Big Idea/Topic

Why is tobacco harmful to your body?  
What are the harmful effects of alcohol on the body?

Standard Alignment

HE3.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

a. Identify the link between healthy choices and being healthy.

HE3.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

a. Describe how the family influences personal health practices.

b. Identify how peers can influence healthy and unhealthy behaviors.

c. Identify consumer influences.

HE3.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

a. Recognize the importance of assertively refusing pressure to engage in an unhealthy behavior.

HE3.5: Students will demonstrate the ability to use decision-making skills to enhance health.

b. Discuss situations when support is needed when making a health-related decision.

d. Discuss the possible consequences of each choice when making a health-related decision.

HE 3.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

a. Practice healthy behaviors.

HE 3.8: Students will demonstrate the ability to advocate for personal, family, and community health.

a. Share accurate information about a health issue.

b. Encourage others to make positive health choices.
**Connection Standards**

ELAGSE3RL1: Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers

ELAGSE3RI7: Use information gained from illustrations (e.g., maps, photographs) and the words in a text to demonstrate understanding of the text (e.g., where, when, why, and how key events occur).

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**Instructional Design**

*This lesson has a flexible timeline and will cross over several days. This lesson is intended to reach students in a virtual setting, whether plugged or unplugged. See the bottom of the lesson for a list of unplugged supplies.*

**Part 1:** To assess the students’ prior knowledge of tobacco and alcohol, have them complete the KWL sheet below. This will also help the teacher to see what questions the students might have about this subject. Engage in a class discussion about tobacco and alcohol. Questions to ask: What are some of the health problems that smoking can cause? If it’s so bad for your health, why do so many kids do it? Do you know people who have quit smoking? How did they do it? Was it difficult for them? What could you say or do to help someone stop smoking? Who could you ask for help? Do you think some ways would not be helpful to help someone quit?

**Part 2:** Begin the lesson by reviewing the “Smoking Stinks!” article by KidsHealth on [KidsHealth.org/kid/stay_healthy/body/smoking.html](https://kidshealth.org/kid/stay_healthy/body/smoking.html) There is also a video that the students can watch. Then, discuss with the students what they read and/or saw. For an extension, watch the E-Cigarettes and Vaping Video.

**E-Cigarettes and Vaping Video** - [https://www.youtube.com/watch?v=9dZS_Rniak0](https://www.youtube.com/watch?v=9dZS_Rniak0)

Have the students complete the **No Smoking T-Shirt Activity**.

*Unplugged variation –* Have the students read the “Smoking Stinks!” article that is included below.

**Part 3:** Questions to ask before the lesson: Why do you think it’s illegal for anyone to drink alcohol before they’re 21 years old? Although most kids know that alcohol can be bad for their health, some might be tempted to try it anyway.


*Unplugged Variation –* Students can read the printable version of “What Kids Say About Drinking Alcohol” that is included below. Watch the “How Alcohol Affects the Brain” videos at - [https://asklistenlearn.org/kids/](https://asklistenlearn.org/kids/)

**Part 4:** Talk with the students about how their family, peers, culture, media, technology, and other factors can influence their health behaviors.
– Complete Under The Influence Worksheet

**Unplugged Supplies:**
- Health KWL Chart – see below.
- “Smoking Stinks” article by KidsHealth – see below.
- No Smoking T-Shirt Activity – see below.
- “What Kids Say About Drinking Alcohol” article by KidsHealth – see below.
- Under the Influence Activity – see below.
- Show What You Know – final assessment – see below.
- Tobacco Unit Assessment – see below.

<table>
<thead>
<tr>
<th>Evidence of Student Success</th>
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<tbody>
<tr>
<td><strong>Sample Assessments</strong></td>
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<td>- Show What You Know – see below.</td>
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<td>- Tobacco Unit Assessment – see below.</td>
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<tr>
<th>Student Learning Supports</th>
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<tr>
<td><strong>Ideas for Differentiation:</strong></td>
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<td>Our goal is for all students to be actively engaged. Below are changes to the lesson to help achieve that goal for students who need additional support. <strong>Note:</strong> Be careful using these lessons for all students. If students can complete the activities on their own, it would be best to let them do this independently.</td>
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<td>- For the t-shirt activity, the students could draw the shirt; decorate a “real” t-shirt; or have them use a computer program and create the shirt digitally.</td>
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<td>- On the Show What You Know Assessment and Tobacco Unit Assignment, there are several choices for the students to choose from to show their knowledge and understanding.</td>
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<td><strong>Opportunities for Extension:</strong></td>
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<td>- Have students create a public service announcement about why it is important not to use drugs or alcohol.</td>
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<td>- Students can watch Red Ribbon Week Informational Video - <a href="https://youtu.be/Uq8-PSEcgNE">https://youtu.be/Uq8-PSEcgNE</a></td>
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<th>Engaging Families</th>
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<tr>
<td>- Students can share their work from this unit with their family which can open a healthy conversation about alcohol and tobacco use.</td>
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<tr>
<td>- <strong>All activities and resources should be previewed before student use. Adjustments should be implemented to provide for individual abilities, needs, and safety.</strong></td>
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# Health KWL Chart

**Topic:**

**Name:**

**Grade/Section:**

<table>
<thead>
<tr>
<th>I know that:</th>
<th>I want to know:</th>
<th>I learned that:</th>
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Smoking Stinks!

Smoking is one of the worst things you can do to your body. Yet every single day, about 3,200 kids and teens start smoking.

Most middle school students don't smoke — only about 1 in 50 does. And most high school students don't smoke either — about 9 in 100 do.

But why do those who smoke ever begin? There's more than just one answer. Some kids may start smoking just because they're curious. Others may like the idea of doing something dangerous — something grownups don't want them to do. Still, others might know lots of people who smoke and they might think it's a way to act or look like an adult. Fortunately, fewer people are starting smoking than a few years ago. Maybe that's because more and more people have learned that smoking and tobacco use can cause cancer and heart disease.

But sometimes kids can't really think that far into the future to worry about an illness they might not get for many years. So let's talk about the problems that might affect kids more quickly:

- bad breath
- yellow teeth
- smelly clothes
- more colds and coughs
- difficulty keeping up with friends when playing sports
- empty wallet — cigarettes and tobacco products are very expensive!

Let's find out more about cigarettes and tobacco.

What Are Smoking and Smokeless Tobacco?

Tobacco (say: tuh-BA-ko) is a plant that can be smoked in cigarettes, pipes, or cigars. It's the same plant that's in smokeless tobacco, known as dip, chew, snuff, spit, or chewing tobacco. Smokeless tobacco is not lit or inhaled like tobacco in cigarettes, pipes, and cigars. Instead, smokeless tobacco is put between the lip and gum and sucked on inside the mouth.

Tobacco contains nicotine (say: NIH-kuh-teen), a chemical that causes a tingly or pleasant feeling — but that feeling only lasts for a little while. Nicotine is also addictive (say: uh-DIK-tiv). That means that if you start to use nicotine, your body and mind will become so used to it that you'll need to have it just to feel OK.

Anyone who starts smoking could become addicted to it. If you're addicted to something, it's very hard to stop doing it, even if you want to. Some kids get addicted right away. And adults are often addicted, which is why so many of them have a hard time quitting smoking.

Why Is It So Bad for You?

Cigarettes and smokeless tobacco kill hundreds of thousands of Americans every year. In fact, each day 1300 people die from smoking alone.
The nicotine and other poisonous chemicals in tobacco cause lots of diseases, like heart problems and some kinds of cancer. If you smoke, you hurt your lungs and heart each time you light up. It also can make it more difficult for blood to move around in the body, so smokers may feel tired and cranky. The longer you smoke, the worse the damage becomes.

**The Other Cost of Smoking**

Using tobacco eats up a lot of money, too. A pack of cigarettes costs about $6, on average. That means, even if you buy just one pack a week, you'll spend $312 a year. Some people smoke a pack a day, which adds up to $2,190! That's a lot of computer games and clothes you could buy instead.

**What's It Like?**

Usually, people don't like smoking or chewing tobacco at first. Your body is smart, and it knows when it's being poisoned. When people try smoking for the first time, they often cough a lot and feel pain or burning in their throat and lungs. This is your lungs' way of trying to protect you and tell you to keep them smoke free.

Also, many people say that they feel sick to their stomachs or even throw up. If someone accidentally swallows chewing tobacco, they may be sick for hours. Yuck.

**What if My Friend Smokes?**

If you have friends who smoke or use tobacco, you can help them by encouraging them to quit. Here are some reasons you can mention:

- It will hurt their health.
- It will make their breath stinky.
- It will turn their teeth yellow.
- It will give them less endurance when running or playing sports.
- It's expensive.
- It's illegal to buy cigarettes when you're underage.

If you think it will help, you could print out articles like this one to give to a friend who smokes. He or she may be interested in learning more about the dangers of smoking. But people don't like to hear that they're doing something wrong, so your pal also could be a little angry. If that happens, don't push it too much. In time, your friend may realize you are right.

In the meantime, it could help to talk with a parent or a school counselor if you're worried about your friend. When your friend is ready, a grownup can help him or she quit for good. If your friend decides to quit, lend your support. You might say it's time to kick some butts!

**Reviewed by:** Elana Pearl Ben-Joseph, MD  
Date reviewed: June 2016

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No Smoking T-Shirt

Instructions: First, read the KidsHealth.org articles related to smoking to find out how it hurts your health. Then, design a T-shirt to get the message out about the risks of smoking. Your T-shirt must include at least two facts about why smoking is bad for you, and it should also look really cool so kids will want to wear it!

What Kids Say About: Drinking Alcohol

The grownups in your life have probably told you that you aren't allowed to have alcoholic drinks, such as beer or wine. But what do kids think about this issue? KidsHealth wanted to know, so we asked 690 kids ages 9 to 13.

Most kids said teens who drink alcohol are not cool. More than 90% of the kids said they are very uncool (86%) or uncool (6%). And 89% of kids said that drinking alcohol at their age (9 to 13) was never OK. That shows that a lot of kids are pretty smart about the dangers of alcohol. They probably know that it's risky for kids to drink alcohol because:

- It can make them sick (like making them throw up, pass out, or worse).
- It can hurt their ability to make good decisions.
- It can make them do things that are embarrassing.
- It can get them into trouble (with parents or police).
- It can be addictive, meaning that the person might start needing alcohol to feel good.

But what about the kids who didn't agree? Three percent of kids said, at their age, it was always OK to drink alcohol. And although 90% of kids said they never tried alcohol, or only tried it once, 6% of kids said they often drink more than a sip — every week or every month. Some kids might drink because they have problems they don't know how to deal with. These kids need caring adults to help them solve their problems in a healthier way. Drinking alcohol is bad for your brain and your health, but kids who drink can decide to be successful at stopping. Caring adults can teach kids how to give and receive respect, take better care of themselves, and make better choices. In addition to parents, a caring adult could be an aunt or uncle, an older sibling, a doctor, a teacher, or a school counselor.

Kids might start drinking alcohol because it makes them feel good at first or like they can escape their problems for a while. The trouble with this is that drinking alcohol makes them feel bad or sick afterward — and they may become addicted to it. And as for the problems — they're still there anyway because escaping doesn't solve any problem.

Why Do Kids Try Alcohol?

Here are the top three reasons kids gave when asked why they try alcohol:

1. to look cool
2. to see what it's like
3. because other kids are doing it

All kids want to be cool. The good news is that most kids we surveyed don't think drinking makes a person any cooler. But the few kids who said they drink seem to believe it does. In other words, they might think they're cool, even though other kids don't.

It's easy to see how a kid might get the wrong message about alcohol. If you have seen beer commercials on TV, the people drinking it seems like they're having a good time. They often feature bar or party scenes or people watching sports on TV. Why can't kids have this kind of fun?
Well, alcohol also has a darker side. Alcohol is a depressant. That means it slows down or depresses the brain. Like many drugs, alcohol changes a person's ability to think, speak, and see things as they really are. A person might lose his or her balance and have trouble walking properly. The person might feel relaxed and happy, and later start crying or get into an argument. When people drink too much, they might do or say things they don't mean. They might hurt themselves or other people, especially if they drive a car. Someone who drinks too much also might throw up and could wake up the next day feeling awful — that's called a hangover. Over time, someone who abuses alcohol can do serious damage to his or her body. The liver, which removes poisons from the blood, is especially at risk.

Because alcohol can cause such problems, the citizens and government leaders in this country have decided that kids shouldn't be allowed to buy or use alcohol. By setting the drinking age at 21, they hope older people will be able to make good decisions about alcohol. For instance, they don't want people to drink alcohol and drive cars because that's how many accidents occur.

If you know someone who is drinking, you might tell one of your parents, a teacher, or a school counselor. The person may need help, counseling, or other treatment to stop using alcohol. It's also OK to ask questions about alcohol and ask for help if you feel pressure to drink it. Often, parents are a strong source of support because they want you to stay healthy and they don't want you to get in trouble.

Sometimes it can be hard for kids to say no if someone offers them alcohol. They might feel peer pressure to do what someone else is doing, even if they know better. Other kids might act as if drinking alcohol makes a person grown up or say that a kid who refuses to use alcohol is uncool or immature. But kids can say no to peer pressure when they know their own minds and know that alcohol can be dangerous or harmful to them.

Some of the kids we surveyed said having other fun things to do was a good way to prevent underage drinking. Even more kids (nearly half) had a really good thought on how to prevent drinking: They said kids should learn more about the dangers of alcohol from doctors and nurses, through lessons at school, and by talking with people who have had alcohol problems.

That's smart because the more kids know about alcohol, how it affects people, and the dangers of underage drinking, the better they can be at making good decisions about their own behavior. And that — unlike drinking alcohol — is truly cool.

Reviewed by: KidsHealth Medical ExpertsNote: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.© 1995-2021 The Nemours Foundation. All rights reserved. Images provided by The Nemours Foundation, iStock, Getty Images, Veer, Shutterstock, and Clipart.com.
## Under the Influence

Instructions: List up to five people who influence you and up to five people you influence. Then, rate how much these people influence you and how much you influence them. Rate the influence on a scale from 1 to 3 (1 = a little, 2 = sometimes, 3 = a lot). Finally, write P, N, or PN to describe whether the influence is positive, negative, or both. Remember, this list is only for you. No one else will see it.

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<th>People who influence me</th>
<th>How much?</th>
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Show What You Know

Choose 2 of the activities below to complete

- You see a classmate vaping and they ask you if you would like to try it. What would you do? Describe some of the effects of vaping to your friend. Create a video demonstrating how you would respond.
- Write a paper describing what you learned about tobacco and alcohol use.
- Create a poster or presentation that shows the harmful effects of tobacco and alcohol use. There should be at least 10 facts.
- You are at a friend’s home afterschool, while you are there he/she gets a beer from the refrigerator and asks you if you would like a sip. What would you do?. Create a video demonstrating how you would respond.
Tobacco Unit Assessment

Your Choice Board - Choose 3 Activities

Make a comic strip about refusing tobacco use.

Write a poem or rap about how second hand smoke affects others.

Write 2 paragraphs about how using tobacco can affect your personal goals.

Create a game about the information you learned on tobacco.

Create a poster or power point on how tobacco affects the body and mind.

Make a comic strip about how second hand smoke affects others.

Write a poem or rap about being tobacco free.

Create a public service announcement about how second hand smoke affects others.