

LESSON III-5: Nicotine

Student Learning Objectives:

III-13. Students will state the harmful effects of using tobacco products.

III-14. Students will state the purpose of cigarette advertisements.

Preparation

- Gather the needed materials.
- Duplicate the Student Worksheet, “Henrietta’s Lungs,” so that each student will have a copy.
- If the cassette, *Songs from the Heart*, is available, cue it to the song “Smoke Is No Joke” for Activity 1.

Materials

Equipment

- Cassette player (Optional)
- VCR and monitor (Integration Idea)

Resources

- Student Worksheet: “Henrietta’s Lungs,” from “Grade 1 Teacher’s Guide” in *An Early Start to Good Health*, American Cancer Society Kit
- Cassette: *Songs from the Heart*, American Heart Association (Optional)
- Teacher Reference: “Smoke Is No Joke” (lyrics to song), American Heart Association
- Video: *Heartpower! Sing-Along*, American Heart Association (Integration Idea)

Realia

- Crayons or markers
- Drawing paper
- Cigarette advertisements from magazines

Time: 20 minutes

Lesson Procedure

Introduction: 1 minute

Continue the focus on tobacco use.

1. Share with the students:

Let’s see if you can remember what we’ve been learning about the illegal drugs nicotine and alcohol. I’m going to ask you some questions. I want you to show me your answer by using a sign.

If you think the answer is nicotine, pinch your nose. If you think the answer is alcohol, put your hand over your mouth. If the answer is both nicotine and alcohol, use both hands to do both signs.

Let's practice. Show me the sign for nicotine...the sign for alcohol...now the sign for both.

Ask a few of the following questions as a review and check for understanding:

What drug is found in cigarettes? [nicotine]

What drug is found in wine coolers? [alcohol]

What drug hurts your lungs? [nicotine]

What drug hurts your brain? [alcohol]

What drug is illegal for children to use? [both nicotine and alcohol]

What drug is bad for children? [both nicotine and alcohol]

What drug will you say "No" to? [both nicotine and alcohol]

We have learned a lot about these two drugs. Today we will learn more about nicotine, the drug in cigarettes.

Activity 1: 8 minutes

Identify the harmful effects of smoking.

1. Share with the students:

Nicotine is the drug found in tobacco. Cigarettes, cigars, pipe tobacco, chew and snuff are all made with tobacco, so they all have nicotine. Nicotine can affect the way people think, act, and feel. It affects the way a person's body works. It hurts a person's body. That's why adults have made laws to protect children from nicotine. It is illegal, wrong, and harmful for children to smoke or chew tobacco. Let's learn how nicotine hurts the body.

Chewing Tobacco

Chewing tobacco makes a person's heart work harder. It also makes his/her teeth yellow and his/her gums sore. After awhile, the person can get cancer in his/her mouth. It is very hard to quit chewing tobacco once a person starts, so it is best never to start.

Smoking Tobacco

When someone smokes tobacco, his/her heart has to work harder, too.

Smoking also affects the lungs. Take a deep breath. We just put air from the room into our lungs. Our lungs need clean air to work and do their job well. When a person smokes, what is in the air he/she breathes? [smoke] Where does that smoke go when he/she breathes the air into his/her lungs? [into his/her lungs] Putting smoke into our lungs is not healthy. What do you think the inside of your lungs would look like if you got smoke inside them? [smoky, brown, black]

Most people who smoke wish they had never started. It is a very hard habit to break. The best thing to do is never start smoking.

2. Distribute the Student Worksheet, “Henrietta’s Lungs,” and have students color the worksheet.

Let’s color this worksheet while we listen to a song about smoking.

Teacher’s Note: Normal, healthy, lung tissue is pink. The lungs of smokers are brown from the tar inhaled as they smoke tobacco.

If the song “Smoke Is No Joke” is available, play it while the students work. The lyrics are provided in the teacher reference at the end of this lesson.

Activity 2: 10 minutes

Identify the purpose of advertisements on smoking.

1. Ask the students:

Have you ever seen cigarette advertisements? What do the ads want you to do? [smoke cigarettes]

Show several cigarette advertisements.

These ads try to make you believe that you will be beautiful or handsome if you smoke. Other ads try to make you believe you will be popular or rich.

Teacher’s Note: Modify to fit the ads you have selected.

The ads don’t tell the truth about smoking. What is the truth about smoking that the ads don’t tell us? [It is bad for your heart and lungs and makes you cough. It is addictive. It is smelly. It gives you yellow teeth and fingers, and bad breath.]

Point out the warnings on the advertisements.

The only part of these ads that is the truth is the warning. The advertisers have to put these warnings on every ad and every pack of cigarettes or can of chewing tobacco. Tobacco is so dangerous that our lawmakers decided to warn people not to use it.

2. Ask the students to draw a picture that tells the truth about smoking. Ask them to share their pictures with the class.
3. Ask the students:

How many people do you think would want to smoke cigarettes if the advertisements told the truth? [none]

What will you say if someone asks you to smoke now that you know the truth? [no]

Closure: 1 minute

- Summarize by sharing:

Turn to your neighbor and tell them two things that nicotine does to hurt a person's body.

If you have decided never to use nicotine, clap your hands and give yourself a round of applause.

- State:

Our next health lesson will teach us about the drug alcohol.

- Ask the students to take their pictures home to share with family members.

Integration Ideas

Music

- Teach the “A B C Smoking Song” (to the tune of the traditional “Alphabet Song”).

A B C SMOKING SONG

A,B,C,D,E,F,G

Smoking is not good for me

O,P,Q,R,S,T,U

Advertisements are not true

H,I,J,K,L,M,N

Cigarettes are not my friends

V,W,X,Y,Z

All adds up to doctor's fee

Now I know my ABC's

I will always be smoke-free

Science

- Show part 4 of the video *Heartpower! Sing-Along*, from American Heart Association. It shows Bill Nye, the Science Guy, demonstrating and explaining the effects of smoking.