

Tobacco Education Activities

- BB Activity – to illustrate the number of deaths caused by tobacco use
- Straw Activity – to simulate emphysema or other respiratory disease caused by smoking (use coffee straws, regular size straws, or both)
- Write a list of pros and cons of using tobacco
- Conduct the “Stick it to You” activity – need 2 students. As you read out parts of the body affected by tobacco, student places colored dot on other student until body is significantly “dotted” by tobacco effects.
- Write a list of short-term effects, long-term effects and cosmetic effects of using tobacco
- Calculate the cost of smoking or dipping over a month, year, two years, etc. – think of what else you could do with that money. My Smoking or Dipping Budget...
- Complete nicotine dependence assessment (i.e., Fagerstrom test) to see if you have low, medium, or high nicotine addiction
- Write an essay with one or more of the following prompts:
 - I wish I had never started using tobacco because...
 - I thought I could quit but...
 - I started using tobacco because...
 - Explore how smoking or dipping affects your body now because of your tobacco use.
 - What would you say to a younger brother, sister, or friend who was thinking about taking up tobacco use?
 - Consider the information about the harmful ingredients in tobacco (or harmful effects of using tobacco) and persuade another student in your class not to use tobacco (can be written or oral essay).
 - Why should you worry about other people and the impact your tobacco use has on them?
- Think about all the physical effects smoking or dipping has on your body. Write a short story from your body’s point of view as it reacts to tobacco use over a period of time from age 11 to 25, to age 40, and to age 60.
- Make a list of your triggers of when you are most likely to use tobacco – make a list of alternatives to try instead of smoking or dipping. I really like to smoke (or dip) when...
- Name harmful chemicals in tobacco (smoking or spit tobacco). Relate the chemicals to other household products. List the known harmful effects of these chemicals. (Use internet or science reference material to explore) Conduct chemical match activity – match chemicals in tobacco with common household products where they are found, i.e., arsenic in rat poison, acetone in finger nail polish remover, etc.
- Available Teaching Tools: tar jar; Mr. Gross Mouth; simulated healthy lungs and smoker’s lungs; What’s in a cigarette display