



**STAT Curriculum  
2001-2002**

# Stand Tall Against Tobacco

## Some Tips:

Get close to the students especially when showing ads

Write big on the board and body diagram

Refocus attention after group interactions

Involve students by calling them by name

If students get rowdy, ask them to raise their hands

Listen to what the students say

## Supply List

Nametags

Red and Black Wipey Marker

Evaluation forms

Peer Pressure Situation Sheets

Chalk

Student Folders

Masking tape

Body Diagram

Coffee straws for each child

Picture of healthy and diseased lungs

Before/After pictures of Sean Marsee

Rat poison

Mr. Clean

Cloth with smut from exhaust pipe

Tar – use jar of dark syrup for demonstration

Bug spray

## FAQ's and how to answer them

**What is emphysema?** When the walls between the air sacs break down. There are fewer sacs and this decreases the amount of oxygen that can go through the lungs to the blood. Eventually, a person with emphysema will have so few sacs that they need an oxygen mask to get enough air.

**Why do smoker's have smoker's cough?** When a smoker inhales smoke, the harmful substances in the smoke irritate the lungs. The body will make a thick mucous, and then a smoker coughs to try to clear out all the mucous and poisons from the smoke.

**Other questions to have answers ready for:**

What exactly is secondhand smoke?

What makes teeth yellow?(tar and nicotine)

Is smoking menthol cigarettes better than regular cigarettes?(no)

**What do I do if I am running long? (make sure you know how much time you have)**

--shorten the peer pressure section, and only do 2 or 3 scenarios

-- skip the section about how much tobacco costs to ensure you talk about quitting.

**What do I do if I have time left after the posttest? (meaning >10 min)**

--if you did not do all the peer pressure scenarios, go back and do them

--walk around with the lung specimens

-- quiz them on what they have learned

--Improvise! Talk about Aggies, med school, their futures, etc.

**REMEMBER:**

--put completed teacher eval and posttests into "finished" folder for us

--don't forget any supplies (especially body diagram)

--make sure someone is taking the box back to where it belongs

## **Stand Tall Against Tobacco**

*Introduction: Stand in front of the room and introduce yourselves and STAT.*

i.e.) Good Morning! My name is ---, this is --- and ---. We are here to promote STAT—anyone remember what that means?? – **Stand Tall Against Tobacco.**

*Begin walking around the room, introducing yourselves to individual students, look at their name tags, shake their hands, and pick out a few names that you'll use.*

*If the students don't have name tags, pass them out now. Also pass out pretests, stickers, and pencils. Remember to give the teacher the evaluation sheet. At the same time the other partner should instruct the students not to begin until given directions.*

Statistics show that 7<sup>th</sup>–8<sup>th</sup> grade is the time when future smokers and dippers are first persuaded to use tobacco. STAT is a campaign designed to arm you with

facts about tobacco so that you can make a decision about whether or not you will use tobacco.

*Tell the students that you want to ask them some questions about tobacco. Hand everyone an evaluation form to write his or her answers on. Tell them NOT to put their NAME on the STAT tobacco questions sheet. Encourage them to tell the truth since this is anonymous. Instruct them to start on the side that does NOT say part II.*

This is a form to help us make the STAT program better. I'm going to give you a couple of minutes to answer the questions on the first part of the form. We'll talk about them later in the program. *Wait a few minutes for the students to answer the first five questions. Be sure that students are not filling out Part II of the questionnaire.*

Now it's time for the second set of questions. *Read the questions aloud and have the kids mark their answers. Again, stress that this is anonymous.*

Question 1: Do you smoke, chew tobacco, or dip? If yes, how often?

Question 2: Do you know have family member that smoke, chew, or dip?

Question 3: Do you have friends that smoke, chew, or dip?

**Ask the students to put their papers under their chair.**

Raise your hand if you know someone who smokes, chews, or dips. Can anyone give me a reason why you think they use tobacco?

*Write the list of reasons on the board. If students are not participating, call them by name. If still no answers say, ask other STAT Trainers for ideas:*

looks cool	feels good
relaxing	peer pressure

## **What do tobacco companies want you to think?**

Advertising is everywhere! Think of all the places you see advertisements every day.

TV	Radio
Magazines	Newspaper
Billboards	Junk mail
Phone solicitation	Internet

Tobacco companies cannot advertise on television or radio. In fact, athletes and former athletes are forbidden by law to endorse cigarettes! Even though tobacco companies are not allowed to advertise on TV or radio, there are twice as many tobacco ads today than there were ten years ago.

It is estimated that tobacco companies spend \$14 million on advertisements every day. Why do you think they spend so much money? Smoking kills 400,000 people in the United States every year. That's more than AIDS, alcohol, car accidents, murders, suicides, illegal drugs, and fires combined.

If 400,000 smokers die every year, who is left to smoke? Tobacco companies use advertisements to convince people to start smoking. The main way they do this is through magazine ads. *Obtain the three magazines from the box. Holding the magazines up one at a time ask:*

--Who is the tobacco company trying to reach? *(women, men, young, old, give hints if necessary)*

-- How many of you have ever bought or read this magazine? Or know someone who has? The tobacco companies put ads in every magazine they can to try to persuade as many people they can to start smoking.

## What Can Tobacco Use Do To You?

### STRAWS

*(One trainer pass out straws while 2nd trainer begins dialogue)*

Many of you have heard about the effects of smoking and chewing tobacco in school or at home.

*(show specimens of healthy lungs vs. diseased lungs).*

Here is a preserved model of healthy lungs and diseased lungs. Can you imagine how hard it is to breathe when your lung looks like this? *(point to diseased lungs).*

Breathing difficulties begin immediately after you start smoking. For instance, a friend of yours that runs track may have a harder time catching his/her breath after running.

Let's try an experiment: everybody run in place for 1min *(trainer counts 1min, be sure to encourage them and cheer them on! )*.....now breath through your straws.

Lung damage can cause similar types of breathing difficulties.

## POISION

Both smoking – cigarettes, cigars, pipes and "smokeless tobacco"— such as chewing tobacco, dip, and snuff—are loaded with over 4000 deadly poisons, 43 of which are known to cause cancer.

Take a look at some other products that contain the same chemicals that are in tobacco products (*show products*):

Arsenic—rat poison

Ammonia—Mr. Clean, Windex

Carbon monoxide—cloth with smut from exhaust pipe

Tar—Glass Jar with tar or dark syrup

"Did you know that a person who smokes on pack of cigarettes per day inhales about 1 cup of tar every year." (*Turn glass jar upside down to show "tar"*)

Would anyone volunteer to come and eat one of these poisons for fun? Can you believe that you ingest these types of chemicals when you use tobacco?

## ADDICTION

Does anyone know what addicted means?—*wait for class participation. If prompt needed: give suggestions such as:*

something that controls you

makes you feel as you can't live without it

makes you feel as if it is impossible to stop an activity

Does anyone know what makes you addicted to tobacco products?

*(write answer on board: Nicotine)*

Nicotine is one of the most addictive drugs---interestingly, it is also used as poison in bug sprays (*show bug spray*)

Have you ever heard someone say "I can stop anytime I want?" Almost 70% of smokers say they want to stop, but only 2.5% of smokers manage to quit every year.

One of our goals today is to inform you about the consequences of smoking, using smokeless tobacco, and even inhaling second-hand smoke (smoke from someone else's cigarette)

## CONSEQUENCES OF TOBACCO USE

*(Show body diagram)*

Can anyone help me with a list of early symptoms or long-term diseases associated with tobacco-use?

*(Prompt class to suggest early symptoms and long-term diseases associated with smoking and smokeless tobacco products) (Use **black pen** to list early-symptoms next to body part—see sample)*

irritates eyes, less sense of smell, more colds, stains teeth, heart works harder, clothes get smelly and can get burned, fingers become stained, lungs get less oxygen, less taste, wrinkles skin, others

*(Use **red pen** to list diseases associated with each body part i.e.)*

"breathing diseases" –asthma, emphysema, bronchitis, smoker's cough

heart attacks

strokes

cancer such as lung cancer and mouth cancer. As well as increased risk of pharynx, larynx, kidney, pancreas, bladder cancers

**SEAN MARSEE** *(Show BEFORE picture)*

This young man's name is Sean Marsee. He was a great athlete in junior high and high school. Just before he graduated from high school, he was diagnosed with cancer *(show AFTER picture)* and died the next year. Guess the cause of his death: *(answer: chewing tobacco)*

**COMMON TOBACCO MYTHS** *(ask the following to the audience)*

**Smokeless tobacco, like dip or snuff, is not as bad for you as smoking, True or False?**

*False, the juice from the smokeless tobacco has high amounts of cancer-causing chemicals and is absorbed directly through the lining of the mouth into the blood. This creates sores and white patches that often lead to cancer.*

**Secondhand smoke cannot cause asthma, bronchitis, or cancer in a non-smoker, true or false?**

*False, secondhand smoke is responsible for 3000 lung cancer deaths each year in non-smokers. Children whose parent's smoke are more likely to suffer from pneumonia, asthma, bronchitis, and ear infections.*

**Since some cigar and pipe smoker's don't inhale smoke into their lungs, they can't get cancer, true or false?**

*False, this is just as dangerous because the smoke comes into contact with the mouth and throat. Even though the smoker is not inhaling deeply, smoke (like secondhand smoke) still gets into the lungs.*

We're so proud that you are already aware of the destructive nature of tobacco and hope that you've learned more today. And we want you to remember (*show picture of Sean*) that these diseases don't just affect old people---but young people too.

## **How can you avoid nicotine addiction?**

*One trainer asks another trainer:* Name, Have you ever been asked to use tobacco products before? A: Yes

Q: How did you respond to this question?

*List the responses on the board.*

Ask students if they can add anything to the list.

Suggestions for resisting peer pressure:

- Be direct – Just be firm and give an honest answer with confidence.
- Change the subject – Talk about something else like school or an upcoming party or dance.
- Try a joke – “I’ve made a deal with my lungs, I don’t smoke and they keep working.”
- Walk Away – Just walk away from the situation or make an excuse for not sticking around.
- Return the dare – Let your friend know that real friends don’t force their friends to do things.
- Blame it on an adult – Just say that your parents would kill you if they ever found out.
- Avoid the situation – Don’t hang out with people who smoke or get into situations that make you uncomfortable.

*Pass out situation sheets.*

*Have a student read one aloud. Discuss how the students would use some of the strategies they have learned today to handle the situation. Give lots of positive feedback.*

*Emphasize that the students should make a promise to themselves today to always follow their own beliefs, that they will not allow peer pressure to force them into doing something they do not want to do. It is easier to say no if you have a strong mindset and set of beliefs BEFORE you are confronted with a pressure situation.*

## **Peer            Pressure            Situation            Sheet**

--You are at a school dance and your date decides to join his/her friends outside for a smoke. She/He asks you to come along for a few minutes so they can finish smoking a cigarette.

*What should you do?*

--You are at a baseball game and your friend passes you a can of smokeless tobacco. He tells you its okay to use "snuff" because it's not as bad for you as cigarettes.

*What should you say to him?*

--You walk into a party and one of your closest friends stops you at the door. She tells you that you have to take a cigarette before you can walk into the party because everyone else is smoking. She hands you a cigarette.

*What should you do?*

--You and your friends are hanging out behind the school one day when another friend walks up to your best friend and offers him/her some snuff. You know that they have never used snuff before, but he/she reaches for the can anyways.

*What would you do? What if your friend tells you that it's okay because his/her dad uses snuff too?*

--Your friend's mom is driving you to school and she is smoking with her car windows shut.

*Would you say anything to her? What would you say?*

*Conclusion: Summarize the major strategies for avoiding peer pressure.*

**Make a promise to yourself TODAY that you will stick to your beliefs about tobacco even when faced with peer pressure IN THE FUTURE. Believe in yourself and your health. Stand Tall Against Tobacco!**

## **What Does Using Tobacco Really Cost You?**

Besides causing health problems, making your teeth brown and dirty, and hurting the health of all the people around you, using tobacco products is also a very EXPENSIVE habit. Just take a look at what smoking can cost you... (*do multiplication problem on the board*):

- One pack of cigarettes can cost \$2.50 - \$4.00. Say at an average of \$3/pack
- If you smoked one pack a day, you would spend about \$21.00 a week.
- This means you would spend about \$84.00 a month.
- You would spend almost \$1008.00 a year!!

This means that in one year, if you **did not** smoke you could buy...

- A new mountain bike
- A CD player with lots and lots of new CDs.
- A plane ticket to Hawaii.
- Between 5 and 10 pairs of awesome basketball shoes.
- Even a new computer!!

If you saved that money for twenty years instead of spending it on tobacco products you could even save enough to buy a **nice sports car!!** Or put a down payment down on a **new house!!**

So remember, tobacco use can not only ruin your health, but it can ruin your chances of doing and buying really nice things for yourself and your family. Don't throw your money and your life away by using tobacco!!

# **Help your Friends and Family Quit!**

## **What happens to a person's health after quitting?**

In 20min, blood pressure drops to a normal level.

In 24hrs, the chance of having a heart attack decreases.

In 3 months, lung functions better by 30%

In 1 to 9 months, smoker's cough, bronchitis, and asthma will disappear.

After 10 years, cancer risk decreases by half

## **If you know someone who smokes or uses tobacco products you can help them quit!!**

--Talk to them and find out why they use tobacco and why they started.

--Let them know that they can count on you for help and support.

--Give them all the information on how tobacco affects their health.

--Get involved with them in activities that will keep their mind off of using the tobacco. Start exercising together, join a club, join a team, or just hang out more often.

--Tell them that they can call on you whenever they feel the need to pick up a cigarette or box of snuff, and you will help talk them out of the craving.

--Explain to them that you care about them as a friend and you don't want them to get cancer, high blood pressure, or lung disease later in life.

--Let them know that quitting is the best thing they can do for themselves and for others around them that may be suffering from second-hand smoke. One day they will thank you because you loved them enough to care for their life!!

Today we will leave you with a folder that has lots of facts about tobacco and some goodies for you. It also contains information for people who are interested in quitting smoking. If you know an adult or teenager that needs help, you can *give them these things*

*(show the inserts and summarize why they are important):*

**POSTTEST:** Now it's time to answer some more questions about tobacco. Please pick up your STAT tobacco questions from under your test. DO NOT put your name on the page. Answer the questions on Part II and hand the page to a STAT instructor when you are done.

**CONCLUSION:** We hope you have enjoyed today's program and we really appreciate your attention and participation. ....(comments from the group).....Always remember to **Stand Tall Against Tobacco!**