

TALK

Tobacco Affects
the Lives of Kids

Workbook

Name



Public Health Services

What's TALK All About?

TALK stands for **T**obacco **A**ffects the **L**ives of **K**ids

It's true! Tobacco really can affect your life whether you use it or if others around you do.

Some of you may have already been offered tobacco. You may be feeling pressured to try it. Maybe some of you have. In this program you will learn about tobacco and how it can affect you. Knowing more will help you make good, healthy decisions for yourself. This program will help you see that being tobacco free is the right choice to make.

We will talk about:

- the consequences of using tobacco
- where pressures come from to use it
- addiction to tobacco
- tobacco advertising
- skills we can use to refuse tobacco
- how to make decisions and more.

We will learn a lot and have fun.

The skills you learn in the TALK program will help you handle many situations in your life where you may feel pressured to do something you don't want to do.

We will do different learning activities such as:

- group discussions
- brainstorming
- watching videos
- doing interviews
- role plays
- projects.

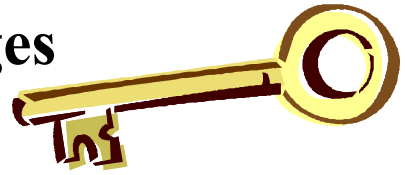
We will work in small groups during each lesson. Remember to:

- sit with your group at the beginning of each lesson
- bring your workbook and a pencil with you
- work quickly and quietly
- write your group's answers in your workbook
- be respectful of others
- take turns talking
- not interrupt
- stick to the topic
- cooperate with the teacher, your group leaders and with each other.

Something I want to learn during this program is _____

Get the facts about tobacco.

TALK Key Messages



Each lesson in the TALK program has a very important message for you.
Write down the key messages here:

1

2

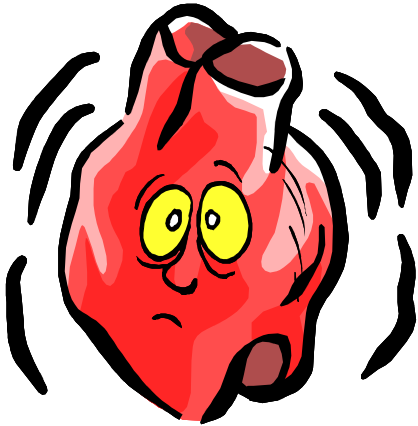
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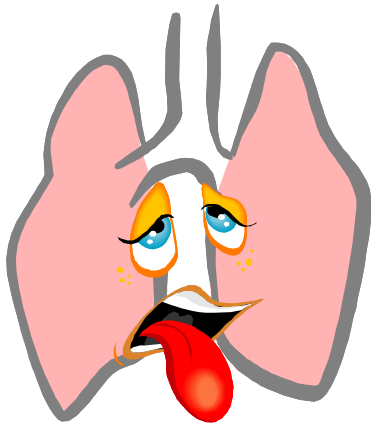
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Health Consequences



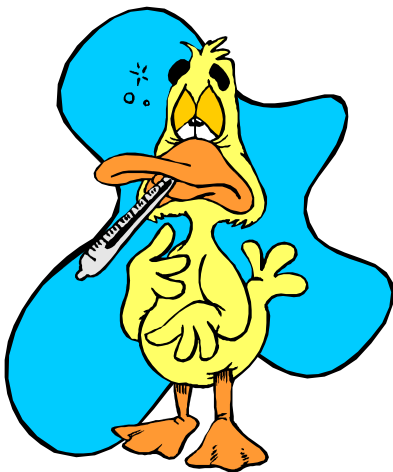
Smoking affects your heart. It:

- makes the heart work harder
- decreases circulation to many areas of the body
- causes heart disease and stroke.



Smoking damages your lungs.

- Tar is deposited in the lungs and most regular smokers develop a morning cough trying to get rid of it.
- It causes lung diseases like pneumonia, chronic bronchitis, emphysema and cancer.
- Smokers are not as good in sports because they are often short of breath and lack endurance.



Smoking weakens the body's immune system. Smokers:

- get sick more often
- stay sick longer
- heal less quickly
- are at increased risk for many kinds of cancer.

Did You Know ... ?

Tobacco affects your sense of taste.

- Your favourite foods don't taste the same.



Tobacco affects the lives of others.

- Breathing in secondhand smoke increases the risk of:
 - ❑ lung cancer, even for those who have never smoked
 - ❑ heart disease and stroke
 - ❑ breathing problems
 - ❑ childhood asthma
 - ❑ higher rates of tooth decay in children.
- Babies of mothers who smoke during pregnancy tend to be smaller, less healthy and are more likely to die before or after birth.



Smokeless tobacco is just as dangerous to your health as smoking.

- It increases the risk of:
 - ❑ mouth and throat cancers
 - ❑ heart disease
 - ❑ dental diseases
 - ❑ loss of taste and smell
 - ❑ stomach problems and more.

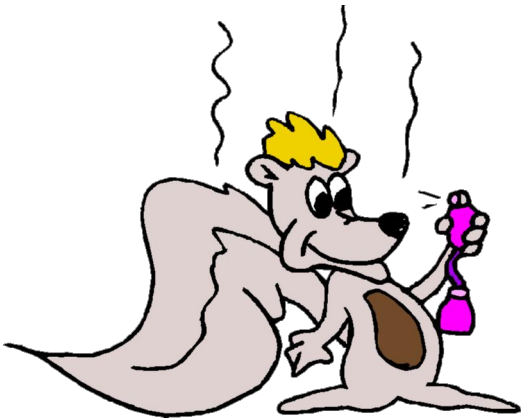


Social Consequences



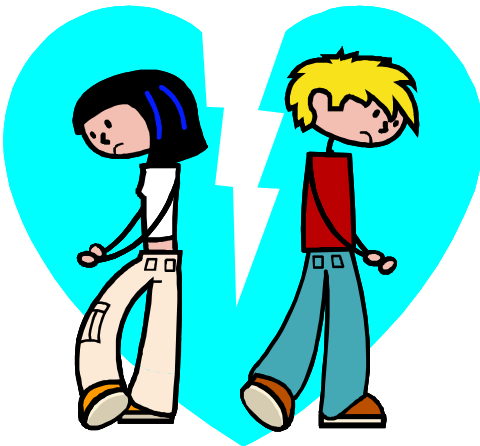
Tobacco is addictive. You may feel:

- stressed when you can't use it
- bad about yourself because you are addicted.



Tobacco stinks and so will you!

- Your hair and clothes will smell.
- Stale smoke clings to all of your things.
- You will have bad breath.



Tobacco makes you less attractive to others.

- It can give you wrinkles, pimples, yellow fingers and stained teeth.
- Most teens say they wouldn't date someone who uses tobacco.
- Non-smoking friends may not want you around if you smoke.
- You may feel left out if you have to leave the fun to go outside to smoke.

Social Consequences

Tobacco is an expensive habit.

- You will have less money to buy things you want or need.



Tobacco hurts and annoys others.

- Secondhand smoke is toxic to all who breathe it in.
- Smoking and chewing tobacco are very messy.
- Your family may be disappointed or angry that you are using tobacco.



Smoking pollutes and harms our environment.

- Careless smoking causes house and forest fires.
- One tree dies for every 300 cigarettes made.
- It takes 5 years for one cigarette butt to break down naturally.
- Landfills get tonnes of garbage yearly from cigarette packages.



The Cost of \$moking

Use the following information to find out the actual cost of smoking:

One pack of cigarettes costs about **\$10.00**.

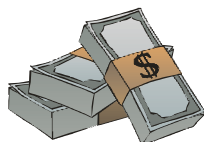
If someone smokes one pack of cigarettes per day, how much will they spend in one week (7 days)?

$$\begin{array}{r} 7 \\ \times 10 \\ \hline \$ 70 \end{array}$$



\$70 could have bought DVDs, CDs, sports equipment or new clothes.

<i>1 month (30 days)</i>	<i>1 Year (365 days)</i>	<i>10 Years (3,650 days)</i>
$\begin{array}{r} 30 \\ \times 10 \\ \hline \$ \end{array}$	$\begin{array}{r} 365 \\ \times 10 \\ \hline \$ \end{array}$	$\begin{array}{r} 3,650 \\ \times 10 \\ \hline \$ \end{array}$
<i>List two or more things you could buy or do with this money:</i>		
<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>



Tobacco is an expensive habit!



Interview Project

Our class is participating in the Tobacco Affects the Lives of Kids (TALK) Program. We are studying many things about tobacco including the consequences, where pressure comes from to use it, addiction to tobacco, how tobacco companies try to influence us, skills we can use to refuse pressure and how to make healthy decisions.

We have been asked to interview an adult about their experience with tobacco. We can interview:

- a non-tobacco user – someone who never used it every day **OR**
- a regular tobacco user – someone who smokes or chews every day **OR**
- a former tobacco user – someone who smoked or chewed every day, but has quit for over a year

We will be talking about what we learned from our interviews in our next class.

Read through these questions. If you are comfortable answering them, complete the interview with me. If you would prefer not to complete the interview, that is fine too. Perhaps you might help me find someone else to interview.

Thank you for the time you spend with me on this project. Your answers will help our class learn about the use of tobacco and how we can make good decisions for ourselves.

Student's name

Interview with a Non-Tobacco User



1. Did anyone ever offer you tobacco when you were younger?

- Yes
- No

How old were you? _____

2. Did you try it?

Yes Why? _____

No Why not? _____

How did you refuse the offer? _____

3. Who offered it to you? _____

4. Where were you? _____

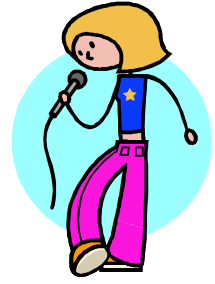
5. If you tried it, what made you decide to quit? _____

6. What advice would you give to young people about smoking or using other tobacco

products? _____

Thank you for doing this interview with me.

Interview with a Regular Tobacco User



1. How old were you when you first tried tobacco? _____
2. Why did you try it? _____
3. Who gave it to you? _____
4. Where were you? _____
5.
 - a) How many years have you used tobacco? _____
 - b) How much tobacco do you use each day? _____
 - c) When do you like to use it? _____
 - d) Do you want to quit? _____
 - e) How many times have you tried to quit? _____What happened? _____

6. What advice would you give to young people about smoking or using other tobacco products? _____

Thank you for doing this interview with me.

Interview with a Former Tobacco User



1. How old were you when you first tried tobacco? _____
2. Why did you try it? _____
3. Who gave it to you? _____
4. Where were you? _____
5.
 - a) How many years did you use tobacco? _____
 - b) How much tobacco did you use each day? _____
 - c) When did you like to use it? _____
 - d) Why did you want to quit? _____
 - e) How many times did you try to quit? _____What happened? _____

6. What advice would you give to young people about smoking or using other tobacco products? _____

Thank you for doing this interview with me.

Tobacco and Addiction

1. What was the most surprising thing you learned from the interview project? _____

2. If your younger brother or sister, or a friend asked you if they should try tobacco, what advice would you give them? _____

3. Fill in the blanks.

addiction **habit** **nicotine** **withdrawal**

_____ happens when people are so used to the effect of a drug that their body can only work normally if that drug is present.

The drug in tobacco that causes addiction is _____.

Without nicotine, a tobacco user may get nervous, feel sick or have trouble sleeping.

This is called _____.

Another reason that tobacco use is hard to quit is that it becomes a _____.

Be smart. Don't start.

Daisy's Dilemma

What challenges did Daisy and her family face? _____

What consequences of smoking does this story mention? _____

What did the family members do to help each other break their habits? _____

Do you think it was harder for Daisy to quit chewing her nails or for her dad to quit smoking?

Why? _____

Is it easy to quit smoking? _____

Why or why not? _____

Can You Break a Habit?

We all have habits – things that we do over and over again. We may not even know that we're doing them.

Think for a minute about a habit that you have. It is: _____

Challenge yourself. Try to stop doing your habit for one day. Think about how you felt during this experience.

Was it hard or easy? _____

How did you feel? _____

How long was it before you found yourself wanting to do it again? _____

Do you think it is harder to quit using tobacco than it is to break a habit? _____

Why or why not? _____

Trick or Truth?

Tobacco Advertising Tricks

“Tobacco will make you ...”

1. **Independent:**

- confident
- grown up
- free from rules
- successful

2. **Adventurous:**

- brave
- interesting
- do exciting activities
- take risks

3. **Popular:**

- look great
- be “cool”
- have more fun
- be part of the “in” crowd

4. **Athletic:**

- energetic
- healthy
- physically fit
- part of the team

The Truth

“Tobacco will make you ...”

1. **Dependent:**

- addicted
- have less money
- less confident
- stressed when you can’t get it

2. _____

3. _____

4. _____

Know the Truth!

Tell the Truth

We have seen some of the tricks the tobacco companies use to get you to buy their products. Advertising is also used to deliver anti-tobacco messages.

Now it's your turn to **tell the truth** by creating your own message to promote the positive things about being tobacco free. Focus on social images, **not** the negative health consequences of using tobacco.

You will need to decide:

WHO you are TALKing to ...

- children teens adults

WHAT is the message you want to promote? _____

HOW will you share your message?

- poster video newsletter
 song play other _____

WHERE will you present your message?

- bulletin board school newsletter classroom presentation for parents
 school assembly other _____

WHO will you go to for further information or help? _____

Ways to Say “NO”*

Avoid the offer

- Avoid situations where you might be pressured.
- Choose friends who don't use tobacco. There is strength in numbers.

Refuse the offer

- **Say no thanks**
“No thanks. I don't smoke.”
- **Walk away**
Say ‘no’ twice, then leave.
- **Broken record**
“I don't want to ... I don't want to ... ”
- **Give an excuse**
“I've got homework to do.”
- **Better idea**
“Let's go _____ instead.”
- **Reverse the pressure**
“Why are you pressuring me?”



* Adapted from Project TNT

How to Say “NO”*

Make eye contact

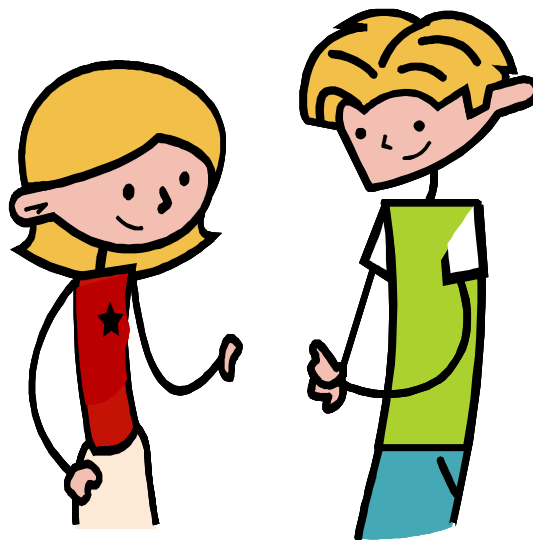
Have good posture

Stay calm

Be friendly but firm

Use a strong, clear, confident voice

Keep practicing



* Adapted from Project TNT

Lights! Camera! Action!

Your group will present a role play to the class. You will have 5 minutes to prepare.

- Decide who will play each role. There may not be a speaking part for everyone. If there are not enough group members, the group leader may need to take a part.
- Rehearse the role play.
- When you present to the class, the narrator will introduce the characters and set the scene. Then the actors can read their lines.
- The group leader will ask the class to identify the type of peer pressure and the refusal skill used in the role play.
- Record the answers in your workbook at the bottom of each role play.



Remember to speak up so everyone can hear and use expression!



Role Play 1

Smoking at the Mall

Roles: Narrator
Terry
Jordan
Older kids hanging out in the mall

Narrator: Terry and Jordan decide to hang out at the mall after school. When they get to the mall, they see a group of older kids smoking right outside the entrance. Jordan recognizes some of the kids and starts to talk to them. They offer Jordan a cigarette. Jordan takes the cigarette and then offers one to Terry.

Jordan: Here Terry. Want a cigarette?

Terry: No thanks. I don't smoke.

Jordan: Come on, everybody's having one!

Terry: No thanks. I don't smoke.

Jordan: Just try one!

Terry: No thanks. I don't smoke.

Jordan: Is that all you can say?

Terry: Yes, because I don't smoke.

Jordan: OK, OK, I get the message.

Group leader: What type of peer pressure did Jordan use? _____

What refusal skill did Terry use to resist the pressure to smoke?

Role Play 2

DVD Dilemma

Roles: Narrator
Jo
Chris
Alex

Narrator: Chris and Alex have been invited to Jo's house to watch a movie. They make popcorn and head to the family room in the basement to choose a movie. Jo suggests a movie that Alex knows their parents would not let them watch.

Jo: Let's watch this one. My older brother just rented it and he said it was awesome.

Chris: I don't know ... I don't think our parents would like it.

Jo: Do you always do what your parents say? They'll never know. Come on!

Alex: I have a better idea. My mom said that if we wanted to go out to a movie, she would drive us. Let's go see _____!
(Insert the name of a popular movie.)

Chris: I've been wanting to see that!

Jo: OK, if you're sure that's what you want.

Group leader: What type of peer pressure did Jo use? _____

What refusal skill did Alex use to resist the pressure to watch a movie she knew she was not allowed to watch?

Role Play 3

Skipping Snuff

Roles: Narrator
Kelly
Mac
Tyler

Narrator: Kelly, Mac and Tyler are on the same baseball team. Tyler has an older brother who does not always make good choices, but Tyler really looks up to him. One Saturday when the team mates are walking home from practice, Tyler says ...

Tyler: Hey guys, my brother gave me this cool stuff to try!

Kelly: What is it?

Tyler: It's chew.

Mac: Isn't that like tobacco?

Tyler: Yeah, kinda. But it can't hurt you like smoking.

Kelly: I better not. My parents would freak out. They both just quit smoking and made me promise to never use any tobacco.

Tyler: What about you, Mac?

Mac: I can't. I promised to rush straight home to watch my little sister while my mom runs errands.

Group leader: What type of peer pressure did Tyler use? _____

What refusal skill did Kelly and Mac use to resist the pressure to use snuff?

Role Play 4

The Dare

Roles: Narrator
Bobbi
Taylor
Drew

Narrator: Bobbi, Taylor and Drew stop at the corner store on the way home from school. They're deciding what to buy when Bobbi dares them to steal something.

Bobbi: I've done this lots of times. It's no big deal!

Taylor: But what if we get caught?

Bobbi: You won't get caught. I never have!

Drew: I don't want to.

Bobbi: What's wrong, are you scared?

Taylor: I don't want to either.

Bobbi: You guys are a couple of babies. Don't be so chicken!

Drew: Listen Bobbi, why are you trying to get us to do something we don't want to do?

Taylor: Yeah, I thought you were our friend. Why are you trying to get us into trouble?

Bobbi: OK, OK, don't make such a big deal out of it. Let's pay for our stuff and go.

Group leader: What type of peer pressure did Bobbi use? _____

What refusal skill did Drew and Taylor use to resist the pressure to steal?

Role Play 5

The New Kid

Roles: Narrator
Lee
Kim
Sam

Narrator: Sam has just moved from Alberta and doesn't know anyone at her new school. She is pleased when Lee and Kim invite her to hang out with them after school one day.

Lee: So, what did you do for fun at your old school, Sam?

Sam: My friends and I liked to listen to music, play soccer, and go on MSN.

Kim: Yeah, we do that too. (Kim pulls out a cigarette and offers one to Sam.) Do you smoke?

Sam: No thanks. I don't smoke.

Lee: Are you sure?

Sam: Yes, I am sure. I don't smoke.

Kim: OK. What kind of music do you like?

Group leader: What type of peer pressure did Lee and Kim use? _____

What refusal skill did Sam use to resist the pressure to smoke?

Role Play 6

Cutting Class

Roles: Narrator
Jamie
Josh
Jason

Narrator: Jamie, Josh and Jason are out on the playground at afternoon recess. It's a warm sunny spring day and they are talking about how they would rather be outside than go in to math.

Jamie: I've got a great idea! Let's just not go back after recess.

Jason: Yeah, we could go over to my place. My parents aren't home.

Josh: I don't think so.

Jason: It's only one class. We can make up the work tomorrow.

Josh: No. I'm going to math.

Jamie: Don't be such a spoil sport! Come with us.

Josh: Sorry, guys. I'm going in. (Josh walks towards the school.)

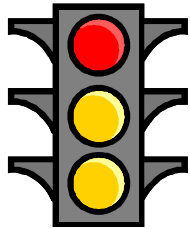
Group leader: What type of peer pressure did Jamie and Jason use? _____

What refusal skill did Josh use to resist the pressure to skip class?

Decisions, Decisions 1

You are going to your friend's house after school. When you get there, no one is home. Your friend finds a package of cigarettes on the kitchen table and asks if you want to try one. You know that your mom and dad won't like it if you say yes, but you are curious about smoking.

STOP

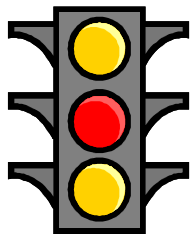


Get the facts

What do you need to know to make this decision?

- Life is better when you are tobacco free _____
- Most people don't use tobacco _____
- Tobacco is addictive _____

EXPLORE



Choices

Consequences

Make a decision

What choices do you have?

I can choose to: _____

- 1) accept the offer and smoke the cigarette **or** _____
- 2) say "no" and refuse the cigarette _____

What are the consequences of each choice?

- 1) If I smoke it, I will hurt my health, risk addiction, _____
upset my parents **or** _____
- 2) If I say "no", I will risk upsetting my friends, stay healthy, _____
have fun doing other things, feel good about my choice _____

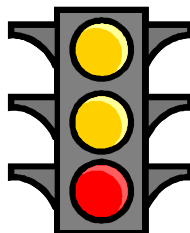
What is the best decision?

- Be smart. Don't start. _____
- Say "no" _____
- Stay tobacco free _____

What will help you stick to this decision?

- Avoid risky situations where no adults are around _____
- Be prepared, practice saying "no" _____
- Refuse the offer using one or more of the six ways such as saying "no thanks" and go home if the pressure continues _____
- Share the situation with your parents. _____

GO



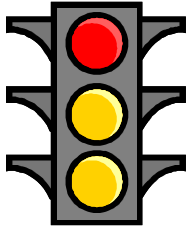
Make a plan

Does it work?

Decisions, Decisions 2

You and your friends are at Terry's place for a sleepover. Terry offers all of you chewing tobacco and says, "Come on. Let's try it. It's cool. You will feel great. Don't be so wimpy." You keep saying that you don't want to. Terry and some of the others start to tease you and call you names.

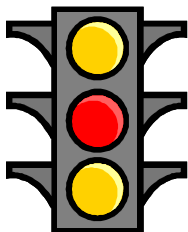
STOP



Get the facts

What do you need to know to make this decision?

EXPLORE



Choices

Consequences

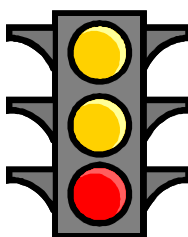
Make a decision

What choices do you have?

What are the consequences of each choice?

What is the best decision?

GO



Make a plan

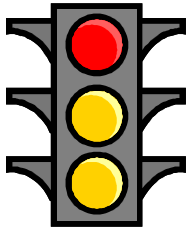
Does it work?

What will help you stick to this decision?

Decisions, Decisions 3

You and two of your friends go to the corner store to buy some treats. Together you have \$4.00. The candy you want costs \$6.00. Your friends tell you that you must take some while they pay for theirs. You don't want to steal.

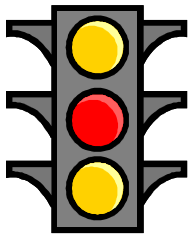
STOP



Get the facts

What do you need to know to make this decision?

EXPLORE



Choices

Consequences

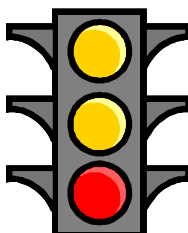
Make a decision

What choices do you have?

What are the consequences of each choice?

What is the best decision?

GO



Make a plan

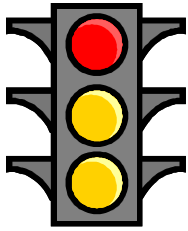
Does it work?

What will help you stick to this decision?

Decisions, Decisions 4

You just got your math test back. You usually do very well, but this time you failed the test because you didn't study very hard. You feel embarrassed about your mark. Your two friends ask you what your mark was. You don't want to tell them. They say, "Oh, you probably got the highest mark in the class like you usually do. Come on, tell us what you got."

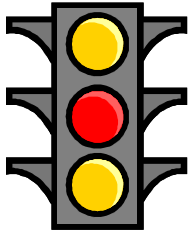
STOP



Get the facts

What do you need to know to make this decision?

EXPLORE



Choices

Consequences

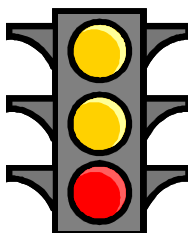
Make a decision

What choices do you have?

What are the consequences of each choice?

What is the best decision?

GO



Make a plan

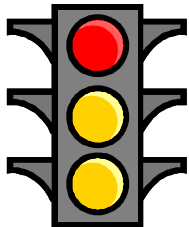
Does it work?

What will help you stick to this decision?

Decisions, Decisions 5

You have a science test tomorrow. Your friends notice the answer sheet on the teacher’s desk. Your friend and another classmate start pressuring you to steal it. They want you to photocopy it while you are answering phones in the office at recess. They say you can just put it back on the teacher’s desk afterward. You don’t want to do it, but they are calling you “chicken”.

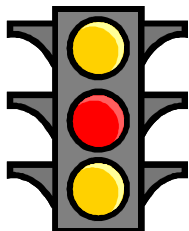
STOP



Get the facts

What do you need to know to make this decision?

EXPLORE



Choices

Consequences

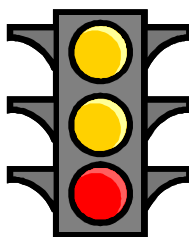
Make a decision

What choices do you have?

What are the consequences of each choice?

What is the best decision?

GO



Make a plan

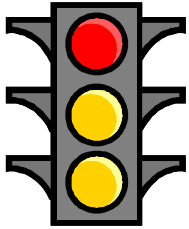
Does it work?

What will help you stick to this decision?

Decisions, Decisions 6

You and your friends are at the playground one summer day. No one else is around. One of your friends pulls out a can of spray paint from their backpack and suggests that you spray the playground equipment with it. You know this is wrong.

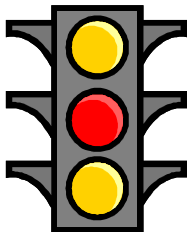
STOP



Get the facts

What do you need to know to make this decision?

EXPLORE



Choices

Consequences

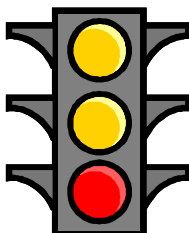
Make a decision

What choices do you have?

What are the consequences of each choice?

What is the best decision?

GO



Make a plan

Does it work?

What will help you stick to this decision?

TALK Commitment and Plan

My Decision

I have decided to be tobacco free because: _____

My Plan

I will stick to my decision by:

- thinking about the health and social consequences of using tobacco
- choosing non-smoking friends
- avoiding people when they are smoking
- using the refusal skills I have learned to resist peer pressure
- remembering the truth about tobacco advertising
- letting others know I have chosen to be tobacco free
- sharing what I have learned with others
- asking for help if I need more information and support
- _____

Signature

Date

Smokin' Sam

Once you have watched the DVD *Smokin' Sam*, answer the following questions:

What consequences of using tobacco are mentioned in the DVD?

What did the kids do to help Sam?

What TALK Key Messages does the DVD remind you of?

I am committed to being tobacco free because _____

Test Your Tobacco IQ

1. State two consequences of using tobacco.

2. State two ways your life will be better if you don't use tobacco.

3. Where does the pressure young people feel to start using tobacco come from?

4. State two healthy ways to have fun without using tobacco.

5. Most people don't use tobacco.

True False

6. Only adults can get addicted to tobacco, not young people.

True False

7. The traditional use of tobacco is very different from the recreational use of tobacco.

True False

8. One of the roles of health professionals is to prevent disease.

True False

9. Give two reasons why it is hard to quit using tobacco.

10. Tobacco companies use tricks to get you to buy their products. They want to make you think tobacco will make you:

11. State two ways to say “no” to tobacco.

12. Match the steps in making a decision with the correct description.

STOP

Think about choices and consequences. Decide what to do.

EXPLORE

Make a plan to help you stick to your decision and check to see if it works.

GO

Get the facts.

13. What anti-tobacco message would you use to convince your friends not to use tobacco?

14. Where could someone go for further information on tobacco, or for help to quit using it?

TALK

Tobacco **A**ffects
the **L**ives of **K**ids



Public Health Services