

# Third 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 the harmful effects of tobacco products, e-cigarettes, and nicotine. Students will be familiar with vocabulary for cigarettes, cigars, snuff, vaping, nicotine, tar, e-cigarette, addictive, heat-not-burn, hookah

**RELATED STANDARDS OF LEARNING:**

Health Area: Alcohol, Tobacco and Drug Use Prevention

Essential Health Concepts

3.1 The student will explain that health habits and practices impact personal growth and development.

- i) Identify body systems affected by the use of alcohol, tobacco, inhalants, and other drugs.

Healthy Decisions

3.2 The student will demonstrate the ability to use essential health concepts to improve personal health.

- e) Analyze the harmful short- and long-term effects of alcohol, tobacco, common household inhalants, and other drugs on body systems.
- f) Describe refusal skills when pressured to use alcohol, tobacco, inhalants, or other drugs.

Advocacy and Health Promotion

3.3 The student will promote health and safety at school and at home.

- e) Describe the effects of nicotine, alcohol, and other drugs on body systems.
- g) Encourage others not to use alcohol, tobacco, inhalants, or other drugs.

Language Arts Standards

3.1 The student will use effective communication skills in a variety of settings.

3.2 The student will give oral presentations.

3.10 The student will demonstrate comprehension of information resources to research a topic and complete a research product.

**VOCABULARY/FACTS**

Tobacco use is the leading cause of cancer. Cigarettes, cigars, and chewing tobacco can cause cancer.

Tobacco products and e-cigarettes contain nicotine. Nicotine is a chemical that is addictive. When a chemical is addictive, it means a person's body wants more and more of it when they use it.

E-cigarettes do not contain tobacco, but some contain as much nicotine as a pack of 20 cigarettes.

E-cigarettes heat a liquid to create an aerosol that some people call vapor (some types of hairspray are aerosols). Chemicals are used to flavor the liquid in e-cigarettes. The liquid is heated with a metal heating coil. Heavy metals such as nickel, tin and lead have been found in the vapor, which is breathed into the lungs.

The harmful effects of e-cigarettes are not yet fully known. However, kids are becoming addicted to nicotine when they use them. There have been reports of teens feeling ill and having seizures after using e-cigarette devices.

Heat-not-burn products heat tobacco but do not burn it. The products create an aerosol that contains nicotine which a person inhales.

Hookahs use a special kind of tobacco that is heated. The tobacco smoke passes through water and through a rubber tube to a mouthpiece that a person uses to inhale the smoke. Hookah smoking is linked to lung and oral cancers, and the smoke also contains high levels of toxic chemicals.

## **LESSON**

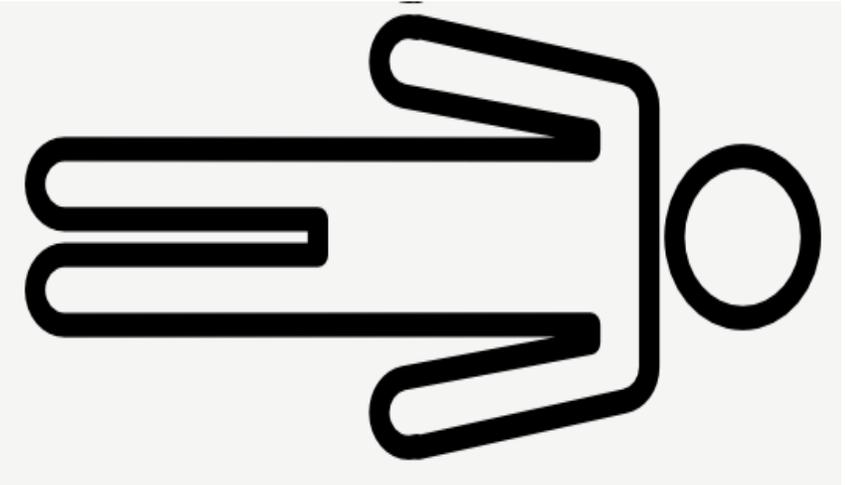
1) Have a discussion with the students. Use the photos and information at the end of this lesson to discuss the varying forms of tobacco and be sure to mention that no matter its form, tobacco is dangerous to use. Discuss that many people who use tobacco products wish that they had never started using it, but they may have a hard time stopping because they have become addicted. Briefly discuss that addiction means that when you do something- like smoke a cigarette, doing it makes your body and mind want to do it more and more. Ask the students why someone would wish that they had never started using tobacco products or e-cigarettes. Then make a list of how tobacco can cause your body harm. Some ideas: wrinkles, heart beats faster, stains on your fingers and teeth, stuffy nose, heart disease, lung disease, cancer (mouth, throat, esophagus, pancreas, lung, stomach, etc.), can make you cough/have a hard time breathing, can make sores in your mouth, can make you addicted, can cause gum disease, tooth decay, or tooth loss. It can even harm brain development in kids and teens.

2) Compare and contrast – draw a before and after sketch of person to compare and contrast the effects of using tobacco and/or nicotine. See attached sheet.

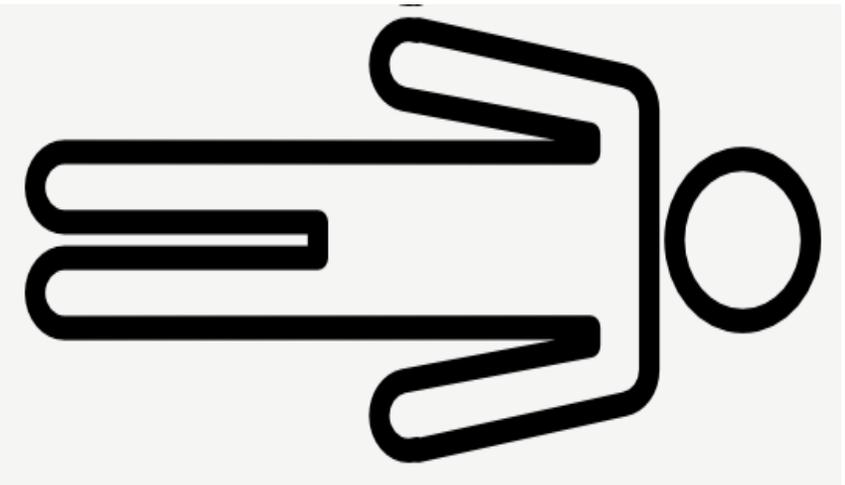
Provide the students with the Student Information Sheet. Students should use the sheet to help them to draw/label the unhealthy person. The students should use the sheet to help them determine the healthy characteristics/traits that are the opposite of what is listed for how tobacco affects the human body. For example: brain – healthy – develops normally; eyes are not colored red – just a normal white around a blue or brown center; mouth is regular – labels may indicate no bad breath – no gum disease – no mouth sores; nose – not stuffy/ good sense of smell; throat – no bad cough; lungs – healthy – no trouble breathing – no lung disease; skin – not wrinkled; teeth are white; fingers – not yellow; heart – normal heart beat – no heart disease- or healthy heart.

3) Break the students into 5 groups and assign each group a topic: cigarettes, chewing tobacco, e-cigarettes, hookah, and cigars. Students will research and then present to the class on the dangers of their topic.

Healthy



Unhealthy



## MOVEMENT LESSON

Students will play a version of four corners (in a classroom, on a blacktop, or on a field). When a question is read, the students move to the correct corner. If they choose an incorrect corner, the student is eliminated. Play continues until there are 4 or fewer students. At this point there should be one corner for each player, and only one player is allowed in each corner.

The four corners will be cigarettes; e-cigarettes; chewing tobacco; or all are true.

If 2 answers are correct, students may choose either correct corner. Answers are in red.

### Questions:

Which contain chemicals and metals that reach the lungs?

E-cigarettes

Which cause cancer?

Cigarettes or chewing tobacco

Which contain nicotine?

All are true

Which may contain as much nicotine as in twenty cigarettes (a pack)?

E-cigarettes

Which are addictive?

All are true

Which may turn your fingers yellow?

Cigarettes

Which may cause mouth sores?

Chewing tobacco

Which may cause a stroke?

Chewing tobacco and cigarettes

Which one are we unsure of the specific health risks?

E-cigarettes

Which are unhealthy?

All are true

Which contain tobacco?

Cigarettes and chewing tobacco

Which may cause wrinkles?

Cigarettes and chewing tobacco

Which uses an inhaled vapor?

E-cigarettes

Which may damage you teeth and gums?

Chewing tobacco and cigarettes

Which may look like a USB flash drive?

E-cigarettes

Which uses flavors similar to candy?

E-cigarettes and chewing tobacco

Which may cause a bad cough?

Cigarettes

Which can be a gateway – the first step toward using cigarettes?

E-cigarettes

## **Student Information Sheet**

**Tobacco affects the human body in many ways.**

*Brain:* can cause a stroke; can impede brain development in children and teens

*Eyes:* become red

*Mouth:* decreases sense of taste; causes bad breath and mouth infections; causes mouth sores; causes mouth cancer; gum disease

*Nose:* decreases sense of smell; stuffy nose

*Throat:* bad coughs

*Lungs:* turn black from the tar; difficulty breathing; causes lung diseases (bronchitis, emphysema, and cancer)

*Skin:* gets wrinkled

*Teeth:* turn yellow; tooth decay; tooth loss

*Fingers:* turn yellow

*Heart:* increases heart rate, causes heart disease

## 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>

