

Cigarette smoke contains some of the same chemicals that you can find in batteries, car exhaust, gasoline, household cleaners, and rat poison!



Did you know that there are more than 7,000 chemicals in tobacco smoke? Hundreds of them are bad for your health. Roughly 70 of them are believed to cause cancer.



Smokers aren't the only people who are hurt by cigarette smoke. Breathing in secondhand smoke from a lit cigarette means you breathe in those dangerous chemicals, too.

Kids who are regularly exposed to secondhand smoke are more likely to have breathing problems and illnesses, such as bronchitis.

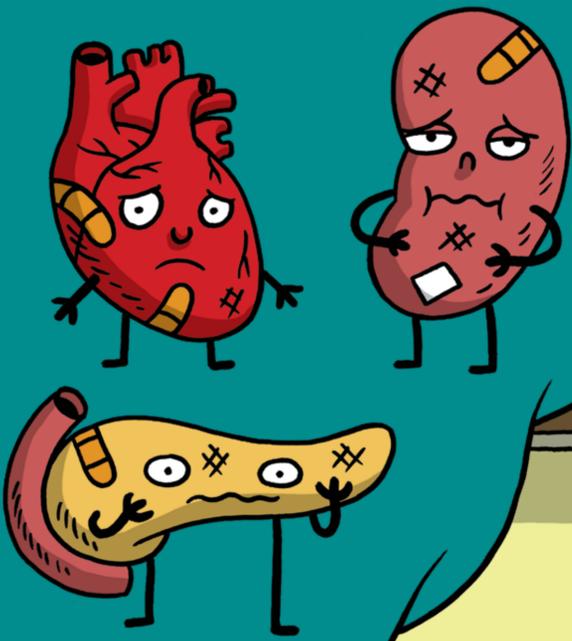
# GET SMART ABOUT TOBACCO!



WARNING: CONTAINS NICOTINE

Ouch!

Tobacco smoke can harm every organ in the body.

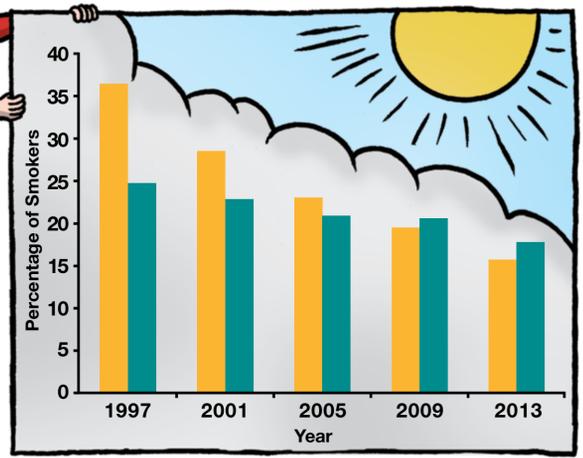


Electronic cigarettes may not seem harmful. But just like regular cigarettes, most e-cigarettes contain nicotine. This chemical is addictive and makes a person crave more of it.

Chemicals from tobacco smoke can stick to surfaces days after someone smokes. This is called "thirdhand smoke."

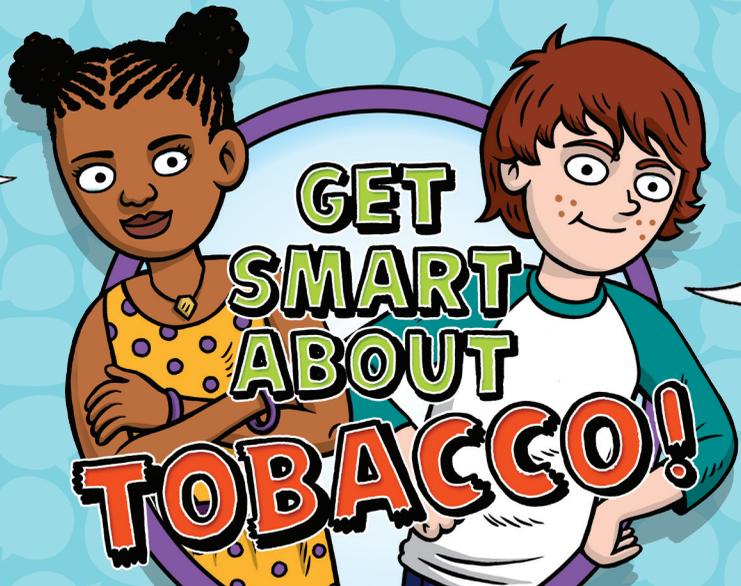


Good news! Fewer teens and adults smoke today than at any time in the last 15 years.



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For Grades 3-5



Teaching the next generation how to live tobacco-free

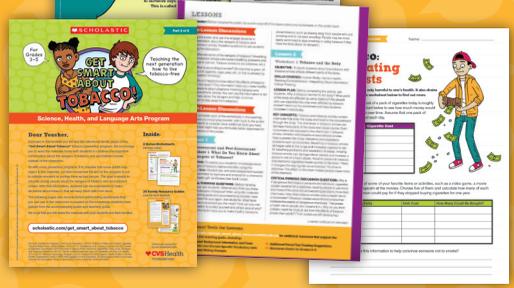
Science, Health, and Language Arts Program

Poster, Lessons, and Worksheets That:

- ➔ **TEACH** students the facts about the dangers of tobacco and related products
- ➔ **EMPOWER** students to protect themselves from tobacco
- ➔ **BUILD** skills with activities that support Common Core and National Science Standards



**ALSO INSIDE:**  
Send in Surveys to Be Entered for a Chance to Receive Scholastic Gift Certificates and Books



[scholastic.com/get\\_smart\\_about\\_tobacco](http://scholastic.com/get_smart_about_tobacco)

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## Dear Teacher:

### Welcome to “Get Smart About Tobacco,”

a program developed for teachers, students, and families to help educate them about the dangers of tobacco and to help build a tobacco-free future generation.

It's not too early to speak to students about the risks of tobacco. A recent national survey showed that five percent of eighth graders had tried their first cigarette by the end of fifth grade. And another study suggested that tobacco educational programs in elementary school can decrease the smoking rates of children in later years.

The good news is that smoking rates in both adults and youth are dropping. But many young children are still exposed to dangerous secondhand smoke. And the use of other types of nicotine-containing products, including electronic cigarettes, is on the rise in middle and high school students. That's why it's important to give your students the facts. That way they can make smart decisions about tobacco in the future and advocate for themselves to live in a smoke-free environment today.

The poster/teaching guide and accompanying take-home pages you've received were developed by the CVS Health Foundation in collaboration with Scholastic Inc. Inside you will find lesson plans and worksheets that help teach students about the dangers of tobacco while supporting your classroom curriculum with activities that reinforce skills in scientific literacy, health, reading comprehension, writing, and critical thinking.

The take-home family package helps extend the learning at home. We urge you to share this important program with your students and their families.

Sincerely,

Ann Amstutz Hayes  
Vice President and Group Publisher  
Scholastic Inc.

Eileen Howard Boone  
President  
CVS Health Foundation

## GETTING STARTED

- Hang the **poster** to begin a classroom discussion about the dangers of tobacco. Before displaying the poster, be sure to make copies of all of the lessons and worksheets on the poster back.
- The **lesson plans** and worksheets inside will help guide and support your classroom curriculum. The **science and health** content contains facts about the human body and reinforce **English Language Arts/ Common Core** skills with critical thinking, reading comprehension, and writing activities.
- The **worksheets** are designed to be taught throughout the school year and can be used individually or in sequence.
- **Bonus skills sheets** in the accompanying booklet build on the material in this teaching guide.
- **Additional tools** available online provide further background information and facts, vocabulary lists, writing prompts, and paired-reading suggestions.
- The **family pages** included in the accompanying booklet help extend the learning outside of the classroom. We encourage you to send the material home with students to promote discussions that can help protect students from the dangers of tobacco.

We Want  
Your  
Feedback!

Send in the following completed surveys to be entered for a chance to receive Scholastic gift certificates and books!

**1 Student Assessments**

Mail in completed Student Assessments for a chance to receive one of ten \$100 Scholastic gift certificates.

**2 Teacher Survey**

Complete the Teacher Survey Card and send it in for a chance to receive five free books from Scholastic (50 recipients).

See Back Cover for Details!

# LESSONS

**Reminder:** Before hanging the poster, be sure to copy all of the lesson plans and worksheets on the poster back.

## Pre-Lesson Discussions

Hang the poster and use it to engage students in a conversation about the dangers of tobacco and secondhand smoke. Possible questions to ask students during the discussion include:

- *What are some of the dangers of tobacco?* (Breathing in tobacco smoke can cause breathing problems and lead to cancer; Tobacco products are addictive; etc.)
- *What is secondhand smoke?* (Smoke that is given off by a lit cigarette, cigar, pipe, etc. or that is exhaled by a person smoking.)
- *Why is it helpful to know about the effects of tobacco on the body?* (The information helps you make healthy decisions about situations involving tobacco and secondhand smoke. You can use the information to tell others about the dangers and help convince them to stay away from tobacco.)

## Post-Lesson Discussions

As you complete the lessons and worksheets, refer back to the poster. Ask students to consider what additional facts they have learned that they would add to the poster. What facts did they learn that surprised them? What facts would impact people's decisions about using tobacco?

## Lesson 1

### Pre-Assessment and Post-Assessment

#### Worksheet 1: What Do You Know About the Dangers of Tobacco?

**OBJECTIVE:** To assess your students' knowledge about the dangers of tobacco before and after using this program. **Note:** Student pre- and post-assessment quizzes can be submitted by teachers and entered for a chance to receive Scholastic gift certificates and books (see back cover).

**CRITICAL-THINKING QUESTIONS:** Before handing out the quiz, ask students: *What do you think you know about the dangers of tobacco?* After using the materials in the teaching guide and accompanying booklet, have students take the quiz again. Ask students: *What facts about tobacco surprised you the most? How can you use this information to protect yourself and others around you?* (Knowing the facts helps you to make healthy decisions

about tobacco, such as staying away from people who are smoking and to not start smoking. People may be more easily convinced to stop smoking or using tobacco if they have the facts about its dangers.)

## Lesson 2

### Worksheet 2: Tobacco and the Body

**OBJECTIVE:** To teach students about how tobacco and tobacco smoke affects different parts of the body.

**SKILLS COVERED:** Human Body; Human Health; Reading Comprehension; Integrating Visual Information; Critical Thinking

**LESSON PLAN:** Before completing the activity, ask students: *Why is tobacco harmful to the body? What parts of the body are affected by using tobacco? Are people who use cigarettes the only ones affected by tobacco smoke?* Hand out the worksheet and have students complete it individually.

**KEY CONCEPTS:** Tobacco and tobacco smoke contain chemicals that enter the body and travel in the bloodstream through the body. The chemicals in tobacco smoke can damage many parts of the body and cause cancer. Even nonsmokers are exposed to the chemicals in tobacco smoke. Children who breathe in secondhand smoke have a greater risk of ear infections and respiratory problems such as bronchitis. Breathing in tobacco smoke damages cells in the lungs and increases a person's risk for breathing problems and respiratory illnesses. Inhaling tobacco smoke can damage blood vessels and increase a person's risk of a heart attack. Nicotine present in tobacco and electronic cigarettes travels quickly to the brain. There it changes the way brain signals are processed. Nicotine is addictive. The effect on the brain makes people crave more of the chemical.

**CRITICAL-THINKING QUESTIONS:** *Why is it dangerous that tobacco products and electronic cigarettes contain nicotine?* (It is addictive, causing people to use more and more of the products and exposing people to more toxic chemicals.) *How does tobacco smoke pose a health risk to a nonsmoker?* (Tobacco creates secondhand smoke that contains thousands of dangerous chemicals. That poses a health risk to people who breathe it in.) *Why do you think children might be more at risk from the effects of tobacco smoke than adults?* (Their bodies are still developing.)

(Lessons continued on next page.)

## Additional Tools for Lessons:

Visit [scholastic.com/get\\_smart\\_about\\_tobacco/additionaltools](http://scholastic.com/get_smart_about_tobacco/additionaltools) for resources that support the lessons in this teaching guide, including:

- Background Information and Facts
- Academic and Domain-Specific Vocabulary Lists
- Writing Prompts
- Paired-Text Reading Suggestions
- Standards Charts for Grades 3–5

## Lesson 3

### Worksheet 3: Clear the Air

**OBJECTIVE:** Students will be presented with scenarios in which tobacco may pose a danger to themselves or others. They will use facts they have learned to write an appropriate response to the situation.

**SKILLS COVERED:** Human Health; Evaluate Arguments; Recall Relevant Information; Write Opinion Essays; Critical Thinking

**LESSON PLAN:** Before completing the activity, ask students: *Why is it important to encourage people around you not to smoke?* (Exposure to secondhand smoke from other people can harm your health; helping convince people not to smoke can help protect their health.) *Do you think knowing the facts might affect people's decisions about tobacco? Why or why not?* Hand out the worksheet and have students complete it individually. After everyone has finished, reconvene as a class and discuss their answers.

**KEY CONCEPTS:** Many students face situations in which they must make healthy decisions about tobacco and secondhand smoke. Staying healthy means more than just choosing not to smoke. It's also important for children to protect themselves from secondhand smoke. That means encouraging people around them not to smoke. Helping students consider what they might do and say in certain situations before they happen can better prepare them to make healthy decisions when they need to.

#### CRITICAL-THINKING QUESTIONS:

*Why is it sometimes difficult to make healthy decisions about tobacco?* (Peer influence can pressure you to make different decisions; it can be difficult to stand up to adults and older teens.) *What are some different ways you can avoid situations where people are smoking?* (Go to restaurants and other public areas where smoking is not allowed; ask your parents to make sure no one smokes in your home.)

### WORKSHEETS ANSWER KEY

#### WORKSHEET 1: What Do You Know About the Dangers of Tobacco? (Assessment Quiz)

1. True; 2. False; 3. True; 4. False; 5. False; 6. False; 7. True; 8. True; 9. True; 10. False

#### WORKSHEET 2: Tobacco and the Body

1. Nicotine is addictive and makes it hard to stop smoking. In your brain, it can give you a sense of pleasure or make you feel alert. But when these feelings wear off, your body craves more nicotine to bring these feelings back.
2. Answers may include that breathing in tobacco smoke can increase a child's risk of ear infections, pneumonia, and bronchitis. Tobacco smoke can damage the cilia and tissue in the lungs. Tobacco smoke can damage the blood vessels, causing the heart to pump faster and harder.
3. Children of smokers may breathe in secondhand smoke. That can damage the lungs, making them more at risk for breathing difficulties and respiratory illnesses such as pneumonia and bronchitis.

#### WORKSHEET 3: Clear the Air

1. Answers will vary but may include that Kim should not get in the car or should ask Emily to put out the cigarette. Secondhand smoke contains dangerous chemicals that can harm the body. Breathing in the smoke while riding in the car would be dangerous.
2. Answers may include that e-cigarettes contain the same addictive chemical as cigarettes. The nicotine can affect the way the brain processes information and cause you to crave more. They may lead people to want to smoke tobacco cigarettes. Some e-cigarettes also contain toxic chemicals that may cause cancer.



### ADDITIONAL RESOURCES

#### For Youth

- [teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes](https://teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes)
- [www.kickbuttsday.org](http://www.kickbuttsday.org)

#### For Adults

- [www.cdc.gov/tobacco/basic\\_information/youth/index.htm](http://www.cdc.gov/tobacco/basic_information/youth/index.htm)
- [www.tobaccofreekids.org](http://www.tobaccofreekids.org)
- [www.lung.org/stop-smoking/](http://www.lung.org/stop-smoking/)
- [www.surgeongeneral.gov/priorities/tobacco/](http://www.surgeongeneral.gov/priorities/tobacco/)
- [www.drugabuse.gov/drugs-abuse/tobacco-nicotine](http://www.drugabuse.gov/drugs-abuse/tobacco-nicotine)

#### PROGRAM SUPPORT FOR HIGHER STANDARDS

- ➔ Health/Life Skills
- ➔ Science Literacy
- ➔ English Language Arts

#### NATIONAL SCIENCE EDUCATION STANDARDS:

- ➔ Properties of objects and materials/Properties and changes of properties in matter
- ➔ Characteristics of organisms/Structure and function in living systems
- ➔ Personal health

#### NEXT GENERATION SCIENCE STANDARDS (NGSS):

- LS1-1:** From Molecules to Organisms: Structures and Processes
- PS1:** Matter and Its Interactions

#### COMMON CORE STATE STANDARDS FOR ENGLISH LANGUAGE ARTS:

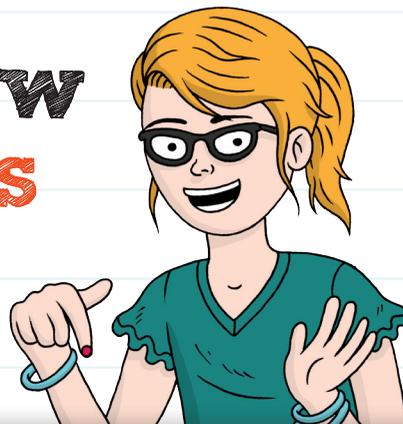
- RI.1:** Cite textual evidence
- RI.2:** Central idea and details
- RI.4:** Interpret words and phrases
- RI.7:** Evaluate content in diverse formats
- W.1:** Write opinion texts
- W.2:** Write informative texts
- W.7:** Synthesize multiple texts when writing

STUDENT INFORMATION

Name:

Grade:

# What Do You Know About the Dangers of Tobacco?



Take the quiz below to find out how much you know about the dangers of tobacco.

1. Cigarette smoke contains dangerous chemicals that are found in gasoline, car exhaust, and household cleaners.  True  False
2. Only people who smoke are exposed to the dangers of tobacco smoke.  True  False
3. Roughly 70 of the chemicals found in tobacco smoke have been shown to cause cancer.  True  False
4. Unlike other more dangerous drugs, tobacco is not addictive.  True  False
5. Electronic cigarettes, or e-cigarettes, are harmless because they don't contain tobacco.  True  False
6. More teens and adults smoke today than 10 years ago.  True  False
7. Breathing in secondhand smoke from lit cigarettes or cigars increases a child's risk of illnesses such as bronchitis and pneumonia.  True  False
8. The dangerous chemicals from tobacco smoke can stick around for days on furniture and other surfaces.  True  False
9. Tobacco smoke can harm nearly every organ in the human body.  True  False
10. As long as the window is open, it's safe to be in a car with someone who is smoking.  True  False

## How Did You Do?

**8–10 correct:** Congratulations! You know the facts about the dangers of tobacco.

**4–7 correct:** You've got a good grasp of the dangers of tobacco.

**0–3 correct:** You've got a good start. Do some research and also ask adults questions to learn more about the dangers of tobacco.

# Tobacco and the Body

**Tobacco contains many chemicals that can harm the human body.** Nicotine is found in all tobacco products, including cigarettes and chewing tobacco, as well as in electronic cigarettes. This chemical travels through the bloodstream to all parts of the body and is addictive. In addition, the smoke from a lit cigarette or cigar contains more than 7,000 chemicals. Study the diagram below to see the effects on the body.

**Ears:** Children who are exposed to secondhand smoke have more ear infections. Germs get into the pocket of air behind the eardrum. That causes fluid to build up in the pocket, which leads to pain.

**Lungs:** The chemicals in smoke enter the pathways in the lungs where oxygen from the air is absorbed into the body. The poisonous chemicals damage the lungs' cilia—fine hairs that help remove dirt from the air. The damage can make it more difficult to breathe and cause a permanent cough. Children who breathe in smoke are more likely to get illnesses such as pneumonia and bronchitis. The chemicals can also damage cells in the lungs and cause cancer.

**Brain:** Nicotine can reach the brain within seconds after a person smokes or uses tobacco. The chemical changes the way signals in the brain are processed. It can make people feel more alert or feel a sense of pleasure. But nicotine is addictive. When the effects of nicotine wear off, people feel a strong need to get more. That's why it can be very difficult to stop smoking once you start.

**Tongue:** Your tongue is covered in taste buds. These cells detect the flavors in food. Using tobacco products can damage the taste buds. People who smoke may not be able to taste as well as nonsmokers. Exposure to the chemicals from the use of other tobacco products can also cause cancer of the tongue and mouth.

**Blood and Heart:** Chemicals in tobacco smoke can change the way your blood flows. They also damage the vessels that carry blood through your body. These changes can cause your heart to beat harder and faster. That can increase a person's risk of a heart attack.

**Use the information in the diagram to answer the following questions.**

(Write your answers on separate paper.)

1. What chemical makes it difficult to stop smoking once a person has started? Explain how.
2. Name at least three effects of breathing in tobacco smoke.
3. Explain why children who are around tobacco smoke may get sick with breathing illnesses.

# Clear the Air

**Tobacco and related products can seriously harm your health.** That's true even for people who don't use tobacco themselves. The smoke from lit cigarettes or cigars contains dangerous chemicals. Breathing in secondhand smoke can increase your risk of illnesses such as bronchitis and pneumonia. E-cigarettes often contain the dangerous drug nicotine, which is addictive.

**Check out the situations below.** On separate paper, write a paragraph explaining how you would respond if you were in the situation. Think about what you could do and say to help you and the people around you stay safe. Be sure to include facts in your answer.

**Scenario 1:** Helen and Kim are going to the movies with Helen's older sister, Emily, and her boyfriend. When they pull up, Kim notices that Emily is smoking.

**Helen:** "Hop in! We're going to be late."

**Kim:** "Um..."

**Helen:** "What's the matter? My sister's boyfriend is a really good driver."



**Is it a good idea for Kim to ride in the car? Explain what you would do or say if you were her.**

**Write a paragraph about the dangers of secondhand smoke to others in the car.**

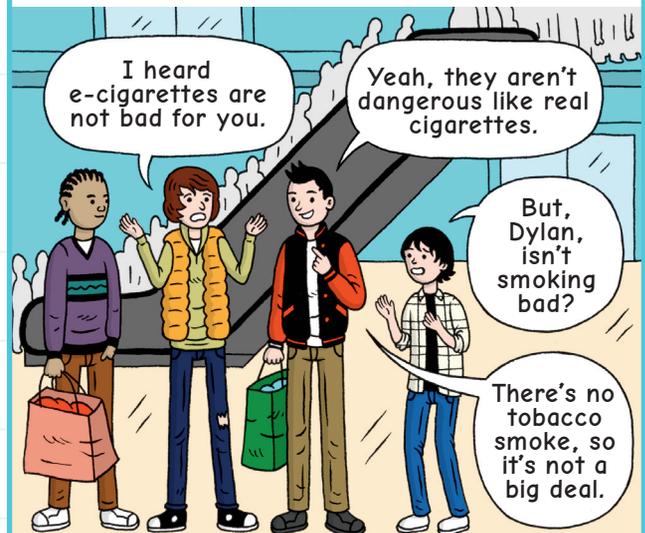
**Scenario 2:** Ryan is at the mall with his older brother, Dylan, and his brother's friends from high school. They are talking about e-cigarettes.

**Friend:** "I heard e-cigarettes are not bad for you."

**Dylan:** "Yeah, they aren't dangerous like real cigarettes."

**Ryan:** "But, Dylan, isn't smoking bad?"

**Dylan:** "There's no tobacco smoke, so it's not a big deal."



**What should Ryan say to his brother?**

**Write a paragraph explaining the dangers of e-cigarettes to Dylan and his friends.**

# We Want to Hear From You!

Help Us Evaluate This Program—And Be Entered to Receive *Scholastic Gift Certificates and Books!*

You can help us evaluate the success of these lessons and worksheets in two ways:

- **STUDENT ASSESSMENTS:** Send in your students' completed assessments.
- **TEACHER SURVEY:** Share your teacher feedback on this program.

To thank you for supporting our mission of creating free, quality classroom materials, we will enter you in a giveaway for Scholastic gift certificates and books. We value your expertise in helping us to create valuable programs for teachers and students.



## Student Assessments

Enter for a chance to receive a \$100 Scholastic gift certificate (10 recipients)!

- 1 Before teaching the “Get Smart About Tobacco” lessons, conduct a pre-assessment by having students complete Worksheet 1: “What Do You Know About the Dangers of Tobacco?”  
Check the “pre-assessment” selection on each worksheet, and ensure that the student name or identifier appears at the top of each worksheet.
- 2 Teach the “Get Smart About Tobacco” lessons.
- 3 Conduct a post-assessment by having students complete the same Worksheet 1.

Check the “post-assessment” selection on each worksheet, and ensure that the student name or identifier appears at the top of each worksheet.

- 4 **How to Enter:** Mail in copies of the completed student pre- and post-assessments, along with your name, address, grade(s) you teach, school name, phone number, and email address to:

**Student Assessment, MM/Space 517, Scholastic Inc., 557 Broadway, New York, NY 10012**



➔ You will be entered in a drawing to receive one of ten (10) \$100 gift certificates from Scholastic!

## Teacher Survey

Enter for a chance to receive 5 free books from Scholastic (50 recipients)!

**How to Enter:**

- 1 Complete the enclosed postage-paid **teacher survey card** and mail it in. You will be entered in a drawing to receive free books from Scholastic!
- OR**
- 2 Go to [scholastic.com/get\\_smart\\_about\\_tobacco/survey](http://scholastic.com/get_smart_about_tobacco/survey) and complete the survey online.

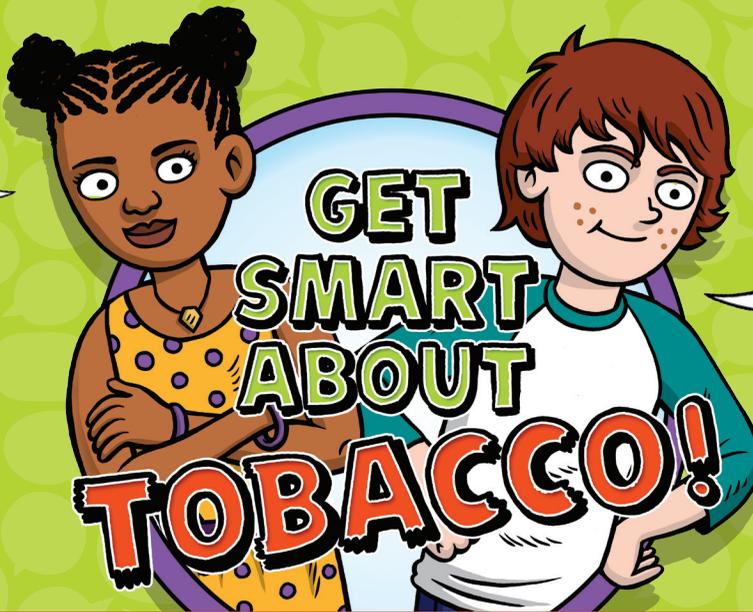


➔ You will be entered in a drawing to receive five (5) free books from Scholastic (50 recipients)!

NO PURCHASE NECESSARY. Both the Student Assessment and Teacher Survey giveaways are open to legal residents of the 50 United States (including the District of Columbia) who currently teach grades 3–5 and are 18 years of age or older. The deadline to enter both giveaways is January 30, 2016; entries must be postmarked by January 30, 2016. Void where prohibited. Student Assessment Giveaway: To enter, mail in completed pre- and post-assessments to: Student Assessment, MM/Space 517, Scholastic Inc., 557 Broadway, New York, NY. All assessments must also include teacher name, address, grade(s) taught, school name, phone number, and email address. Ten (10) recipients will each receive a \$100 Scholastic gift certificate (total approximate retail value: \$1,000). For complete rules, go to [scholastic.com/get\\_smart\\_about\\_tobacco/assessmentrules](http://scholastic.com/get_smart_about_tobacco/assessmentrules). Teacher Feedback: To enter, send a completed postage-paid post-program survey card by mail or complete the online survey at: [scholastic.com/get\\_smart\\_about\\_tobacco/feedbacksurvey](http://scholastic.com/get_smart_about_tobacco/feedbacksurvey). Fifty (50) recipients will each receive five (5) free books from Scholastic. For complete rules, visit [scholastic.com/surveyrules](http://scholastic.com/surveyrules).

**Sources for Poster/Teaching Guide:** Centers for Disease Control and Prevention: (2013) “Youth Risk Behavior Survey.” Gromysz-Kalkowska et al., *Ann Univ Mariae Curie Skłodowska Med*: (2002) “Taste Perception of Cigarette Smokers.” Jamal et al., *MMWR*: (2014) “Current Cigarette Smoking Among Adults—United States, 2005–2013.” Matt et al., *Environ Health Perspect*: (2011) “Thirdhand Tobacco Smoke: Emerging Evidence and Arguments for a Multidisciplinary Research Agenda.” National Center for Health Statistics: (1965–2011) “National Health Interview Survey.” U.S. Department of Health and Human Services: (2014) “The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General”; (2012) “Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General”; (2006) “The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General”; (2000) “Reducing Tobacco Use: A Report of the Surgeon General.”

For  
Grades  
3–5



Teaching the  
next generation  
how to live  
tobacco-free

## Science, Health, and Language Arts Program

### Dear Teacher,

Enclosed in this booklet you will find the take-home family pages of the “**Get Smart About Tobacco**” tobacco-prevention program. We encourage you to send the materials home with students to continue the important conversation about the dangers of tobacco and secondhand smoke outside of the classroom.

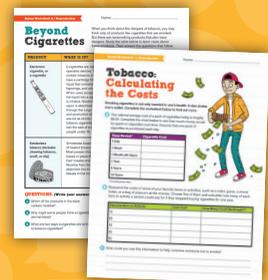
As with many prevention programs, it is possible that some adults may object to the materials. Let them know that the aim of the program is not to criticize smokers or portray them as bad people. The goal is simply to educate young people about the dangers of tobacco and secondhand smoke. With that information, students can be empowered to make decisions about tobacco that will keep them safe from harm.

The following pages also include bonus skill-building worksheets that you can use in the classroom to expand on the knowledge students have gained from the accompanying poster and teaching guide.

We hope that you will share the materials with your students and their families.

### Inside:

**2 Bonus Worksheets**  
(remove cover)



**30 Family Resource Guides**  
(one for each student)



[scholastic.com/get\\_smart\\_about\\_tobacco](http://scholastic.com/get_smart_about_tobacco)

*Sources:* Centers for Disease Control and Prevention: (2013) “Trends in State and Federal Cigarette Tax and Retail Price—United States, 1970–2013.” Goniewicz, et al. Tobacco Control: (2014) “Levels of Selected Carcinogens and Toxicants in Vapour From Electronic Cigarettes.” King, et al., Nicotine and Tobacco Research: (2014) “Trends in Awareness and Use of E-cigarettes Among U.S. Adults, 2010–2013.” National Toxicology Program: (2014) “Report on Carcinogens, Twelfth Edition.” World Health Organization: (2007) “IARC Monographs on the Evaluation of Carcinogenic Risks to Humans. Volume 89: Smokeless Tobacco and Some Tobacco-Specific N-Nitrosamines.”

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## Bonus Worksheet Overviews

### Bonus Worksheet 1:

#### Tobacco: Calculating the Costs

**OBJECTIVE:** Students will calculate how much a typical smoker spends on cigarettes over the course of various time periods. Then they will calculate how many of some of their favorite items they could purchase for the same price.

**SKILLS COVERED:** Human Health; Multiplication and Division; Compare Numbers; Critical Thinking

**DISCUSSION:** After students complete the worksheet, have a classroom discussion about the results. Ask students: *Are you surprised at how much money people spend on cigarettes? Do you think tobacco should be expensive? Why or why not?*

**EXTENSION:** Have students write a persuasive letter to convince someone not to start smoking. Ask them to use what they learned about the health dangers of tobacco, as well as the cost of cigarettes, to support their letter.

#### ALIGNMENT WITH COMMON CORE STATE STANDARDS AND NATIONAL STANDARDS:

- Health/Life Skills
- Math Skills
- Critical Thinking

### Bonus Worksheet 2: Beyond Cigarettes

**OBJECTIVE:** Students will learn about e-cigarettes and other smokeless tobacco, and the dangers they pose to a person's health.

**SKILLS COVERED:** Human Health; Reading Comprehension; Critical Thinking

**DISCUSSION:** Before using the worksheet, ask students: *What tobacco products other than cigarettes are you aware of? What do they look like? Do they pose the same risks as cigarettes? Why or why not?* Have students complete the worksheet individually or in groups. After everyone is done, have a class discussion. Explain: *Many e-cigarettes are packaged in ways that attract young people, such as showing kid-friendly celebrities using them; including cartoons on the package; or adding candy-type flavors to the devices. What additional dangers might this pose?* (It attracts young children to the e-cigarettes; if people start using nicotine early they can get hooked and may want to use real cigarettes; etc.) *Scientists don't know as much about the effects of e-cigarettes as they do about tobacco products.* Then ask, *Why is it important for scientists to research these products?* (To learn more about the long-term effects of these products on the body.)

**EXTENSION:** Have students make a poster warning people of the dangers of e-cigarettes and smokeless tobacco.

#### Alignment with Common Core State Standards and National Standards:

- Health/Life Skills
- Science Literacy
- Reading Comprehension
- Critical Thinking

#### COMMON CORE STATE STANDARDS FOR ENGLISH LANGUAGE ARTS:

RI.7: Evaluate content in diverse formats

#### COMMON CORE STATE STANDARDS FOR MATHEMATICS:

**3.OA.A.3:** Use multiplication and division to solve word problems

#### ANSWERS:

##### Tobacco: Calculating the Costs

A.

Time Period*	Cigarette Cost
1 Day	\$6.00
1 Week	\$42.00
1 Month (30 days)	\$180.00
1 Year	\$2,190.00
5 Years	\$10,950.00
10 Years	\$21,900.00

\*Excluding leap days.

- B.** Divide \$2,190.00 by the unit cost of each favorite item to calculate the number that could be bought.
- C.** Answers will vary but may include that people may be surprised at how much they would need to spend on cigarettes. It may help convince them not to smoke.

#### Common Core State Standards for English Language Arts:

RI.1: Cite textual evidence

W.2: Write informative texts

W.7: Synthesize multiple texts when writing

#### National Science Education Standards:

- Properties of objects and materials/Properties and changes of properties in materials
- Characteristics of organisms/Structure and function in living systems
- Personal health

#### Next Generation Science Standards (NGSS):

**LS1-1:** From Molecules to Organisms: Structures and Processes

**PS1:** Matter and Its Interactions

#### ANSWERS: Beyond Cigarettes

- 1.** Both e-cigarettes and smokeless tobacco contain nicotine.
- 2.** People might think e-cigarettes are harmless because they don't contain tobacco and don't produce toxic tobacco smoke.
- 3.** Answers may include that with both e-cigarettes and regular cigarettes people inhale a substance and absorb nicotine through the lungs; they are both addictive because they contain nicotine.
- 4.** Answers may include that using smokeless tobacco can damage the tissues in the mouth and throat; it can lead to gum disease, tooth decay, and cancer of the mouth and throat.
- 5.** Answers may include that e-cigarettes may not be the best way to stop smoking because they contain nicotine. People may continue to crave cigarettes. Most adults who use e-cigarettes still smoke regular tobacco cigarettes.

# Tobacco: Calculating the Costs

Smoking cigarettes is not only harmful to one's health. It also drains one's wallet. Complete the worksheet below to find out more.

**A** The national average cost of a pack of cigarettes today is roughly \$6.00. Complete the chart below to see how much money would be spent on cigarettes over time. Assume that one pack of cigarettes is purchased each day.

Time Period*	Cigarette Cost
1 Day	
1 Week	
1 Month (30 days)	
1 Year	
5 Years	
10 Years	

\*Excluding leap days.



**B** Research the costs of some of your favorite items or activities, such as a video game, a movie ticket, or a bag of popcorn at the movies. Choose five of them and calculate how many of each item or activity a person could pay for if they stopped buying cigarettes for one year.

Favorite Item or Activity	Unit Cost	How Many Could Be Bought?
1)		
2)		
3)		
4)		
5)		

**C** How could you use this information to help convince someone not to smoke?

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# Beyond Cigarettes

When you think about the dangers of tobacco, you may think only of products like cigarettes that are smoked. But there are nonsmoking products that also have dangers. Study the table below to learn more about these products. Then answer the questions that follow.

PRODUCT	WHAT IS IT?	WHAT ARE THE DANGERS?
<p><b>Electronic cigarette, or e-cigarette</b></p> 	<p>E-cigarettes are battery-operated devices. They do not contain tobacco. Instead they have a cartridge filled with a liquid that contains nicotine, flavorings, and other chemicals. When used, e-cigarettes turn the liquid into a vapor that is inhaled. Nicotine from the vapor is absorbed into the body through the lungs. The sale and production of e-cigarettes are not as strictly controlled as tobacco cigarettes. Most states ban the sale of e-cigarettes to people under 18.</p>	<p>Many people think e-cigarettes are harmless because they don't burn tobacco. But most e-cigarettes contain the same addictive chemical as cigarettes, which is nicotine. Plus, tests of some e-cigarettes have shown that they possess toxic chemicals like formaldehyde, a substance that can cause cancer in animals. The liquid inside e-cigarettes can be poisonous if someone drinks or touches it. Many adult smokers use e-cigarettes to try to quit smoking. But many adult smokers who use e-cigarettes still smoke tobacco cigarettes.</p>
<p><b>Smokeless tobacco (includes chewing tobacco, snuff, or dip)</b></p> 	<p>Smokeless tobacco is made of treated tobacco leaves. Most people chew on the leaves or place them between their cheeks and their gums. Nicotine from the tobacco is absorbed into the body through tissues in the mouth.</p>	<p>Smokeless tobacco has many of the same health risks as cigarettes. People who use these products can become addicted to nicotine. Smokeless tobacco also contains toxic chemicals that can damage tissues in the mouth and throat. People may develop gum disease, tooth decay, or cancer of the mouth and throat.</p>

**QUESTIONS:** (Write your answers on separate paper.)

- 1 Which of the products in the table contain nicotine?
- 2 Why might some people think e-cigarettes are harmless?
- 3 What are two ways e-cigarettes are similar to tobacco cigarettes?
- 4 What are two dangers of chewing tobacco?
- 5 Suppose someone said they wanted to quit smoking. They decided to use e-cigarettes instead. What would you say to them?

## Dear Families,

Welcome to “Get Smart About Tobacco,” a grades 3–5 educational program developed by the CVS Health Foundation in collaboration with Scholastic Inc. to build student classroom skills, teach about the dangers of tobacco, and encourage discussions between you and your child.

You may think it’s too early to talk with your child about tobacco. But a recent national survey showed that five percent of eighth graders had already tried their first cigarette by the end of fifth grade. Another study suggests that teaching elementary-school kids about the dangers of tobacco can decrease smoking rates in later years. That’s important because studies have shown that people who begin smoking earlier are more likely to develop a severe addiction to nicotine.

The good news is that fewer youths and adults are smoking today. But the use of products such as electronic cigarettes, which contain the same addictive chemical—nicotine—as real cigarettes, is on the rise in middle and high school students.

It can be difficult to talk to your children about tobacco, especially if you use it yourself. Think carefully about what to say. Share lessons that you have learned from your experiences, such as how difficult it can be to quit. Make it clear that you don’t want your children to smoke.

We hope that you will use the tips and resources in this guide to create a safe, tobacco-free environment for your children.

Sincerely,

Ann Amstutz Hayes  
Vice President and Group Publisher  
Scholastic Inc.

Eileen Howard Boone  
President  
CVS Health Foundation

Teaching the next generation how to live tobacco-free



## CREATE A HEALTHY HOME

Kids who grow up in a smoke-free home are healthier and less likely to become smokers themselves. Here are some tips to help you create a healthy, tobacco-free home:

- ➔ **Insist on a smoke-free home.**  
Don’t smoke, and don’t let others smoke inside your home.
- ➔ **Visit family-friendly restaurants and areas that are smoke-free.** Even if no one is currently smoking, chemicals can remain on surfaces days after smoking occurred.
- ➔ **Ensure that places where your children spend time—such as at a day care or a friend’s or relative’s house—are smoke-free.**
- ➔ **Encourage a healthy lifestyle in your home.** As a family, set health goals each week and write them down where you all can see them. For example, pledge to eat healthy greens at every dinner, take a long walk on the weekend, or drink enough water each day.

**SOURCES:** Centers for Disease Control and Prevention: *MMWR*: (2015) “Tobacco Use Among Middle and High School Students—United States, 2011–2014”; (2014) “Smoking and Youth”; (2013) “Youth Risk Behavior Survey”; (2012) “Protecting Your Children from Tobacco Use.” Gilman, et al., *Pediatrics*: (2009) “Parental Smoking and Adolescent Smoking Initiation: An Intergenerational Perspective on Tobacco Control.” Goniewicz, et al., *Tobacco Control*: (2014) “Levels of Selected Carcinogens and Toxicants in Vapour from Electronic Cigarettes.” Jamal, et al., *MMWR*: (2014) “Current Cigarette Smoking Among Adults—United States, 2005–2013.” Johnston, et al.: (2014) “Monitoring the Future National Survey Results on Drug Use, 1975–2013—Vol. 1, Secondary School Students.” Matt, et al., *Environ Health Perspect*: (2011) “Thirdhand Tobacco Smoke: Emerging Evidence and Arguments for a Multidisciplinary Research Agenda.” National Center for Health Statistics: (1965–2011) “National Health Interview Survey.” U.S. Department of Health and Human Services: (2014) “The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General”; (2010) “A Report of the Surgeon General: How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease”; (2006) “The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General.”

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## THE DANGERS OF SECONDHAND SMOKE

About half of children between the ages of 3 and 18 are regularly exposed to secondhand smoke. They may be exposed in homes or in places like restaurants where smoking is not yet banned. Exposure to the chemicals in secondhand smoke can be particularly dangerous for children, whose lungs are still developing.

- Secondhand smoke is the smoke that comes off a lit cigarette, pipe, or cigar or that is exhaled by a smoker.
- Tobacco smoke contains more than 7,000 chemicals, including toxic ingredients found in pesticides and car exhaust. Roughly 70 of the chemicals in tobacco smoke are believed to cause cancer.



- Children who are regularly exposed to secondhand smoke have a greater risk of ear infections, respiratory problems, and illnesses, such as bronchitis and pneumonia. Secondhand smoke can increase the frequency and severity of attacks in children with asthma.
- Chemicals from tobacco smoke can stick to surfaces days after someone smokes. This is called “thirdhand smoke.”



## E-CIGARETTES: A GROWING CONCERN

While smoking has decreased among youth in recent years, the use of products such as e-cigarettes is on the rise in middle and high school students. Many people mistakenly think these products are safe because they don't contain tobacco. Here are some facts you should know:



- Like tobacco cigarettes, electronic cigarettes, or e-cigarettes, contain nicotine. This chemical is highly addictive, especially in young people whose brains are still developing.
- The liquid inside e-cigarettes is poisonous. Drinking or touching it can be toxic.
- Tests on e-cigarettes have shown that some contain toxic chemicals, including formaldehyde—a chemical that is believed to cause cancer.
- While no data has been collected yet, many experts fear that using e-cigarettes will drive teens to turn to tobacco-containing products.
- E-cigarettes are not currently regulated by the U.S. Food and Drug Administration (FDA) but most states ban the sale to people under the age of 18.
- The packaging of e-cigarettes is often targeted toward children, with tie-ins to celebrities, sports, and music and with sweet, candy-like flavors.

## REASONS TO QUIT

If you smoke, here are some reminders of the reasons to stop.

- Secondhand smoke puts your children at risk. Smoking in the other room or opening a window is not enough to protect your children from the dangerous chemicals in tobacco smoke.
- Your actions affect the behavior of your children. Children who grow up in homes where people smoke are more likely to smoke and to become heavier smokers at a younger age.
- Using tobacco puts you at risk for serious disease. That's bad news for your children, too. The good news is that studies show that your body starts healing as soon as you stop smoking. After 15 years of not smoking, your risk of coronary heart disease is the same as that of a nonsmoker.



### Quit Smoking Resources:

- [1-800-QUIT-NOW](tel:1800QUITNOW)
- [smokefree.gov](http://smokefree.gov)