

# First Grade Tobacco Products and E-Cigarette Prevention Lessons

The Virginia Department of Education is pleased to acknowledge this learning module was developed with the expertise of Virginia public elementary school teachers in collaboration with the Virginia Foundation for Healthy Youth.

### GOALS/OBJECTIVES:

Students will understand there are healthy choices, unhealthy choices, and dangerous choices.

Students will understand that they should say no to tobacco products.

Students will tell a safe adult if they see something dangerous.

### BIG IDEAS/UNDERSTANDING:

Tobacco comes in multiple forms, but all are dangerous to our health.

Nicotine is an addictive substance.

Saying no to and staying away from tobacco products is the best way to stay healthy.

### RELATED STANDARDS OF LEARNING:

#### Language Arts:

1.1 The student will continue to demonstrate growth in the use of oral language.

1.2 The student will expand understanding and use of word meanings.

1.3 The student will adapt or change oral language to fit the situation.

1.8 The student will expand vocabulary.

#### Math Standards:

1.13 The student will sort and classify concrete objects according to one or two attributes.

#### Health Education Standards:

1.1 The student will identify the basic components and functions of human body systems and the importance of safe practices, positive interpersonal relationships, and environmental health.

1.2 The student will explain that good health is related to healthy decisions.

1.3 The student will identify specific rules and practices to promote personal safety and socially responsible behaviors.

#### Physical Education Standards:

1.2 The student will identify basic anatomical structures and basic spatial awareness concepts.

1.3 The student will identify changes in the body that occur during moderate-to-vigorous physical activity.

1.5 The student will identify basic nutrition concepts of energy balance.

### LESSON:

1. Introduce the idea of us being helpers for our bodies. Ask the students what we do to help our bodies stay healthy and grow. Discuss the different ideas that students come up with. They may include: getting a good night's sleep, eating a balanced diet, drinking plenty of water, getting exercise, wearing a seatbelt in the car, etc. Then discuss what we should do if we get sick. Ideas might include: getting extra sleep, drinking more water, eating chicken noodle soup, going to the doctor, taking medicine if a grown up at home or a doctor tells us that we need it and gives it to us. These are all great ways that we can take care of our body!

2. Introduce the idea of unhealthy and dangerous choices. Ask the students to list some things that may be unhealthy for their bodies. Ideas might include: eating too many sweets, staying up late, watching too much TV or playing video games all day long, etc. Quickly discuss that some unhealthy choices are usually okay every once in a while, but if you did them all the time, it wouldn't be good for your body. Then begin to discuss dangerous choices and how they are different from unhealthy choices. Dangerous choices may include: using tobacco, using drugs, using alcohol, playing with sharp tools/knives, playing with matches or fire, taking medicine when you are not sick, taking grown up medicine or medicine that is not for you, touching or drinking "under the sink" items. Discuss why these choices are dangerous and not just unhealthy (for example: taking medicine that is for a grown up might impact your body differently and make you sick; cigarettes can make it hard for you to breathe or hurt your tummy; fire can burn you, etc.).

Begin to discuss tobacco in a bit more depth. At this point, show students the pictures of different types of tobacco products (attached at the end of this lesson). Discuss the different forms of tobacco and explain that no matter how it is used, tobacco products and e-cigarettes are dangerous. It contains harmful chemicals that can hurt your body. Additionally, all forms of tobacco contain something called nicotine, which is addictive. Discuss what "addictive" means: that once your body has had it, it wants more and more of it. Discuss with students how dangerous that is to want more of something that is really bad for your body. Tell students that they should always say no to choices that are dangerous because they want to do what is best for their body. Remind students to always tell a safe adult if they see something dangerous.

3. Introduce the sorting activity. Give each student a sorting sheet and an answer sheet (found at the end of this lesson. FYI- answer sheets may be copied front to back to allow for more room to glue the sorts). Instruct students to cut out the sort items. Students will then glue the items under the appropriate header – Healthy, Unhealthy and Dangerous. For example, a picture of a salad would go under the header of Healthy, a picture of a doughnut under Unhealthy and a picture of cigarettes under Dangerous. Before students begin the sort, be sure to name (and explain, as needed) each choice so the students are sure to know what each picture represents. Remind the students that Healthy means good choices for your body, Unhealthy means choices that are fine every once in a while, but if you chose all the time could hurt your body, and Dangerous choices are choices that you should always stay away from because they could seriously hurt your body. Let the students work on the sort. (The sort could be done as a class, in small groups, in pairs, or individually at the teacher's discretion. As a whole class activity, students need not cut out and glue their own sorts: the teacher could cut out one sort for the class to share and use a pocket chart or tape to adhere the sort to the board.)

4. After the students have finished sorting, check their work as a class. Help the kids discuss why they sorted each item as they did. If there are any disagreements, talk it out as a class and explain where it belongs and why.

5. Review the ideas discussed in this lesson and reiterate that students should say no to dangerous choices like tobacco products and e-cigarettes.

**EXTENSION ACTIVITIES:**

Have the students go on a magazine hunt: find things that are healthy, unhealthy, and dangerous. Cut out the items, sort them, and glue them onto a big piece of paper that has been divided into three sections (this can be an individual, small group or whole group project).

Movement activity: Play a variation of Red Light, Green Light with choices. Every time the teacher says a healthy choice, students will move forward one step. For unhealthy choices, students should not move. And for dangerous choices, students should move backward one step. As choices are made, discuss with students why they made the choice that they did.

|  |   |  |  |  |
|--|---|--|--|--|
|  <p>apple</p> |  <p>poison</p> |  <p>banana</p>   |  <p>sleep</p>                       |  <p>running</p> |
|  <p>knife</p>  |  <p>beer</p>    |  <p>hookah</p>    |  <p>video games<br/>all day long</p> |  <p>sandwich</p> |
|  <p>matches</p> |  <p>soccer</p>   |  <p>ice cream</p>  |  <p>pills</p>                         |  <p>water</p>     |
|  <p>cake</p>    |  <p>cigar</p>    |  <p>cigarettes</p> |  <p>loud music</p>                    |  <p>doughnut</p>  |

# Healthy, Unhealthy, Dangerous Sort

Name:

| Healthy | Unhealthy | Dangerous |
|---------|-----------|-----------|
|         |           |           |

| Healthy | Unhealthy | Dangerous |
|---------|-----------|-----------|
|         |           |           |

Healthy, Unhealthy, Dangerous Sort ANSWER KEY:

Healthy

apple  
banana  
sleep  
running  
sandwich  
soccer  
water

Unhealthy

video games all day long  
ice cream  
cake  
loud music  
doughnut

Dangerous

poison  
knife  
beer  
hookah  
matches  
pills  
cigar  
cigarettes  
e-cigarettes

## TOBACCO PRODUCTS AND E-CIGARETTE PICTURES AND INFORMATION SHEETS

Cigarettes: Cigarettes are smoked. They contain harmful chemicals. They cause stained teeth and periodontal disease, chronic coughing, increased phlegm, shortness of breath, headaches, stress, and a faster resting heart rate. Long-term effects can include heart disease, chronic lung disease, and lung and other cancers.



Electronic Cigarettes (E-cigarettes/Vaping): These products create an aerosol that is often called vapor (some hairspray is also an aerosol). You breathe the vapor in. They are often flavored like candy, which masks the taste of harmful chemicals. When ingested, the liquid inside e-cigarettes can be very dangerous. E-cigarettes can also cause injuries through battery explosions.



Hookah and Hookah Pens: Hookah use can be as equally damaging to your health as cigarettes. The heated tobacco used contains sixty-nine particular carcinogens that have been linked to tumor production as well as cancers of the lungs, stomach, and kidneys.

Traditional hookah



Hookah pens



Smokeless Tobacco: Smokeless tobacco products can deliver more nicotine than cigarettes. One of the most common side effects experienced by smokeless tobacco users is excessive tooth decay. In addition to the tooth decay, the tobacco also causes gums to pull away from the teeth, resulting in permanent gum loss.

Although many of the common health effects of smokeless tobacco products attack the mouth, there are more severe risks associated with them as well. Medical professionals have linked many of the chemicals found in chewing tobacco, dip, and snuff with esophageal, mouth, and pancreatic cancer.



Cigars: No matter their size, all these cigars contain tobacco and nicotine. And they all can cause negative health effects like cigarettes, because users are exposed to harmful toxicants. Cigars can sometimes contain sweet flavors such as strawberry and vanilla. Cigars have toxic, harmful effects even when flavored. Some cigars look like cigarettes and are sold individually.



## TEACHER RESOURCES

Types of Tobacco:

Cigarettes

Vaping and Electronic Cigarettes (Also known as E-cigarettes or E-cigs)

Hookah

Cigars

Smokeless Tobacco (Also known as Chew/Chewing or Spit Tobacco)

Heat-not-burn Products

All tobacco products contain nicotine.

The nicotine in tobacco products and e-cigarettes is highly addictive

E-cigarettes, cigarettes, cigars, hookah, and smokeless tobacco products contain harmful chemicals, including nicotine.

E-cigarette aerosol contains harmful chemicals.

E-cigarettes can also cause injuries through battery explosions.

Candy flavors only mask the taste of tobacco and sometimes makes products easier to use.

There is NO safe way to use tobacco products.

Teachers should acknowledge that there are students who have people in their families and see people in public that use tobacco products and e-cigarettes. Be sure to emphasize that using the products doesn't make them a bad person. Sometimes, people who use tobacco products wish they could stop but have a hard time because using these products can make them addicted. (using it makes your body want it more and more). The purpose of teaching students about the dangers of tobacco product and e-cigarette use is to help them make healthy choices for their own bodies.

Websites:

<https://www.cdc.gov/tobacco/>

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html)

<https://www.fda.gov/tobacco-products/ctp-newsroom/how-are-non-combusted-cigarettes-sometimes-called-heat-not-burn-products-different-e-cigarettes-and>

<https://teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes>

[http://www.scholastic.com/get\\_smart\\_about\\_tobacco/#grades3-5](http://www.scholastic.com/get_smart_about_tobacco/#grades3-5)

Videos:

Discovery Education video:

“Drugs and Alcohol: Happy, Healthy, Drug-Free Me: Part 1”:

<https://app.discoveryeducation.com/learn/videos/a75f16d2-986f-4492-a560-f3fd8c5809de/?hasLocalHost=True>

Discovery Education video:

“Drugs and Alcohol: Happy, Healthy, Drug-Free Me: Part 2”:

<https://app.discoveryeducation.com/learn/videos/71bd166a-b88e-4245-89ec-b1f86c02945b/?hasLocalHost=True>

YouTube video:

Smokeless Tobacco: The Sean Marsee Story - Sean Marsee's Message:

<https://www.youtube.com/watch?v=dS-SGsYBQVA>