Dear Parents and Families,

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 of students 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” and is important and necessary to instill healthy habits with tobacco. To prevent the advancement of unhealthy behaviors, it is important and necessary to understand the effects of tobacco on the body. We want to start by instilling in young people the facts about the effects of tobacco on the body. 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 tobacco. These lessons will teach skills like resisting peer pressure, making the choice to use tobacco and allowing the effects of tobacco on the body. The Utah State Office of Education and Health Prevention Program is committed to helping students and parents make healthy choices when it comes to tobacco use.

The Utah State Office of Education
The Tobacco Prevention and Control Program
Utah Department of Health

Sincerely,
Your School

The Truth

Tobacco is a problem that needs to be addressed with young people.
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.
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.

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, secondhand smoke, or prevention 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?
   - 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 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 that 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 advertising for smoking or e-cigs?
    - Yes
    - No
    - Don't know or not sure

Notes and Thoughts

Page 23
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

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage of Utahans who use tobacco/nicotine every week</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Age</td>
<td></td>
</tr>
<tr>
<td>High School</td>
<td></td>
</tr>
<tr>
<td>Adults</td>
<td></td>
</tr>
</tbody>
</table>

Adapted from Page 22

Notes and Thoughts
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 morbidity rates of tobacco/nicotine use.

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 cigarettes of tobacco or vape without getting addicted.

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 the brain and body function. It alters mood, increases the heart rate, and drives the craving that smokers and vapers know so 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 chemically, polluted air. Instead of looking grown-up, they look dumb.

MYTH #4: Chewing tobacco is safer than smoking.
FACT: Chewing tobacco is just as dangerous as smoking cigarettes. Instead of lung cancer and emphysema, a person who chews may get lip, mouth, or throat cancer causes just as many diseases, just different ones. Instead of chronic cough and shortness of breath, chewing tobacco causes just as many diseases, just different ones.

MYTH #5: Smoking cigarettes doesn’t actually kill a person.
FACT: Smoking kills over 1,200 people a day. It kills more than 700,000 people a year. Smoking causes more Americans each year than alcohol, drugs, cancer, and AIDS combined.

MYTH #6: Vaping is safer than smoking.
FACT: Vaping is a form of smoking. It is just using a different type of tobacco to smoke.

Page 21
Tobacco Knowledge Post-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.

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?
   - None
   - 1
   - 2
   - 3
   - 4
   - 5 or more

4. Do you think that smokers 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/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?
   - 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?
   - Yes
   - No
   - Don't know or not sure

10. What is the addictive substance in tobacco?
    - Tar
    - Carbon monoxide gas
    - nicotine
    - Arsenic

11. Do you think that kids who start smoking can stop any time they want?
    - 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

13. Do you think that using smokeless tobacco can cause cancer?
    - Yes
    - No
    - Don't know or not sure

14. Do you think that tobacco companies' advertisements are accurate?
    - Yes
    - No
    - Don't know or not sure

15. In the last month, have you seen advertisements on TV or in newspapers about the dangers of smoking?
    - Yes
    - No
    - Don't know or not sure

Negative Consequences of Smoking/Vaping

<table>
<thead>
<tr>
<th>Short Term</th>
<th>Long Term</th>
</tr>
</thead>
</table>

- **Short Term**
  - Example: Bad breath

- **Long Term**
  - Example: Lung cancer

Negative Consequences of Using Chewing Tobacco

<table>
<thead>
<tr>
<th>Short Term</th>
<th>Long Term</th>
</tr>
</thead>
</table>

- **Short Term**
  - Example: Smelly skin, hair and clothes

- **Long Term**
  - Example: Smelly skin, hair and clothes

Example: Lung cancer

Page 20
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 ______ School, hereby promise to remain nicotine-free for life. I understand that there are many other health benefits and costs savings to being nicotine-free.

Signed ______
Date ______

Truth or Dare

Crossword Puzzle

1. Type of poison (7)
2. Cancer causing (11)
3. Gooey and black (3)
4. Disease of excessive smoking (9)
5. Disease causes difficult breathing (9)
6. Lung color caused by tar and smoke (5,6)
7. Cancer of the tongue looks like (5,6)
8. How many cigarettes or e-cigs can cause addiction (5)
9. Adverse appearance in e-cigs and tobacco (6)
10. A type of plant (7)
11. Needs a substance to feel normal (8)
12. Uses an e-cig (6)
13. Uses a substance to feel normal (8)
14. Sweeps away harmful particles (5)
15. Where do you cause fume and smoke (5)

Across

1. Nicotine reduces _____ _____ (4,11)
2. Poison used to kill mice and rats (7)
3. Lungs and heart work ____ with tobacco (6)
4. Dirty lungs cough this (6)
5. We breathe this (6)
6. Addivitive substance in e-cigs and tobacco (8)
7. Using an e-cig (6)
8. Needs a substance to feel normal (8)
9. A type of plant (7)
10. Lung color caused by tar and smoke (5)
11. Cancer causing (11)
12. Gooey and black (3)
13. Disease of excessive smoking (10)
14. Disease causes difficult breathing (9)
15. Lung color caused by tar and smoke (5)

* After a clue is the number of letters. If there are two numbers, there are two words.
The Power Of TV

Advertising Slogan

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 great!
10. Eat Fresh
11. Obey your thirst.
12. Eat fresh
13. Gimme a break, gimme a break, gimme a break...
14. Eat Fresh
15. Keep it going

Complete the advertising slogans on the left and identify the product on the right.

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

In numbers 14 and 15, write an advertising slogan you know and the product on the right.

Advertising Slogan | Product
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Can you hear me now?</td>
<td>Can you hear me now?</td>
</tr>
</tbody>
</table>
| 2. I’m Lovin’ it! | McDonald’s
| 3. M’m! M’m! Good! | McDonald’s
| 4. Got _____ | McDonald’s
| 5. Taste the rainbow | McDonald’s
| 6. Just do it! | Nike
| 7. I’m coo coo for _____ | Nestle
| 8. It keeps going, and going, and going | Nike
| 9. They’re great! | Nestle
| 10. Eat Fresh | Nestle
| 11. Obey your thirst. | Nestle
| 12. Eat fresh | Nestle
| 13. Gimme a break, gimme a break, gimme a break... | Nestle
| 14. Eat Fresh | Nestle
| 15. Keep it going | Nestle

Secondhand Smoke

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, asthma, sinusitis, colds, chronic ear infections, and impaired lung functioning.
An e-cig creates its own second-hand vapors.

WHAT CAN YOU DO IF YOU ARE EXPOSED TO SECONDHAND 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 and want to go, but the smoke from her cigarettes bothers. How can you tell her without hurting her feelings?

An e-cig creates its own second-hand vapors.

without hurting her feelings? How can you tell her a lot and always have fun with her, but the smoke comes over to her house for the day. You love her and want to go, but the smoke from her cigarettes bothers. How can you tell her without hurting her feelings?

An e-cig creates its own second-hand vapors.
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.

<table>
<thead>
<tr>
<th>Items in Ad</th>
<th>What You Might Really See</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lit cigarette</td>
<td>Healthy lungs, healthy living</td>
</tr>
<tr>
<td>$2,500/year spent on tobacco and e-cigs</td>
<td>$2,500/year spent on healthy living</td>
</tr>
<tr>
<td>Skinny, athletic body</td>
<td>Unhealthy lung, breathing problems</td>
</tr>
<tr>
<td>Surrounded by friends</td>
<td>Few-friends – most people do not use tobacco</td>
</tr>
<tr>
<td>Extra money to spend</td>
<td>Yellow teeth, bad breath, black hairy tongue</td>
</tr>
<tr>
<td>Social success</td>
<td>Dirty ashtrays, ashes on clothes</td>
</tr>
</tbody>
</table>

You Can Do It!

Short-Term Goal Setting

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

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.

________________________
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, brain surgeon, lawyer, religious leader, movie star and environmentalist.

**WHO GETS THE SEAT?**

**INDIVIDUAL DECISION:**

Who: _____________________________________________________________________

Why: _____________________________________________________________________

**GROUP DECISION:**

- Teenager
- Religious Leader
- Lawyer
- Brain Surgeon
- Movie Star
- Environmentalist

**GROUP DECISION:**

Why? __________________________________________________________

__________________________________________________________

---

**Individually:**

You must choose . . . WHO GETS THE SEAT?

---

**EXPERIENCE**

**Airline Decision-Making**

**Is Smoking Financially Wise?**

Daniel’s Dilemma:

Choose not to smoke cigarettes. Don’t go up in smoke!

It is BAD for your health. Smoking is not only EXPENSIVE.

REMEMBER:

![Image](575x187)

**One pack of cigarettes**

every day for 5 years costs $7.00.

every day for 1 year costs $.

every day for 1 month costs $.

every day for 1 week costs $.

**REMEMBER:**

Smoking is not only EXPENSIVE, it is BAD for your health!

Don’t go up in smoke!

Choose not to smoke cigarettes!
Using I STOP'D to Solve a Problem

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.

**PROS**

LIST 10 ideas that could be used to solve this problem.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
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)?
5. Pick a plan.
6. Decide and Do it.

Adapted from

Answer this question and decide whether to use tobacco or not.

Ways of Saying "No!"

Peer pressure can be a barrier to staying on track of healthy choices.

Use the following prompts and fill in the blanks to practice how to say "No!" in a variety of ways:

**PROS**

List 10 ideas that could be used to solve this problem.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

3. Think of what needs to be decided and brainstorm ideas.

2. Stop and Chill. Don’t just go ahead without thinking.

1. I have the power to choose. I can make a decision.

```
Ways of Saying "No!"

1. "No, thanks!"
2. "No, thank you."
3. "No, I'm not interested.
4. "Sorry, but I can't.
5. "I'm full.
6. "I'm not hungry.
7. "I just had lunch.
8. "I'm not in the mood.
9. "I'm saving it for later.
10. "I don't want it.

Other cool ways to say "No!"

1. "I don't think that's a good idea.
2. "I think we should do something else.
3. "I don't feel like it.
4. "I don't want to.
5. "I have something else to do.

Other cool ways to say "No!"

1. "I'd rather do something else.
2. "I'm not in the mood.
3. "I don't feel like it.
4. "I have other plans.
5. "I think we should do something different.
```

"I'm not interested.
"I'm not hungry.
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"Walk Away"

"Cold Shoulder"

"Avoking the Situation"

"Strength in Numbers"

"Reconnect the Youth: a Peer Group Approach to Building Life Skills"


Bloomington, IN: National Educational Service, 2004
Naming The Trouble

<table>
<thead>
<tr>
<th>Legal Term</th>
<th>Possible Consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking or chewing tobacco on the playground</td>
<td>Minor in possession of a controlled substance. A minimum fine or penalty of $60 and participation in a court-approved tobacco education program, which may include a participation fee.</td>
</tr>
<tr>
<td>Chewing, smoking, vaping tobacco/nicotine on the playground</td>
<td>Safe and Drug-Free Law Schools violation. Law enforcement referral, possible fine and school administration action.</td>
</tr>
<tr>
<td>Buying a six-pack of beer</td>
<td>Possession of alcohol. Could be a Class B misdemeanor. Up to judge: possible fine, community service, and/or detention.</td>
</tr>
<tr>
<td>Buying marijuana</td>
<td>Possession of a controlled substance. Could be a Class B misdemeanor. Up to judge: possible fine, community service, and/or detention.</td>
</tr>
<tr>
<td>Drinking and driving</td>
<td>Possession of alcohol. Driving under the influence. Drinking and driving and drinking under the influence.</td>
</tr>
<tr>
<td>Purposefully breaking a window on property owned by the community service program</td>
<td>Possession of a controlled substance. Class B misdemeanor. Possession of alcohol. Possession of a controlled substance.</td>
</tr>
<tr>
<td>Going into a neighbor's garage without permission</td>
<td>Possession of a controlled substance. Class B misdemeanor. Possession of alcohol. Possession of a controlled substance.</td>
</tr>
</tbody>
</table>

Legal terms may vary from community to community.

Adapted from If Someone Keeps Pressuring You

If Someone Keeps Pressuring You

- Keep calm.
- Say "NO!" GET AWAY, and TELL SOMEONE.
- If a stranger tries to get you in trouble, say "NO!" and walk away. If the person continues to pressure you, then say, "Say "NO!" LISTEN TO ME, and pause again. Say the person's name and pause.
- Keep calm.
- If the person continues to press you, then say, "Say "NO!" LISTEN TO ME, and pause again. Say the person's name and pause.

If Someone Keeps Pressuring You

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- Keep calm.
How to Say "No" and Keep Your Friends

1. Ask __________________________________

2. Name the _____________________________

3. State the  _____________________________

4. ________________________an alternative.

5. _________________________it, ___________________________the door open.

So why don't we . . . “an alternative.

“Il we get caught . . . “State the

“Thats . . . “Name the

“What are we going to do?“Ask

Keep Your Friends

How to Say “No”

Smart Choices

Bee Smart – Make

Alternatives to Trouble