

# TOBACCO: SMALL GROUP ACTIVITIES AND DISCUSSION

## **Large Group Activity (5 Minutes)**

Write the word “TOBACCO” on the board. Underneath the word, write student responses regarding the images of tobacco that they have seen advertised on billboards and in magazines. (For example: beautiful women, rugged men, etc.)

## **SHOW THE VIDEO (16 Minutes)**

**Small Group Questions (10 Minutes - divide class into 4 groups, each group goes to a corner of the room)**

Supplies: Four large pieces of Poster Board, four black markers.

Poster board or large papers should be mounted on the wall. At the top of two of the papers, the teacher should write the words: “Chew/Dip.” On the top of the other two papers, the teacher should write “Cigarettes/Cigars/Pipes.” Have students go to one of the four corners. One person in each group will be in charge of writing student answers on the paper to the following questions:

1. Why are people easily addicted to this particular form of tobacco?
2. How do people that get addicted to this form of tobacco usually start using it?
3. What negative perceptions do other people have of this activity?
4. Name three bad things that this form of tobacco does to a person.
5. What does your group think about dating these tobacco users?
6. How can you help someone who is addicted to stop using this form of tobacco?

## **Group Activity (10 Minutes)**

Select one or two questions for each group to share. Using the paper as a visual, the student leaders in each group will share those responses with the rest of the class. The teacher can ask other students for comments as the questions are addressed. An optional extra-credit assignment can be offered where students make montages from print ads that surround the responses from their group.

# WRAP-UP: TOBACCO

## **ALL TOBACCO USE IS PHYSICALLY DESTRUCTIVE.**

- Smoking destroys your lungs, robs your body of Vitamin C, makes your teeth black, and can give you cancer and emphysema.
- You may think you're safe because you don't smoke, but smokeless tobacco can kill you, too.

## **ALL TOBACCO IS PHYSICALLY ADDICTING AND YOU WILL BECOME AN ADDICT.**

- Do you want tobacco to control your money, your friendships, your health, and your freedom?
- Addiction controls you, and everyone who smokes becomes addicted to nicotine. Remember Danica, Bill, and Matt? They thought they could easily quit but they found out it was really difficult.

## **DON'T START, OR IF YOU HAVE, MAKE A DECISION TO QUIT.**

- You really can get addicted like Matt or Bill the first time you enjoy a cigarette or smokeless tobacco. There is nothing cool about ashtray breath, smoker's cough, cancer, and death.
- Programs and friends can't help you quit using tobacco unless YOU decide it is wrong for YOU. Make the decision to quit and then stick with it!

## **YOU CAN QUIT, BUT YOU NEED HELP TO OVERCOME A PHYSICAL ADDICTION.**

- Even if you are a strong person, take advantage of support from others who want to quit or have already quit.
- Ask your counselor about programs designed to help students quit smoking.
- Don't end up like so many people who are slaves to tobacco addiction--take control of your life and get help today!

# HOMework: TOBACCO

## **HOMework Project: Tobacco Use In Our Culture**

**Though cigarette advertisements have been legally banned from TV and radio since 1970, they still constitute 10% of magazine ad space. Cut out 10 tobacco-related ads from magazines (if you can, include at least two each that advertise cigarettes, chew, and dip). Paste the ad on one side of a sheet of paper; on the other side of the paper, answer the following questions about each ad.**

1. What kinds of people are depicted in the pictures? (Young, old, healthy...?)
2. Do these people seem to be smokers themselves? Why or why not? (If not, make a list of characteristics that real smokers would have.)
3. How does the attractiveness of the model in the picture make tobacco use more appealing?
4. What attitude is used to sell tobacco in this ad (i.e. sex, sports, youthfulness)?
5. What age group is this ad aimed towards? Why is it not aimed at the 50 and older crowd?
6. Design three cigarette ads, one from each of three tobacco products: cigarettes, chew, and dip. Create these ads to accurately depict the consequences of tobacco use. Use creative slogans and pictures to sell your product. Be prepared to show your ads to the class.

## **HOMework Project: The Reality of Tobacco Use**

**Visit or call a smokers rehabilitation unit (look up “Smoking Treatment Centers” in the yellow pages) and ask to speak with a counselor who works with tobacco addicts. Ask them the following questions (and any others you can think of):**

1. How young are some of your clients and how did they get addicted to tobacco?
2. How big of an issue is the physical dependence on nicotine for these clients' addictions? What about psychological dependence?
3. How does someone know if they are a tobacco addict?
4. What does it cost to get treatment for tobacco addiction at your facility?
5. How do you help someone give up a tobacco addiction? How long does it take and what are the chances of giving up an addiction successfully?
6. What would you say to a teenager who was experimenting with tobacco? What advice would you give to them?

**Based on the information you've gathered, write a two-page paper, complete with the results of your findings, that discusses how tobacco use and addiction changes the life of the user physically, emotionally, financially, and relationally.**