packs” Media Literacy Art Project”

Day 10+:

Helping Teens Be Above Unhealthy Influences
Published by Health Education Today, Inc.

Volume 2 - April '14

The False Face of E-Cigarettes:

"E-Cigs": 1

E-cigarettes are often touted as helping smokers quit, but research has found them no more successful than any other smoking cessation programs, so the FDA forbids tobacco companies from making that claim.

The evidence is increasingly clear that e-cigarettes are particularly appealing to children and youth, likely because they, unlike conventional cigarettes, are available in a wide variety of appealing flavors, including fruit, chocolate and candy.



E-cigarettes may be an entry point for youths to begin using more traditional tobacco products, including cigarettes. It's imperative that we keep the tobacco industry from addicting yet another generation of smokers.

TO READ MORE:

<http://newsroom.heart.org/news/don't-act-now-on-e-cigarettes-says-american-heart-association>

E-Cigarettes: What Teens Should Know

Hot off the press! - On April 3rd, 2014 - The C.D.C reports "Liquid Nicotine in E-Cigarettes Rising Cause of Poisonings." Calls related to poisoning the liquid nicotine used in these devices were running at a rate of roughly a month in 2010, but jumped to 215 in February of this year, according to U.S. Centers for Disease Control and Prevention.

Even more troubling is that more than half (51 percent) of the poison involved children aged 5 and younger. Liquid nicotine is toxic.



"There are other toxic chemicals in the vapor as well as ultrafine particles, that likely have cardio-vascular effects." 10 of these chemicals are on California Proposition 65 (required to carry a warning message that it's known to cause cancer, birth defects and other reproductive harm).

Just What are E-Cigarettes?

The electronic cigarette was invented in the 1960s, but it didn't really take off until a decade ago. Currently, there are more than 250 brands of e-cigarettes available, and they've generated a billion dollars in sales! E-cigarette batteries operated nicotine inhalers that consist of a rechargeable lithium battery, a cartridge called a cartomizer and an LED that lights up at the end. A puff on the e-cigarette to simulate the burn of a tobacco cigarette. The cartomizer is filled with an e-liquid that typically contains the chemical propylene glycol along with nicotine, flavoring and other additives.

Teach Health?

Check out my full semester curriculum at: <http://www.teachhealth.com/curriculum>



Are E-Cigarettes "Safe" (or "Safer") than Cigarettes?

E-cigarettes do not contain leaf tobacco and they do not burn. As described by CDC, they are battery-powered devices that provide inhaled doses of nicotine vapor and flavorings. **THEY DO CONTAIN NICOTINE, BUT DO NOT CONTAIN CARBON MONOXIDE OR TAR.**

The jury is out. The phenomenon of vaping is so new that science has barely had a chance to catch up on questions of safety. The most widely publicized study...concluded the devices did contain trace elements of hazardous compounds, including a chemical which is the main ingredient found in antifreeze. But...the FDA report found nine contaminants versus the 11,000 contained in a tobacco cigarette and noted that the level of toxicity was shown to be far lower than those of tobacco cigarettes. However, because e-cigarettes remain unregulated, it's impossible to draw conclusions about all the brands based on an analysis of two.

"To say all e-cigarettes are safe because a few have been shown to contain fewer toxins is troubling," she said. "We also don't know how harmful trace levels can be." Thomas Glynn, the director of science and trends at the American Cancer Society, said there were always risks when one inhaled anything other than fresh, clean air, but he said there was a great likelihood that e-cigarettes would prove considerably less harmful than traditional smokes, at least in the short term. "As for long-term effects, we don't know what happens when you breathe the vapor into the lungs regularly," Glynn said. "No one knows the answer to that."



Email me at:

akealthteacher@gmail.com



TO STUDENTS: Saying e-cigarettes are **SAFE** (because compared to regular cigarettes they don't have carbon monoxide and tar) is like saying a "D" is a good grade because at least it's not an "F."

A "D" is not a good grade, and e-cigarettes are not safe!

1. <http://healthyliving.msn.com/health-wellness/liquid-nicotine-in-e-cigarettes-rising-cause-of-poisonings-04>

2. <https://www.tobacco.ucsf.edu/10-chemicals-identified-so-far-e-cig-vapor-are-california-prop-65-list-carcinogens-and-reproductive>

3. <http://newsroom.heart.org/news/fda-must-act-now-on-e-cigarettes-says-american-heart-association>

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Helping Students Be Above Unhealthy Influences

2

Trends in Health



1

1

4

New Vaping Newsletter Project! Students Create "Dangers Of Vaping Newsletters" Using Articles And Template Provided.

This Program is all about the Students:

- ◆ Classroom “**kid-tested**,” teacher-approved, and full of real student examples and responses.
- ◆ Promotes **high student engagement and interaction**.
- ◆ **Challenges and impacts the mental, emotional, social life of teens.**

Buy it Today, Teach it Tomorrow!



What makes this program unique?

- ◆ This program features highly organized step-by-step teacher directions that follow daily PowerPoints, providing talking points for each slide.
- ◆ **Documents and PowerPoints are editable** to cater to you and your students needs. Documents are included in both **Word and PDF** formats.
- ◆ PowerPoints are full of trending topics, photos, and video links that teens will appreciate.

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