

# Healthy and Wise



Middle School Unit 5

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## Activities

1. In groups, develop a list of reasons you think adolescents might begin using tobacco products. Share and discuss your list with the other groups.
2. Design a poster that illustrates the dangers of smoking or using tobacco products.
3. Create a list of refusal statements you could use if you are ever pressured to begin smoking or using smokeless tobacco products. What are some alternative activities that might help an adolescent avoid using tobacco products?
4. Use online resources and web sites to research the costs associated with smoking or using smokeless tobacco products. Consider the costs of the tobacco products as well as any other related costs due to health related effects.
5. Develop a list of strategies you could use to prevent someone from smoking around you. Share your ideas with your classmates.

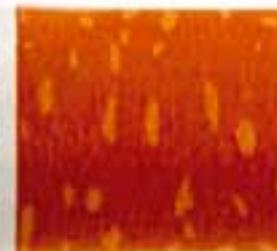


**Home Connection** With your parents, discuss the smoking policy in your home. Is there a no smoking policy or is smoking allowed? How is your family's health affected by either of these policies? Place this information in your health portfolio.

## Smoking and Disease



Have you ever wondered why you hear so much about the health risks of smoking and using tobacco products? Smoking and using tobacco products are some of the worst habits a person can have. Smoking causes many lung related problems and promotes heart disease. Lung cancer is highly related to smoking and is one of the leading killers of Americans. Smokeless tobacco, known as dip, snuff, or chewing tobacco can cause gum disease, tooth loss, and oral cancer.



### ADOLESCENTS THAT SMOKE

Adolescents that start smoking or using tobacco products may not realize it is addictive. **Nicotine**, in cigarettes and smokeless tobacco, gives the body a tingly or elevated sensation. The sensation only lasts a little while. When the body craves this sensation again, a person has to light up another cigarette or put more tobacco in their mouth to satisfy the body's need for more nicotine. Adolescents usually try smoking because it seems cool or dangerous. Some adolescents might start smoking because it makes them feel more grown up. In the short term, adolescents that smoke will have a hard time playing sports because their lungs are so damaged by the smoke. Their breath will stink, and their teeth will begin to turn yellow. Many people will avoid them, because they won't want to be around the secondhand smoke. Unfortunately, adolescents that smoke or use smokeless tobacco products will become addicted and will most likely experience many health problems during their adult years.

### the Dangers of Secondhand Smoke

Even if you don't smoke, just being around someone that does smoke can affect your health. In the United States, 21 million, or 35 percent of children live in homes where residents or visitors smoke in the home. People that live with smokers are exposed to dangerous toxic chemicals and waste products from smokers. Secondhand smoke can contribute to heart disease or affect people with asthma. Secondhand smoke can even cause lung cancer.



### PROTECT YOUR HEALTH

Protect your health, and don't smoke or use tobacco products. Smoking is not cool; it is a killer! Those exposed to secondhand smoke need to speak up to the people that are smoking and encourage them to quit. If they refuse, try to stay away from the smoke as much as possible. Your health is in your hands, and you can make choices that are healthy and wise!



### Discussion Questions:

How does secondhand smoke affect you?

Why do you think adolescents pick up a habit like smoking?

**TEACHERS, STUDENTS, AND PARENTS**

Additional activities, instructional guides, and correlations can be accessed and downloaded at [www.caprockpress.com](http://www.caprockpress.com)