

Utah Tobacco Prevention and Control Program

The TRUTH

Tobacco is a problem that needs to be addressed with young people. According to the 2006 National Household Survey on Drug Use and Health, nearly 80% of all adult smokers became regular smokers before the age of 18. The National Institute of Drug Abuse 2007 Monitoring the Future Survey finds that the peak years for first trying tobacco appears to be in the sixth or seventh grades with a considerable number starting even earlier. Smokeless tobacco is becoming more prevalent among young people and poses a tremendous health risk to our youth.

As you know, smoking is a major risk factor in heart disease, emphysema, cancer, high blood pressure and immune system diseases. Did you also know that cigarette smoking is the single most preventable cause of death and disability among adults in the United States?

It is important to understand that smoking by adolescents is related to the use of other drugs. Tobacco is considered a "gateway drug." Very few adolescents have used marijuana, cocaine or even much alcohol without having had prior experience with tobacco. To prevent this sequence of unhealthy behaviors, it is important and necessary to target the early experimentation with tobacco.

The intent of the Prevention Dimensions lessons and Tobacco on Trial is to educate youth about tobacco and help them develop the skills necessary to make the healthy choice not to use it. These lessons will teach skills like resisting peer pressure, smart decision-making, understanding techniques used by the tobacco industry to advertise tobacco and knowing the facts about the effects of tobacco on the body. We want the Tobacco on Trial lessons to be a positive learning experience for your student and invite your participation.

Sincerely,

Your School

The Utah State Office of Education

The Tobacco Prevention and Control Program

Utah Department of Health



Name _____



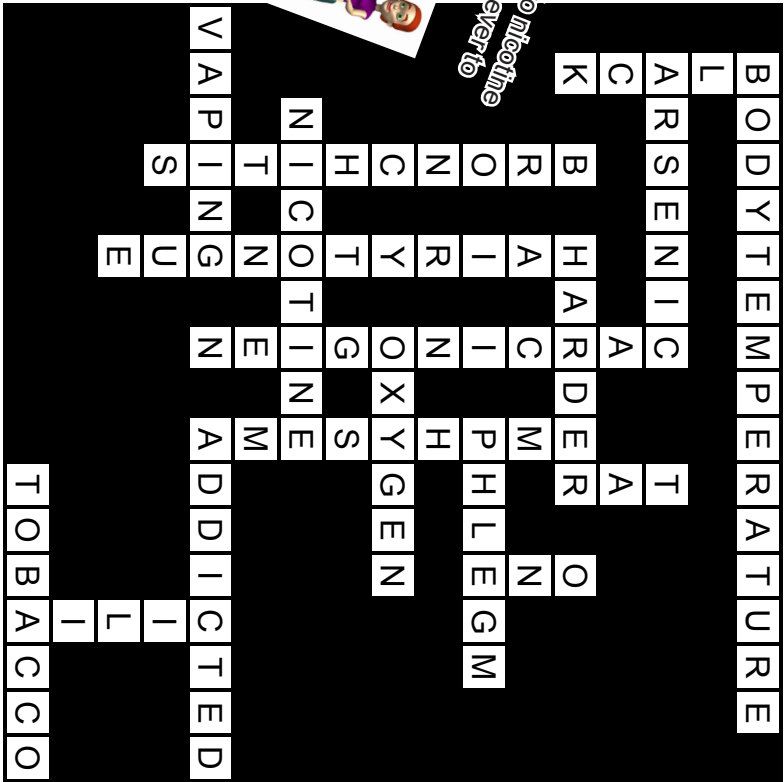
Tobacco/Nicotine on Trial

Student
Workbook



Truth or Dare

Crossword Puzzle Solution



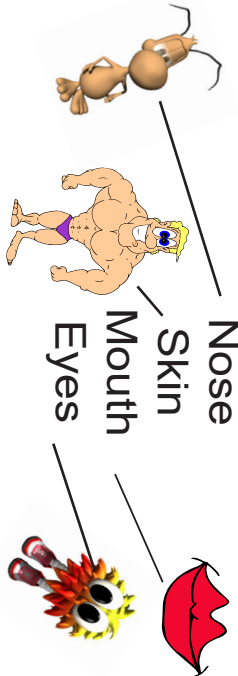
The solution to *Intootline* addiction is never to start.



- Across**
- 1 Nicotine reduces _____ (4,11) *
 - 2 Poison used to kill mice and rats (7)
 - 6 Lungs and heart work _____ with tobacco (6)
 - 9 Dirty lungs cough this (6)
 - 10 We breathe this (6)
 - 11 Additive substance in e-cigs and tobacco (8)
 - 12 Using an e-cig (6)
 - 13 Needs a substance to feel normal (8)
 - 15 A type of plant (7)

- Down**
- 1 Lung color caused by tar and smoke (5)
 - 3 Cancer causing (11)
 - 4 Gooney and black (3)
 - 5 Disease of excessive smoking (10)
 - 6 Cancer of the tongue looks like (5,6)
 - 7 Disease causes difficult breathing (9)
 - 8 How many cigarettes or e-cigs can cause changes (3)
 - 14 Sweeps away harmful particles (5)
- *() after a clue is the number of letters in the word. If there are two numbers, there are two words.

Poisons and Your Body



Discuss the assigned subject area.
Your small group is to work on either mouth, nose, eyes or skin.
Why and when can _____ (gasoline, for example) become poisonous;
how can you prevent _____ poisoning; what kind of first aid would a person render to a person who has been poisoned with _____.
Fill in the graph with your answers.

Mouth – Swallow		Nose – Breathe in	
Why –		Why –	
Prevent –		Prevent –	
Eyes – Splash		Skin – Touch	
Why –		Why –	
Prevent –		Prevent –	
First Aid –		First Aid –	

Tobacco Knowledge Pre-Test

Please answer all of the questions below by circling the answers that best fit your response. If any question does not apply to you, or you are not sure what it means, just leave it blank.

Notes and Thoughts

1. Are you a male or a female?
Male
Female
2. How old are you?
9
10
11
12
3. Out of every 10 students your age, how many do you think smoke cigarettes or vape e-cigarettes?
None
1
2
3
4
5 or more
4. Do you think that smokers or vapers have a hard time breathing?
Yes
No
Don't know or not sure
5. Do you think that smoke from other people's cigarettes is harmful to you?
Yes
No
Don't know or not sure
6. How many times have you and your parents talked about tobacco issues such as smoking/vaping/chewing or secondhand smoke during the last month?
Never
Once
More than once
7. Do you think that tobacco companies are trying to get young people to start smoking or vaping?
Yes
No
Don't know or not sure
8. Do you think that you will try cigarettes or chewing tobacco next year?
Yes
No
Don't know or not sure
9. Do you think it is okay to say "no" to a friend who tries to offer you a cigarette or nicotine device?
Yes
No
Don't know or not sure
10. What is the addictive substance in tobacco or e-cigs?
Tar
Carbon monoxide gas
Nicotine
Arsenic
11. Do you think that kids who start smoking or vaping can stop any time they want?
Yes
No
Don't know or not sure
12. Do you think that it is safe to smoke or vape for only a year or two?
Yes
No
Don't know or not sure
13. Do you think that using smokeless tobacco can cause cancer?
Yes
No
Don't know or not sure
14. Do you think tobacco or e-cig advertising tells the whole truth?
Yes
No
Don't know or not sure
15. In the last month, have you seen advertisements for smoking or e-cigs?
Yes, a lot
Yes, few
No

Notes and Thoughts

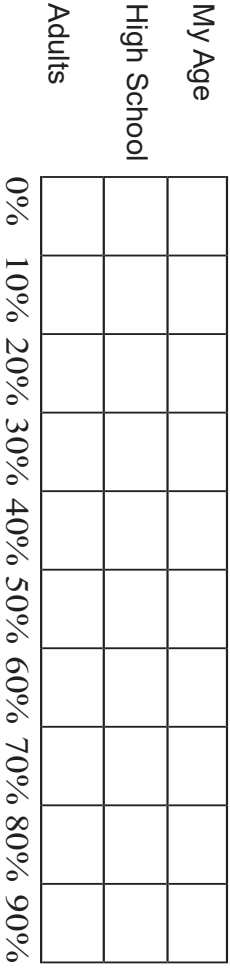
How Many People Use Tobacco or Electronic-Cigarettes

(Electronic-Cigarettes, E-cigs or E-cigarettes are all the same thing and may be referred to by any of those terms.)

My estimates

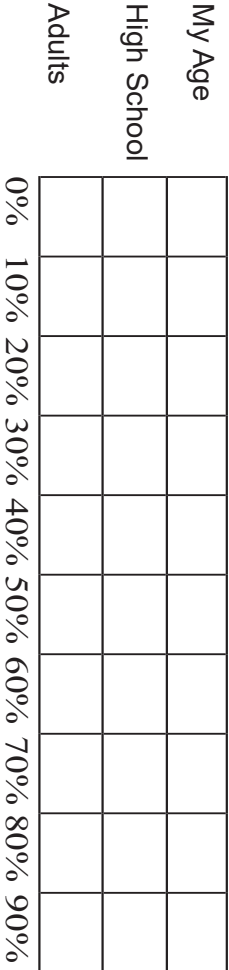
Percentage of people who use tobacco/nicotine every week.

On the following graph, make a bar graph (darken in the percentage) of Utahans you think are tobacco/nicotine users in each of the three age groups.



Actual

Real percentage of Utahans who use tobacco/nicotine every week.



Adapted from



Myths and Facts About Tobacco/Nicotine



MYTH #1: If a person smokes or vapes just a few cigarettes or e-cigarettes they won't get addicted.

FACT: Nicotine is addictive. Very few people can smoke just a few and not get addicted. The body quickly gets used to the amount of nicotine put into it and requires more or the same amount to feel "normal." Nicotine is thought to be more addictive than heroin. 3 out of 4 people who start smoking before the age of 18 will continue smoking into adulthood even if they plan on stopping in a few years.

MYTH #2: Nicotine isn't a drug.

FACT: Nicotine is a drug! It has addictive qualities just like heroin, cocaine, or alcohol. People use it knowing it is harmful to them, and it changes how their brain and body function. It alters mood, increases the heart rate, and drives the craving that smokers and vapers know too well.

MYTH #3: You look more grown-up and cool when you smoke or vape.

FACT: Some people think they look cool when they put a stick between their puckered up lips, suck in chemically, polluted air, make a strange facial expression, and then blow out that chemically, polluted air. Actually, "coolness" is in the eye of the beholder and not everyone thinks this behavior is "cool." Most youth and adults think it is dumb.

MYTH #4: Chewing tobacco is safer than smoking.

FACT: Chewing tobacco is just as dangerous as smoking cigarettes. Chewing tobacco causes just as many diseases, just different ones. Instead of lung cancer and emphysema, a person who chews may get lip, mouth, throat, or stomach cancer.

MYTH #5: Smoking cigarettes doesn't actually kill a person.

FACT: Smoking kills over 1,200 people a day. It contains over 7,000 chemicals, 70 of which cause cancer. Tobacco is dangerous and deadly. Smoking kills more Americans each year than alcohol, crack, cocaine, heroin, homicides, suicide, fires, car accidents, and AIDS combined.

MYTH #6: Vaping is safer than smoking.

FACT: Vaping is untested, unproven and unregulated. It is using a product that is unknown and suspect.

Citations

- According to the following website every day 3200 youth try tobacco for the first time and 2,100 become addicted. Roughly 66% or 7 out of 10 people who start will get addicted
<http://betobaccofree.hhs.gov/about-tobacco/facts-figures/#who>
- According to the Surgeon General report, 3 out of 4 teenagers who start smoking will continue smoking into adulthood.
<http://www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/factsheet.html>
- The following websites give current information on the morality rates of tobacco/nicotine use.
<http://www.tobaccofreekids.org/research/factsheets/pdf/0072.pdf>
http://www.cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/chemicals_smoke

Tobacco Knowledge Post-Test

Please answer all of the questions below by circling the answers that best fits your response. If any question does not apply to you, or you are not sure what it means, just leave it blank.

1. Are you a male or a female?
Male
Female

9. Do you think it is okay to say "no" to a friend who tries to offer you a cigarette?
Yes
No
Don't know or not sure
2. How old are you?
9
10
11
12

10. What is the addictive substance in tobacco?
Tar
Carbon monoxide gas
Nicotine
Arsenic
3. Out of every 10 students your age, how many do you think smoke cigarettes?
None
1
2
3
4
5 or more

11. Do you think that kids who start smoking can stop any time they want?
Yes
No
Don't know or not sure
4. Do you think that smokers have a hard time breathing?
Yes
No
Don't know or not sure

12. Do you think that it is safe to smoke for only a year or two?
Yes
No
Don't know or not sure
5. Do you think that smoke from other people's cigarettes is harmful to you?
Yes
No
Don't know or not sure

13. Do you think that using smokeless tobacco can cause cancer?
Yes
No
Don't know or not sure
6. How many times have you and your parents talked about tobacco issues such as smoking/chewing or secondhand smoke during the last month?
Never
Once
More than once

14. Do you think tobacco companies' advertisements tell the truth?
Yes
No
Don't know or not sure
7. Do you think that tobacco companies are trying to get young people to start smoking?
Yes
No
Don't know or not sure

15. In the last month, have you seen advertisements on TV against smoking?
Yes, a lot
Yes, few
No
I rarely watch TV

8. Do you think that you will try cigarettes or chewing tobacco next year?
Yes
No
Don't know or not sure



Negative Consequences Of Using Chewing Tobacco

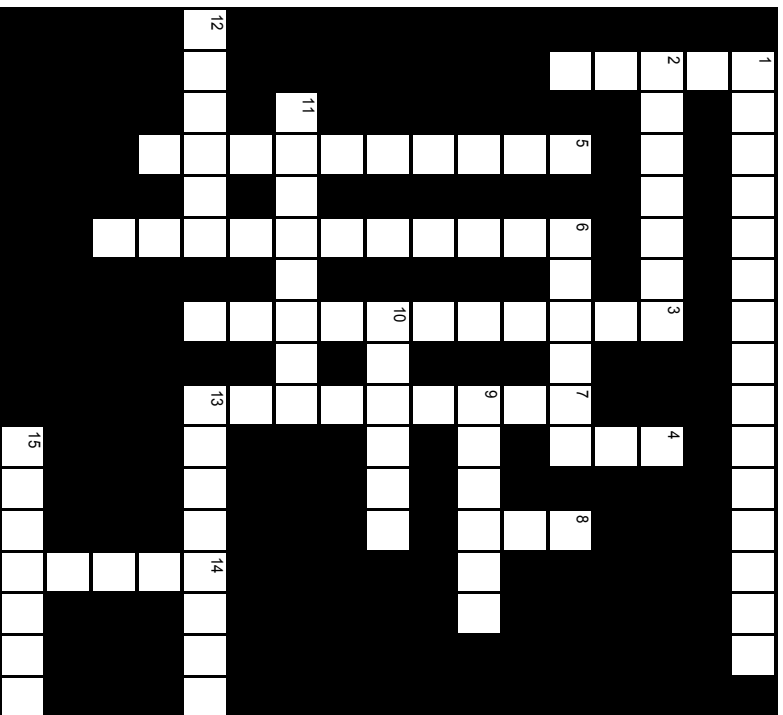
Short Term	Long Term
Example: Bad Breath	Example: Leukoplakia

Negative Consequences Of Smoking/Vaping

Short Term	Long Term
Example: Smelly skin, hair and clothes	Example: Lung Cancer



Truth or Dare Crossword Puzzle



Across

- 1 Nicotine reduces _____ (4,11) *
- 2 Poison used to kill mice and rats (7)
- 6 Lungs and heart work _____ with tobacco (6)
- 9 Dirty lungs cough this (6)
- 10 We breathe this (6)
- 11 Additive substance in e-cigs and tobacco (8)
- 12 Using an e-cig (6)
- 13 Needs a substance to feel normal (8)
- 15 A type of plant (7)

Down

- 1 Lung color caused by tar and smoke (5)
 - 3 Cancer causing (11)
 - 4 Goopy and black (3)
 - 5 Disease of excessive smoking (10)
 - 6 Cancer of the tongue looks like (5,6)
 - 7 Disease causes difficult breathing (9)
 - 8 How many cigarettes or e-cigs can cause changes (3)
 - 14 Sweeps away harmful particles (5)
- *) after a clue is the number of letters in the word. If there are two numbers, there are two words.

Summary: What Have We Learned?

You have a lot of decisions to make in your life and whether or not to use tobacco, e-cigs or other nicotine products is just one of them. Consider the following information to help you make a smart decision about tobacco/nicotine use.

Gather information about cigarettes.

- How much does it cost to use?
- Is it legal for me to buy or to use?
- Can it hurt me?
- What are the school rules about tobacco/nicotine?
- What would my parents think of it?



What are the consequences of using tobacco?

- What will happen to my body right away?
- What can happen if I smoke or use chewing tobacco for a long time?
- What will my friends think?
- What could happen if a teacher or a principal finds out?
- What other consequences are there?

REMEMBER... NICOTINE IS A VERY DANGEROUS DRUG! You have the knowledge needed to make an informed decision about whether or not to use it. The wise choice is never to start.

NICOTINE-FREE CONTRACT

I, _____, a student at _____ Elementary School, hereby promise to remain nicotine-free for life. I understand that there are many other health benefits and cost savings to being nicotine-free. I also understand that being nicotine-free for a lifetime is one of the best promises I can make to myself.

Signed _____ Date _____

or Environmental Tobacco Smoke

- Consists of mainstream smoke and sidestream smoke.
- Contains the same chemicals and cancer-causing compounds.
- Causes over 53,000 deaths each year.
- Contributes to increased incidence of pneumonia, bronchitis, allergies, asthma, colds, chronic ear infections, and impaired lung functioning.
- An e-cig creates its own second hand vapors.

SMOKE?

- If possible, leave the room.
- If possible, roll down the window in the car.
- If possible, nicely ask the person not to smoke around you.
- If someone asks you if the smoke bothers you, don't be afraid to tell the truth.


Aunt Emily is your favorite aunt and wants you to come over to her house for the day. You love her a lot and always have fun with her, but the smoke from her cigarettes bothers(s) How can you tell her without hurting her feelings?

[illegible]

The Power Of TV

and identify the product on the right

In numbers 14 and 15, write an advertising slogan you know and the product it represents.

Advertising Slogan	Product
1. Can you hear me now?	
2. I'm Lovin' it!	
3. M'm! M'm! Good!	
4. Got ____.	
5. Taste the rainbow.	
6. Just do it!	
7. I'm coo coo for ____.	
8. It keeps going, and going, and going	
9. They're grrrrreat!	
10. Eat fresh	
11. Gimme a break, gimme a break, break me off a piece of that	
12. Melts in your mouth, not in your hand	
13. Obey your thirst.	
14.	
15.	



Magazine and Social Media Ads

Are They Truthful?

ACTIVITY

- Look at the ad your group was assigned.
- Answer the following questions.
- Some may have more than one answer.



QUESTIONS:

1. What type of advertising technique does this ad use to try to fool you? Mark all that apply.

Macho Image	Good looks/glamour
Rebellion/Thrill Seeking	Romance
Social Successes	Low tar/Good taste
Friends/Fun/Join the crowd	



2. What does this tobacco or e-cig ad want you to believe?

3. Does this ad tell the entire truth about using tobacco/nicotine?

Yes No

4. What else is misleading?

Below are some suggestions. Write your own observations and ideas.

Items in Ad	What You Might Really See
Lit cigarette	\$2,500/year spent on tobacco and e-cigs
Skinny, athletic body	Unhealthy lung, breathing problems
Surrounded by friends	Few-friends – most people do not use tobacco
Extra money to spend	Yellow teeth, bad breath, black hairy tongue
Good looking, white teeth	Dirty ashtrays, ashes on clothes

You Can Do It! Short-Term Goal Setting

Set a realistic short-term goal for yourself. What do you want to achieve?

List three specific things you must do to achieve this goal.

1. _____
2. _____
3. _____

What could keep you from reaching this goal?

Who can help you reach this goal?

Set a date for yourself to achieve your goal.

©DG



Daniel's Dilemma: Is Smoking Financially Wise?

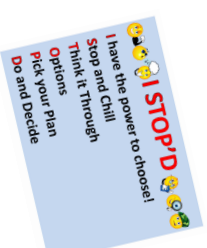
One pack of cigarettes costs	\$ <u>7.00</u>
One pack of cigarettes every day for a week costs	\$ _____
One pack of cigarettes every day for a month costs	\$ _____
One pack of cigarettes every day for a year costs	\$ _____
One pack of cigarettes every day for 5 years costs	\$ _____

REMEMBER:

Smoking is not only **EXPENSIVE**, it is **BAD** for your health! Don't go up in smoke! Choose not to smoke cigarettes!



Use I STOP'D to help solve this problem



Airline Decision-Making Experience

You work for a national airline company at the check-in counter. An airplane is taking off in 15 minutes and has only one seat available. The following five people are desperate for the seat: teenager, a brain surgeon, lawyer, a religious leader, a movie star and an environmentalist.

You must choose . . . **WHO GETS THE SEAT?**

INDIVIDUAL DECISION:

Who: _____

Why: _____

GROUP DECISION:

- | | |
|---|---|
| <input type="checkbox"/> Teenager | <input type="checkbox"/> Religious Leader |
| <input type="checkbox"/> Lawyer | <input type="checkbox"/> Brain Surgeon |
| <input type="checkbox"/> Environmentalist | <input type="checkbox"/> Movie Star |

Why? _____

Adapted from
Tor Wars



Using I STOP'D to Solve a Problem

This exercise will help you to practice I STOP'D and see the consequences of your choices.

Answer this question and decide: Should I use tobacco?

1. I have the power to choose. I can make a decision.
2. Stop and Chill. Don't just go ahead without thinking.
3. Think of what needs to be decided and brainstorm ideas.

LIST 10 ideas that could be used to solve this problem.	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

4. Options need to be gathered and discussed.

- a. Who can help me?
- b. What are the alternatives?
- c. What are the pros (good consequences) and cons (poor consequences)?

PROS	CONS

5. Pick a plan.

6. Decide and Do it.



Ways of Saying “No!”

Peer pressure can be a barrier to staying out of trouble or not using tobacco or alcohol. Use the following prompts and fill in the blanks to practice how to say “No” in a variety of ways.

“No, Thanks” technique

Simply say, “No.” (Write the words you would use to simply say, “No.”

Broken Record

Repeat the same phrase over and over again.
(Write the words you would use in the “broken record” technique.)



Giving a Reason or Excuse

“No, I want to keep my brain cell.”
(Write your own words you would use in the “giving a reason or excuse” technique

Changing the Subject

“Ya, right. Let’s get started with a ball practice.”
(Write your own words you would use in the “changing the subject” technique.)

Reversing the Pressure

“No, I thought you were my friend.”
(Write your own words you would use in the “reversing the pressure” technique.)



Other cool ways to say, “No.”

- Walk Away
- Avoiding the Situation
- Cold Shoulder
- Strength in Numbers





If Someone Keeps Pressuring You

Keep calm.

Say the person's name and pause.

Say “Listen to me,” and pause again.

Say “NO!”

If the person continues to pressure you, then walk away.

If a stranger tries to get you in trouble, say “NO!” GET AWAY, and TELL SOMEONE.



Bug Off

Adapted from
Tar Wars ®



The Red Bull STRIKE trademark is owned by, and the 5-step model is copyrighted by, Comprehensive Health Education Foundation (C.H.E.F.). Seattle, Washington. Reproduction is prohibited without express written permission from C.H.E.F. ® All rights reserved.

Naming The Trouble

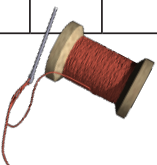
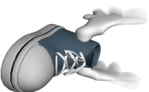
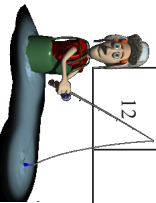
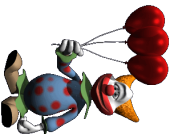
Trouble	Legal Name	Possible Consequences
Smoking or chewing tobacco on the playground	Minor in possession	A minimum fine or penalty of \$60 and participation in a court approved tobacco education program, which may include a participation fee.
Chewing, smoking, vaping tobacco/nicotine on the playground	Safe and Drug-Free Law Schools violation	Law enforcement referral, possible fine and school administration action.
Buying a six-pack of beer	Possession of alcohol	Could be a Class B misdemeanor. Up to judge: possible fine, community service, and/or detention.
Buying marijuana	Possession of a controlled substance	Could be a Class B misdemeanor. Up to judge: possible fine, community service, and/or detention.
Drinking and driving Smoking marijuana and driving	Driving under the influence	\$740 minimum fine, car impounded, mandatory drug/alcohol counseling, drivers license suspended, and detention. (If someone is killed in an alcohol-related accident, the driver is charged with vehicular homicide.)
Stealing candy, clothing, etc. from a store	Class B misdemeanor, shoplifting, theft	Up to judge: community service or probation. On third arrest, it's a felony.
Purposefully breaking a window	Vandalism	Up to judge: restitution (pay for what was damaged); fine, (community service and/or detention).
Going into a neighbor's garage without permission	Trespassing	Class B or C misdemeanor. Up to judge: possible fine and/or detention.
Slashing car tires	Property damage	Up to judge: restitution (pay for damage), fine.
Hitting a schoolmate	Class B misdemeanor, assault	Up to judge: possible detention, fine, or community service
Setting a fire behind a garage	Arson, 2nd degree felony	Aggravated arson—1st degree felony. Juvenile prison until 21.

(Legal terms may vary from community to community.)

Adapted from
Tar Wars ®

Alternatives to Trouble

Write twelve smart choices that would be a good alternative to a behavior that could bring trouble.



1.	Play a computer game.	
2.	Skateboarding	
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		



Bee Smart – Make Smart Choices

How to Say, "No"
and
Keep Your Friends

1. Ask _____
"What are we going to do?"

2. Name the _____
"That's . . ."

3. State the _____
"If we get caught . . ."

4. _____ an alternative.
"So why don't we . . ."

5. _____ it,
_____ it,
_____ the door open.