

Kindergarten 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 and e-cigarettes.
Students will tell a safe adult if they see something dangerous.

BIG IDEAS/UNDERSTANDING:

Tobacco products and e-cigarettes come in multiple forms, but all are dangerous to our health.
Nicotine is an addictive substance.
Saying no to and staying away from tobacco products and e-cigarettes will help you stay healthy.

RELATED STANDARDS OF LEARNING:

Language Arts:

- K.1 The student will demonstrate growth in the use of oral language.
- K.2 The student will expand understanding and use of word meanings.
- K.3 The student will build oral communication skills.
- K.8 The student will expand vocabulary.

Health Education Standards:

- K.1 The student will identify and describe key health and safety concepts.
- K.2 The student will identify healthy decisions.
- K.3 The student will describe and demonstrate behaviors that promote health and prevent injury and disease.

Physical Education Standards:

- K.1 The student will demonstrate progress toward the mature form of selected locomotor, non-locomotor, and manipulative skills to understand the various ways the body can move.
- K.2 The student will identify basic structures of the body and basic spatial awareness concepts.
- K.3 The student will identify basic fitness concepts.
- K.4 The student will use appropriate behaviors and safe practices in physical activity settings.
- K.5 The student will identify basic concepts of energy balance.

LESSON:

1. Introduce the topic by drawing two lines down a piece of chart paper/chalkboard/whiteboard to make three columns. Tell the students that we will discuss healthy and unhealthy choices. Draw a smiley face (☺) and write the word “healthy” at the top on the left column. Then, draw an “ok” (:/) face and write “unhealthy” on the top of the middle column. Begin to discuss healthy choices and list them on the healthy section of the chart. Examples may include: exercise, eating plenty of vegetables and fruits, getting a good night’s sleep, playing with friends, wearing a seatbelt in the car, etc. Discuss why these choices are healthy choices. Then discuss unhealthy choices and list them on the unhealthy section of the chart. Examples may include: eating sweets for dinner, watching a lot of TV, playing video games all day, staying up all night to play, etc. Then talk about how kids may feel if they do too many unhealthy things. They might get a stomachache or be tired and grumpy the next day. Let the students know that some unhealthy choices are okay once in a while, but if you do them all the time, they can make you less healthy.

2. Introduce the idea of dangerous choices. Write the word “dangerous” and a big X next to it at the top of the right column. Tell students that there are some choices that they should NEVER make because they are dangerous. Ask the students for examples of dangerous choices. Discuss. Some examples of dangerous choices may include: playing/using matches, turning on the stove or oven without an adult, hurting someone else or yourself, touching or drinking “under the sink” items. Write down the ideas that the children discuss and be sure to ask the students why each idea is dangerous and what could happen if they did it (for example: if I play with matches, I could start a fire, I could hurt myself, I could get in trouble).

3. Introduce tobacco. Let students know that tobacco is something that is also dangerous. Ask if anyone has heard of tobacco before and give the students some time to share. Tell students that tobacco can make people really sick and they should never use it. Ask the students if they would ever drink poison. Ask them what could happen if they did. Let them know that tobacco products and e-cigarettes have harmful chemicals and poisons in them. Tell students that tobacco can be used in different ways, but it is dangerous no matter how it is used. At this point, show the students pictures of each type of tobacco (found at end of this lesson): 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). Give some examples of how tobacco can make someone very sick (for example: if you smoked a cigarette, it could hurt your lungs and make it hard for you to breathe; if you chewed tobacco it could make your stomach hurt and make sores in your mouth). Tell the students that in addition to all of that, ALL types of tobacco contain something called nicotine that 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 the students that using tobacco is dangerous, just like playing with matches or riding in a car without wearing a seatbelt; that it could hurt people and get them into trouble.

4. Now that you’ve discussed choices, remind students that it is important to always say no to dangerous choices. Additionally, students should always tell a safe adult if they see something dangerous. Then introduce a movement game to practice saying no. Divide an area into two: for example, you can use tape to mark a line down your classroom floor or rug, or just use an imaginary line; alternately you can go outside to a sidewalk or blacktop area and draw a line in chalk. Instruct the class to stand on the line. Tell them you will say a choice. Direct the students to move towards the right side of the line if the choice given is a healthy choice and that they should shout: “YES” to that choice. Be sure to point to which side is “right”, as kindergarteners may not know. Give the students an example: “You eat broccoli at lunch. This is a healthy choice, so everyone jump to the right and shout “YES!”” The students will stay standing on the line if the given choice is unhealthy and they’ll shout “OKAY SOMETIMES!” Give the students an example “You stay up late to watch the Superbowl. This is unhealthy, which means it is okay to do every once in a while if your parents let you, but not all the time.” Finally, tell students that they will move to the left side of the line (indicate to the students where the left is) if the choice that is given is a dangerous choice and that they should shout: “NO” to that choice. Give the students an example “Your sister doesn’t want to wear her seatbelt. This is a dangerous choice, so everyone jump left and shout “NO!”” Begin to play. As the students make their

choices, call on a few to ask why they made the choice that they did. Some example prompts are below:

A friend asks you to play on the playground at recess.

You found some matches on the floor and want to play with them.

Your family is eating salad at dinner tonight.

You found a cigarette to smoke.

You found a drink outside and want to drink it- you don't know whose it is or where it came from.

You want to stay up all night to play with your sister or brother.

You decide to eat ice cream for breakfast.

You brush your teeth before bed.

You found cleaning supplies under the sink and want to touch them to get a better look.

At lunchtime you are thirsty and drink water.

You found chewing tobacco and wonder what it tastes like.

5. Bring the game to an end and do a quick review about what was discussed during the lesson. Review healthy, unhealthy, and dangerous (with some of the examples of each), and review saying no to choices that are dangerous because you want to do what is best for your body. Remind students to always tell a safe adult if they see something dangerous. Have each child say something healthy that they will do that day, either as a class or to a friend sitting near them.

EXTENSION ACTIVITY:

Have students draw pictures of themselves doing healthy activities. Have the children share what they drew and why it is healthy.

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.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

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>