

FOURTH 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.

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GOALS/OBJECTIVES:

- Students will understand the harmful effects of tobacco products, e-cigarettes, and nicotine.
- The students will understand how to respond appropriately to peer pressure.
- Students will be familiar with vocabulary for cigarettes, cigars, snuff, vaping, nicotine, tar, e-cigarette, addictive, heat-not-burn, hookah.

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

RELATED STANDARDS OF LEARNING:



ENGLISH:

Communication and Multimodal Literacies:

- 4.1 The student will use effective oral communication skills in a variety of settings.
- 4.2 The student will create and deliver multimodal, interactive contributions.
- 4.3 The student will learn how media messages are constructed and for what purpose.

Reading:

- 4.4 The student will expand vocabulary when reading.

Writing:

- 4.8 The student will self- and peer-edit writing for capitalization, spelling, punctuation, sentence structure, paragraphing, and Standard English.



HEALTH EDUCATION:

Essential Health Concepts:

- 4.1 The student will explain how nutrition and other health-enhancing behaviors affect personal health and academic achievement.

- **4.1h** Compare the short- and long-term consequences of the use of alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs.

-4.1i Identify effective verbal and nonverbal communication skills to resist/refuse alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs.

Healthy Decisions:

- 4.2 The student will describe health concepts and behaviors that prevent illness, disease, and injury and that promote positive relationships.

-4.2h Examine factors that can influence an individual's decision to use or avoid alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs.

-4.2i Describe the effects of peer pressure on use of alcohol, tobacco, nicotine products, marijuana, inhalants, and other drugs.

Advocacy and Health Promotion

- 4.3 The student will describe the importance of identifying and accessing health resources for personal and community health.

-4.3h Determine the importance of resistance/refusal skills in saying no to alcohol, tobacco, inhalants, and other drugs.

-4.3i Demonstrate effective refusal skills for situations involving peer pressure to use harmful substances.

Vocabulary and 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 long-term effects of e-cigarettes are not yet fully known, but the chemicals and heavy metals found in the vapor have been shown to damage lung tissue. Kids are becoming addicted to nicotine when they use them, which can harm the developing brain. There have been reports of teens feeling ill and having seizures after using e-cigarette devices and explosions and fires from defective batteries have caused severe injuries, including burns and broken teeth.
- 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.
- Some reasons why people use tobacco products and/or e-cigarettes:
 - 1) To appear older or "grown up"
 - 2) To fit in with friends/ to feel cool and accepted, also called "peer acceptance"
 - 3) Peer pressure
 - 4) Family members use tobacco or nicotine

Tips for Responding to Using Tobacco Products/E-Cigarettes:

Dealing with peer pressure:

- 1) Speak clearly.
- 2) Stand tall.
- 3) Be confident.
- 4) Be honest and firm.
- 5) Make eye contact.

Avoidance:

- 1) Avoid the situation where you may be pressured.

Escape:

- 1) Walk away.
- 2) Give an excuse.
 - a. "I have to get home now."
 - b. "I forgot I have _____ practice."
- 3) Ignore - Go talk to someone else or change the subject.

Refuse:

- 1) "No." or "No thanks."
- 2) Give an I-Statement:
 - a. "I don't smoke."
 - b. "I'm not interested in trying smoking."
 - c. "I play _____, so I can't smoke."
- 3) State Consequences:
 - a. "I don't want to get cancer."
 - b. "It is unhealthy."
 - c. "It causes bad breath."
 - d. "It will make my clothes smell bad."
 - e. "It is bad for my lungs."



4th GRADE LESSON: BEFORE BEGINNING THE LESSON, 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.
- 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 products and e-cigarette use is to help them make healthy choices for their own bodies.

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. As a whole group discuss how to look confident and how to be assertive (speak clearly, stand tall, be confident, be honest and firm, and make eye contact). The whole class can practice saying, "No." or "No, thanks."

3. Break the class into 4 or 5 small groups. Give each group an Avoid Peer Pressure strategy card. Have each group act out a situation to model the strategy.

Each group will create and practice the strategy. Then each group will perform the strategy for the class.

4. Media messages may be visual, auditory, and written. Students should understand the audience and purpose of the message. Create a media message to inform kids about the dangers of tobacco products, e-cigarettes, Hookah, or heat-and-burn products. Work in small groups to create a poster, pamphlet, electronic presentation or video to persuade your peers to be tobacco and/or nicotine free. Include strategies students can use to counter peer pressure.

5. Create a cartoon showing the effects of smoking cigarettes, using tobacco products, e-cigarettes, Hookah, or heat-not-burn products. The cartoon should show the start, the impact, and the effect of using the product.

6. Create and work on word problems. Example: A pack of cigarettes cost \$6.45 in Virginia, and Mr. Williams smokes 4 packs in a week. How much will Mr. Williams spend on cigarettes in one week? A month? A year?



Activity Time!

Avoidance

Avoid the situation where you may be pressured.

Escape

Ignore

Walk away.

Go talk to someone else.

Change the subject.

State Consequences

"I don't want to get cancer."

"It is unhealthy."

"It causes bad breath."

"It will make my clothes smell bad."

"It is bad for my lungs."

Escape

Walk away

Give an excuse

"I have to get home now."

"I forgot I have _____ practice."

Give an I-Statement

"I don't smoke."

"I am not interested in trying e-cigarettes."

"I play _____, so I can't smoke."



FOURTH GRADE LESSON EXTENSION:

Movement activity: 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 causes cancer? **Cigarettes or chewing tobacco**

Which contain nicotine? **All are true**

Which may contain as much nicotine as 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 are unhealthy? **All are true**

Which contains tobacco? **Cigarettes and chewing tobacco**

Which may cause wrinkles? **Cigarettes and chewing tobacco**

Which uses an inhaled vapor? **E-cigarettes**

Which may damage your teeth and gums? **Chewing tobacco and cigarettes**

Which may look like a USB flash drive? **E-cigarettes**

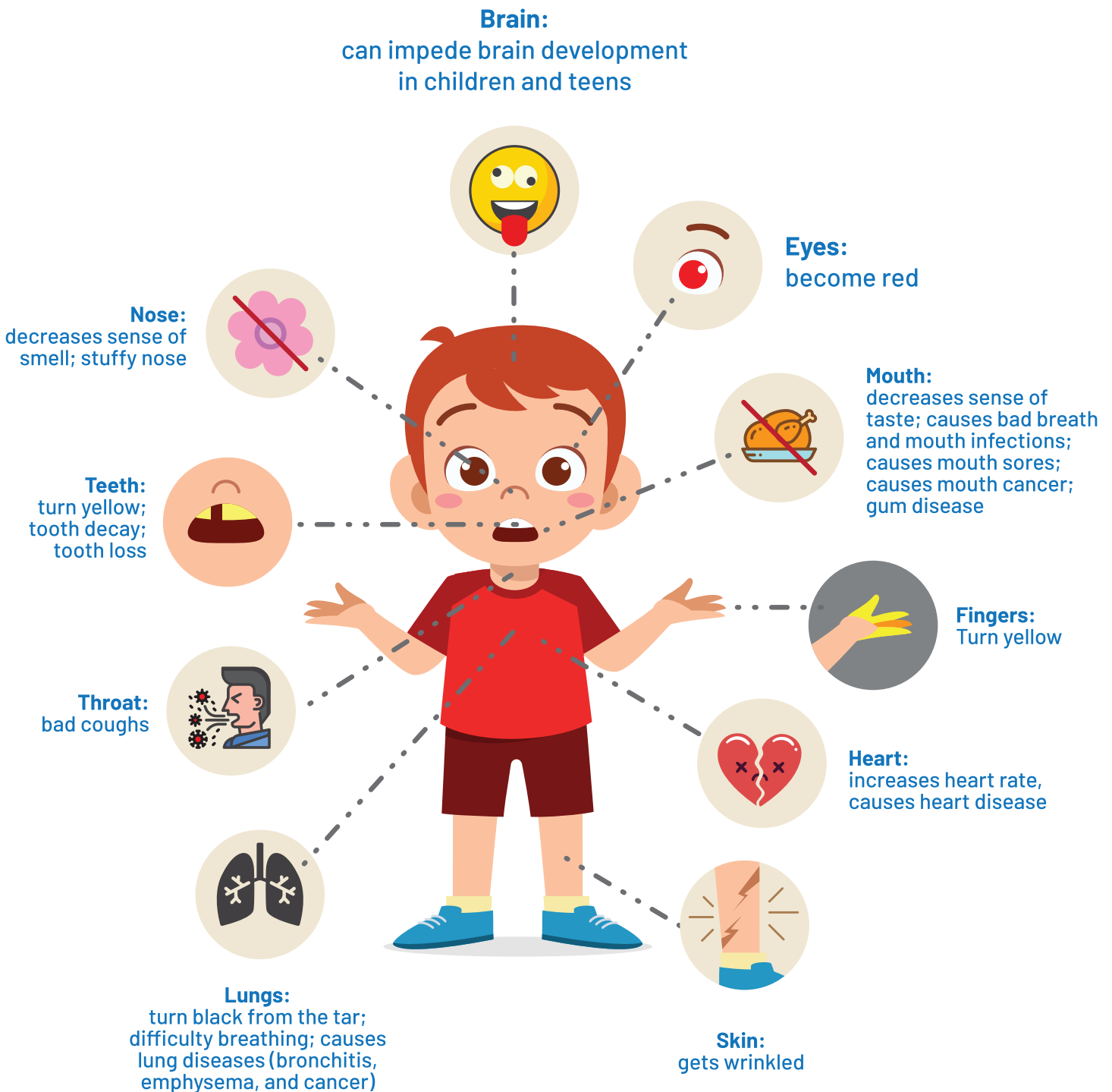
Which uses flavors similar to candy? **E-cigarettes and chewing tobacco**

Which may cause a bad cough? **Cigarettes**

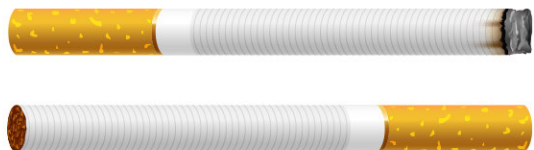
Which can be a gateway – the first step toward using cigarettes? **E-cigarettes**

Student Information Sheet

Tobacco affects the human body in many ways.



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. While recent regulations have required that electronic cigarettes are only available in menthol and tobacco flavors (or are unflavored), the tobacco industry has developed products that don't fall under this regulation which is why flavored products are still prominent in the marketplace. These flavored products come in candy and fruit flavors typically, which can mask 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.



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.

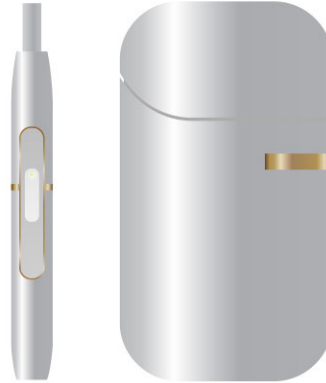
Tobacco products and e-cigarette pictures and information sheets



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.



Heat-not-burn Products

Heat-not-burn/non-combusted cigarettes consist of a heating source and tobacco. While their long-term health effects are not fully known, these products contain nicotine which is dangerous for young people and the developing brain. Heat-not-burn products are different than e-cigarettes, which use e-liquid that contains nicotine. Both result in aerosol vapor that is inhaled by the user. Heat-not-burn products don't reach a temperature where ash is formed, which is how they differ from a cigarette.

SURGEON GENERAL'S WARNING: There is no safe way to use tobacco products.



Tobacco products and e-cigarette pictures and information sheets



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



ONLINE RESOURCES

Websites:

Centers for Disease Control and Prevention: Smoking & Tobacco Use

Centers for Disease Control and Prevention: Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults

U.S. Food and Drug Administration: How are Non-Combusted Cigarettes, Sometimes Called Heat-Not-Burn Products, Different from E-Cigarettes and Cigarettes?

National Institutes of Health - National Institute of Drug Abuse: Tobacco, Nicotine, & Vaping (E-Cigarettes)



THINGS TO REMEMBER

- 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 make products easier to use.
- There is NO safe way to use tobacco products.

NO SMOKING



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