

SmokeTalk

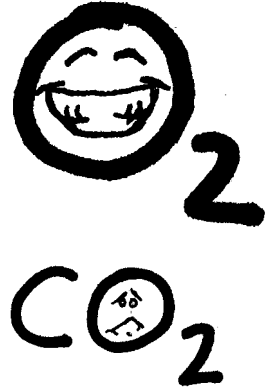
Workbook

Unit 1

How We Breathe

At the end of this unit you will be able to tell:

- how people breathe
- how the blood goes through the body
- that O_2 (oxygen) is a good gas and CO_2 (CAR-bon-di-OX-ide) is a bad gas



The body needs energy to work.

The body needs oxygen (O_2) to make this energy.

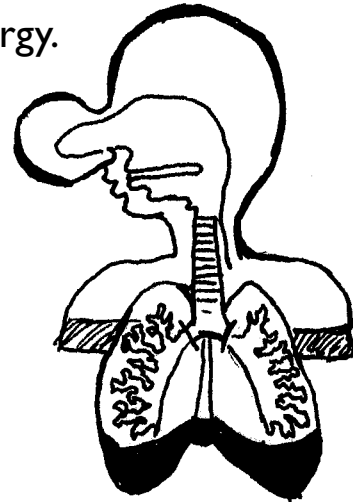
Oxygen (O_2) is all around us in the air.

We breathe it in with our nose and mouth.

Then it goes down the wind pipe to the lungs.

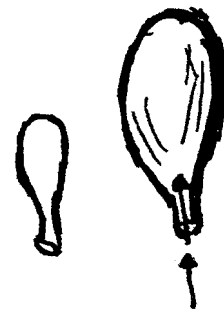
The windpipe is in your throat.

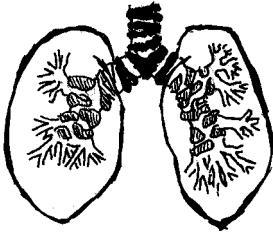
Your lungs are in your chest.



The lungs are like balloons.

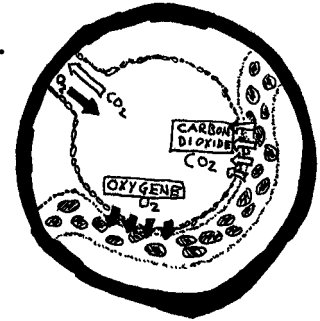
When you put air in them, they get bigger.





The inside of your lungs looks like a bunch of grapes. Each “grape” is called an air-sac.

The air-sac is covered with many little blood vessels. In the lung, the oxygen (O_2) goes into the blood. Just like a coffee filter lets water go through.



The blood takes the oxygen (O_2) all over the body. Now all the parts of the body can do their job. When a car or engine uses energy it also makes dirty air.

This is the garbage of the work that the car does.

Just like:

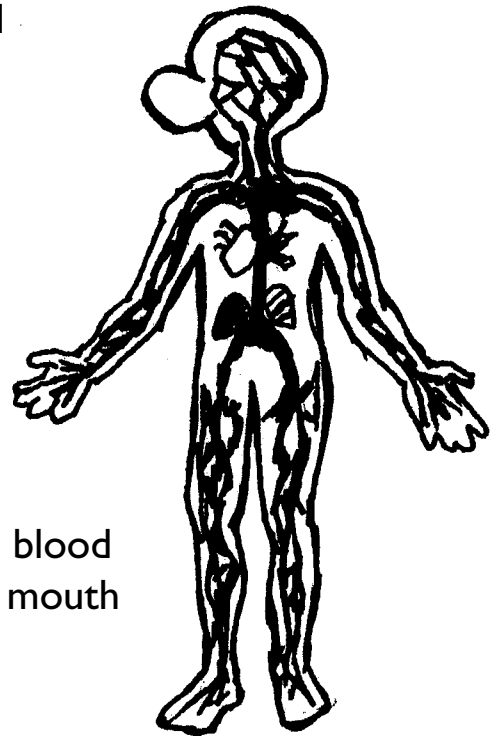
- the saw dust when you saw some wood
- the smoke from a furnace

The garbage of the used oxygen (O_2) in the body is called carbon dioxide, or CO_2 .

The blood picks up the garbage, or CO_2 , when it moves through the body.

The blood takes it back to the lungs.

In the lungs the garbage, CO_2 , goes from the blood into the lungs, out through the windpipe and mouth or nose, and into the air around us.

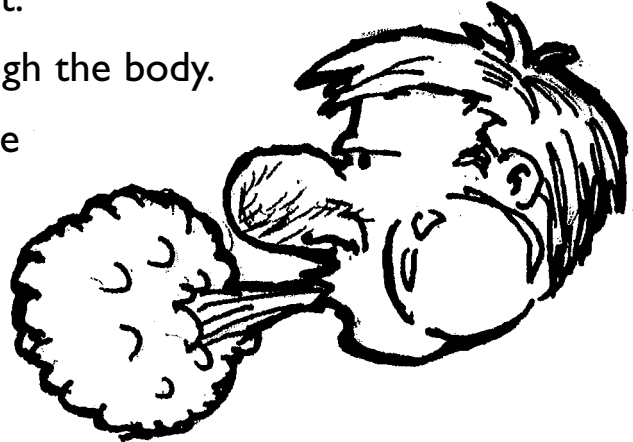


This happens when we breathe out.

Your heart moves the blood through the body.

It is like a big pump that pushes the blood through the blood vessels.

The blood vessels go every where in your body.



Do Activity 1 (one)

Summary:

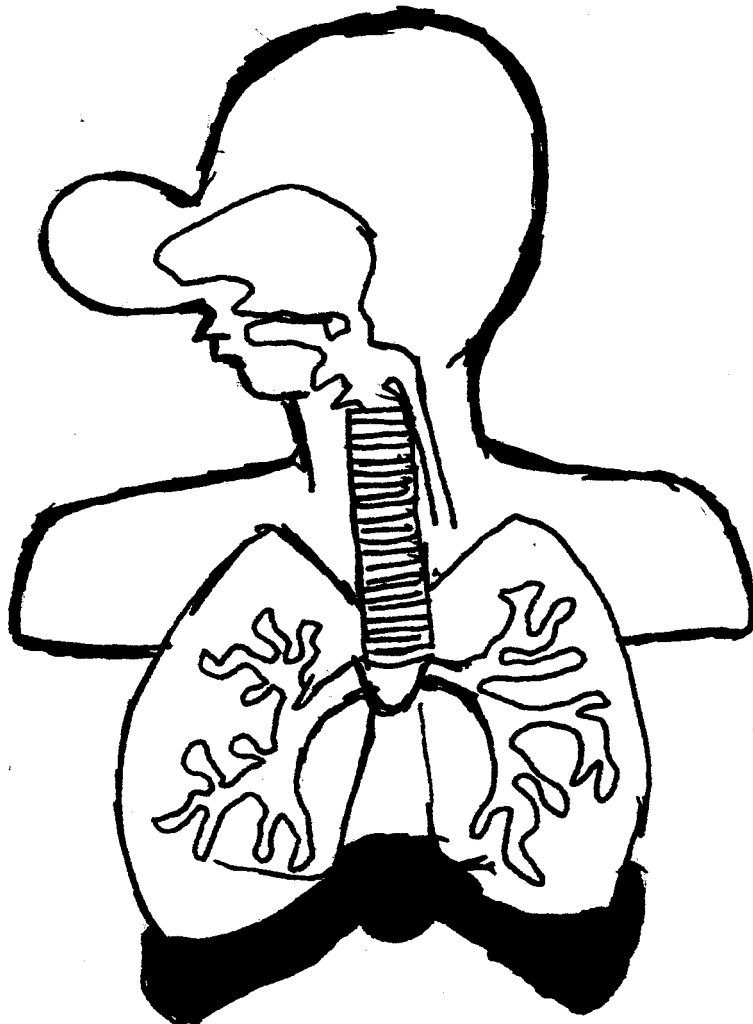
- Oxygen (O_2) from the air goes into our lungs.
- In our lungs the oxygen (O_2) goes into the bloodstream.
- When the oxygen is used, it becomes carbon dioxide (CO_2).
- The blood brings the carbon dioxide (CO_2) back to the lungs.
- We then breathe the carbon dioxide (CO_2) out.
- Oxygen (O_2) is good for the body.
- Carbon dioxide (CO_2) is bad for the body.
- The heart pumps the blood through the body.



A

ACTIVITY 1: How air comes in and goes out of the body.

- With a blue pen draw how the clean air with oxygen (O_2) gets into the lungs.
- With a red pen draw how the dirty air with carbon dioxide (CO_2) gets out of the lungs.



Unit 2

What is Tobacco? (toh-BAK-koh)

Special words:

tobacco (toh-BAK-koh): what a cigarette is made from

chemicals (KEH-mih-kals): good or bad parts
(often made by people)

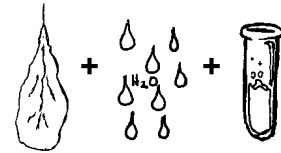
nicotine (NIH-koh-teen): a bad chemical in the tobacco plant

addictive (ah-DIK-tiv): something your body gets used to



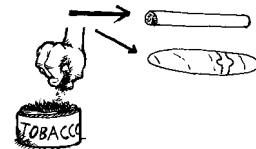
At the end of this unit you will know that:

- Tobacco has many bad chemicals
- There is nicotine in tobacco
- Nicotine is addictive



HOW TOBACCO IS MADE

- Tobacco is made from the leaves of the tobacco plant.
- First the leaves are dried.
- Then chemicals (KEH-mih-kals) are added.
- Now the leaves are ready to be cut up for cigarettes or spit tobacco.
- Some chemicals make the cigarette taste better.



Can you think of other things to smoke that are made with tobacco?

SMOKE

When you burn the tobacco in a cigarette or pipe, it will give smoke.

Some of the smoke is sucked into the lungs by the smoker.



Some of the smoke goes up into the air.

In the smoke are many bad chemicals.

SPIT TOBACCO

Spit tobacco is tobacco that people can chew (choo).

Many sports people chew (choo) tobacco.

They do not get smoke in their body.

But the tobacco juices go into their stomach.

Spit tobacco juices also have bad chemicals.

In tobacco juice there are more than 28 chemicals (KEH-mih-kals) that can give you cancer.



NICOTINE

Tobacco has nicotine (NIH-koh-teen) in it.

Nicotine is addictive (ah-DIK-tiv).

It makes the body think that it needs nicotine (nih-koh-teen) all the time.

Spit tobacco has more nicotine (nih-koh-teen) than cigarettes.



Summary:

- In tobacco are many bad chemicals.
- There is nicotine (nih-koh-teen) in tobacco.

- Nicotine (nih-koh-teen) is addictive (ah-dik-tiv).

Unit 3

What Does Tobacco Do To Your Health?

At the end of this unit you will be able to:

- name three body parts that can get hurt by tobacco use.
- name three things that tobacco does to a human body.



Group Activity

Each pack of cigarettes has a health warning on it.

There are many different health warnings.

Each warning tells you one thing about why smoking is bad.

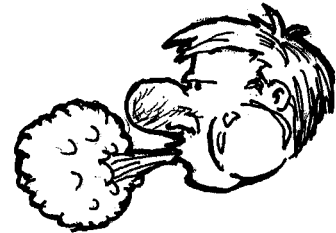
Look at the pictures of health warnings at the end of this unit. Put the pictures in Group 1 or in Group 2:

Group 1. What smoking does to *your health*.

Group 2. What smoking does to *other people*.

We will now talk about what smoking does to your body.

When we breathe in air, which parts of the body does the air go through?



Do Activity I (one) at the end of this unit

BREATHING PROBLEMS

The smoke from cigarettes goes the same way into the body as the oxygen (O₂).

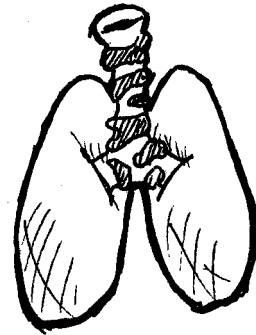
Each body part gets hurt by smoke.

Smoke puts a layer (laa-ur) of tar on the body parts when it passes through.

It is now hard for the oxygen (O₂) to get into your blood.

You will have more problems breathing.

It is also harder to run or to exercise (EK-ser-sise).



HEART PROBLEMS

Smoke also makes the blood vessels smaller.

This means it is harder for the heart to pump the blood through the body.

It is harder for the heart to pump the blood to the small blood vessels in:

- your skin, and
- all the way to your toes and finger tips.

This makes these body parts turn cold faster.

It also makes the skin old faster.



Do Activity 2 (two) at the end of this unit

When you breath in smoke there is not as much oxygen (O_2) in your breath.

This means that the heart must work harder to bring enough oxygen (O_2) to the body parts.

That is why smoking is not good for your heart: it makes your heart work too hard.

UNBORN BABIES

Smoke is not good for babies that are still in their mother's belly.



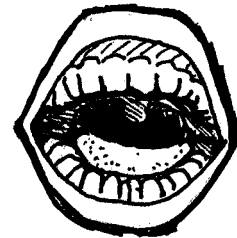
They also do not get enough oxygen (O_2). They cannot grow as they should.

PROBLEMS IN THE MOUTH

When a person chews tobacco, the chemicals of the tobacco stay in your mouth for a long time.

This will hurt all parts of your mouth.

It can also hurt your throat. (esophagus = e-SOF-uh-gus).



Do Activity 3 (three) at the end of this unit

Summary:

Smoking can give you problems with your:

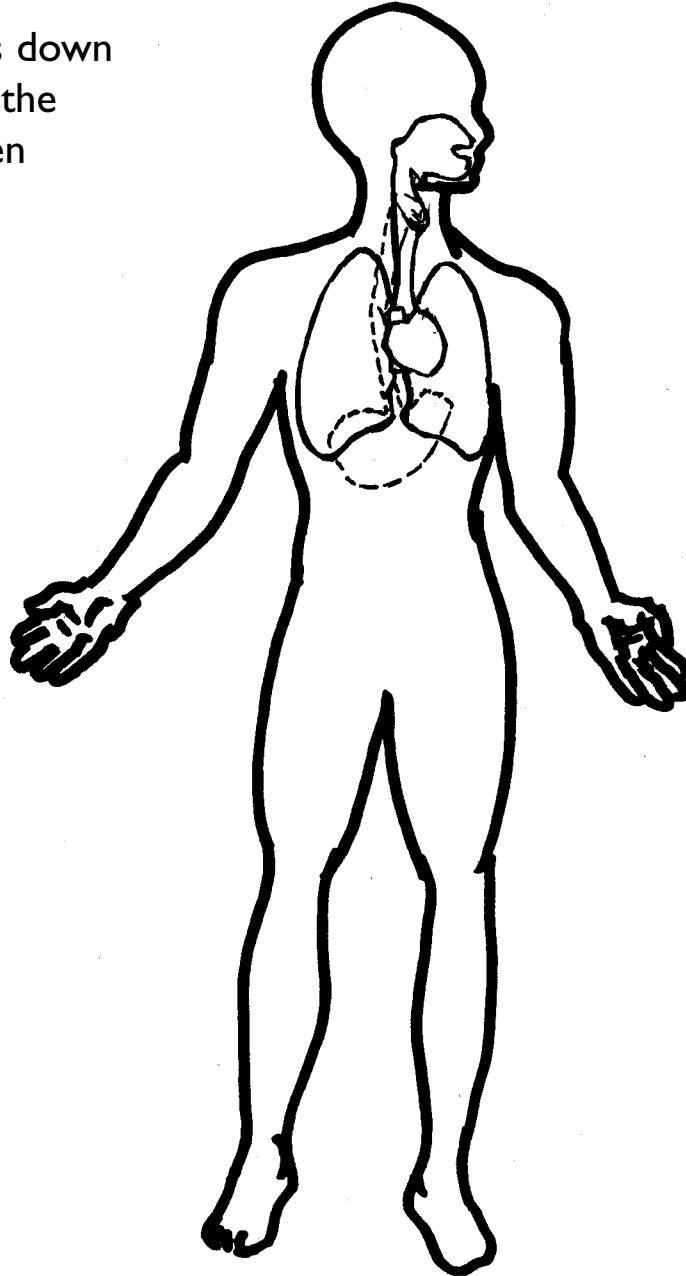
- Breathing
- Heart
- Mouth
- Unborn babies



A ACTIVITY 1: Where the breath goes through.

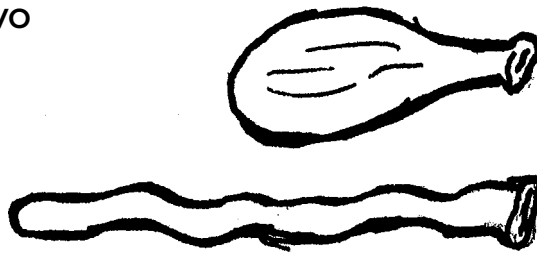
When you breathe in, your
breath goes through...?

Write the body parts down
or put a sticker with the
body part on the open
space below.



A ACTIVITY 2: Blowing balloons.

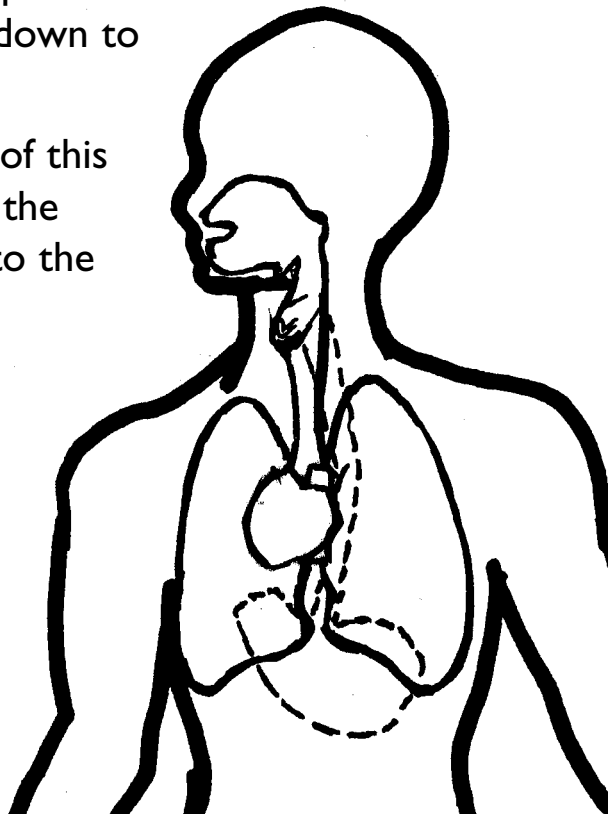
Try to blow up these two different balloons.



A ACTIVITY 3: Body parts affected by spit/chew tobacco

On this picture, mark which body parts the juice (joos) touches when it goes down to the stomach.

Or put stickers beside the poster of this picture to mark which body parts the juice touches when it goes down to the stomach.



Unit 4

How Sick Can Smoke or Tobacco Make You?

At the end of this unit you will be able to:

- name 3 ways how tobacco use can hurt you or other people, and
- name 3 parts of the body that can get hurt by tobacco use, and
- know that you need to tell your doctor that you use tobacco.

Tobacco can give you cancer of many body parts:

- lungs,
- mouth
- wind-pipe
- voice-box the pipe you swallow with



Tobacco can hurt all the parts inside your mouth:

- teeth
- gums
- tongue
- cheeks



Tobacco can make sores in your mouth.

Tobacco can hurt your voice.

- You might have to get a special tool just to talk.

Tobacco can give you breathing problems:

- asthma
- emphysema

People need to carry oxygen (O₂) tanks around to help them breathe.

Using tobacco can lead to heart attacks and strokes (blood clots / bleeding in the brain):

- Your heart and brain get hurt



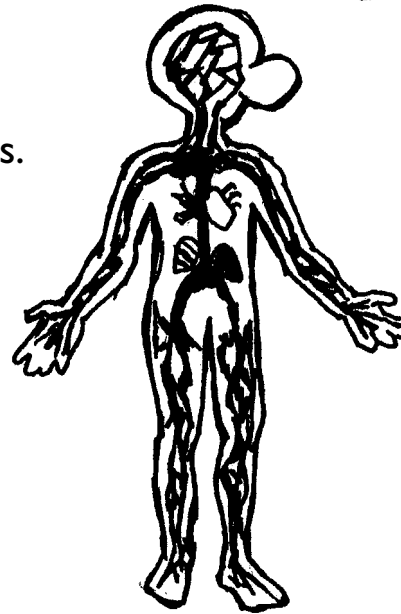
Tobacco can give you high blood pressure.

- You do not feel well
- It is bad for your heart



Tobacco makes it hard for your blood go around inside your body.

- Not good for skin, toes, fingertips. They get cold and old faster.



Do Activity I (one) at the end of this unit

Smoke or tobacco can make a sick body even sicker.

Tobacco can keep medicine (MED-ih-sin) from working right.



- With some medicines, you cannot smoke at all. The pills cannot do their job.
- For example, women who smoke should not be on “the pill.” They will have a bigger chance of having a heart attack or a stroke.

Do Activity 2 & 3 (two & three) at the end of this unit

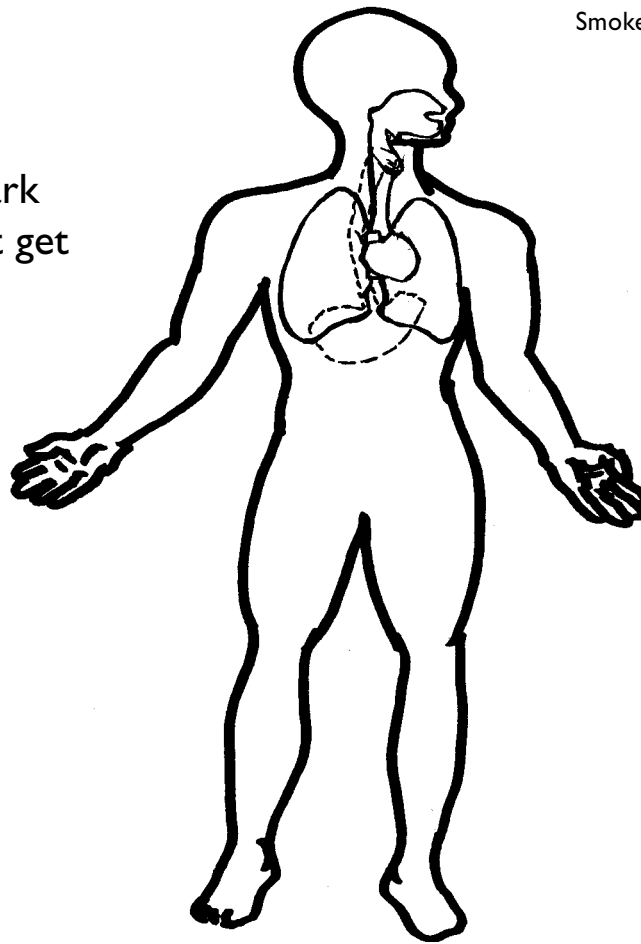
Summary:

- on a pack of cigarettes it tells you what smoking can do to hurt you or other people
- many parts of the body can get sick from smoking or from spit/chew tobacco
- smoking is not good when you take medications

A

ACTIVITY 1

On this picture, mark the body parts that get hurt by tobacco.



A

ACTIVITY 2

Write down or tell your worker/teacher what smoking or smoke does to you.

A

ACTIVITY 3

Write down or tell your worker about somebody that you know who got sick from tobacco. Where in their body did they get sick?

Unit 5

Smoking also...

At the end of this unit you should be able:

- to name 2 ways how people can tell that a person smokes
- to get an idea how much smoking costs you in \$\$



Smoking can make you sick but it also:

- makes a smoker smell like smoke: your hair, fingers, mouth, breath, clothes



- gives a smoker yellow/brown teeth and fingers – not very kissable



- makes non-smokers not like to come close to you

- makes you look old faster



- makes it hard for you to do sports



- makes a bigger chance of fires or burns in the house or on yourself



- costs a lot of \$\$\$



Do Activity I (one) at the end of this unit

In a pack of cigarettes are 20 cigarettes.
It takes 5 cigarettes to pay for the cost
of making the pack and the cigarettes.

You pay:

- 6 cigarettes to the Government of Canada for taxes
- 9 cigarettes to the Government of Alberta for taxes



This means that 80%, or $\frac{4}{5}$, of the cost of a pack of 20 cigarettes goes to taxes. Smoking makes you give a lot of your money to other people.

Summary:

- There are many ways to tell that a person smokes.
- Smoking cigarettes costs a lot of money.
- You give a lot of your money away to other people.



ACTIVITY 1: WHAT ELSE CAN YOU DO WITH YOUR \$\$?

(Ask a friend or worker to help you with this activity.)

How much money in a month do you spend on cigarettes?



- How many packs a day do/did you smoke?

_____ packs X \$ 9.00 = \$ _____

- How many packs per week do/did you buy?

_____ packs X \$ _____ = \$ _____

Total (per month) \$ _____

- How many CDs could you buy with that money? _____
- How many movies could you go to? _____
- What other things could you do with your cigarette money? _____
- How many packages of cigarettes do these things cost you? _____
- How many months of not smoking would that be? _____

Unit 6

Passive Smoking

At the end of this unit you will know:

- That smoking hurts other people.
- How to talk to people who want to smoke when you do not like it.
- How to talk to people who do not want you to smoke.

What is

- second-hand smoke, or
- passive smoking, or
- ETS (En-vi-ron-men-tal Tobacco Smoke)



That is when people who do not smoke, breathe in the smoke from a cigarette that some one else is smoking.

When non-smokers are around people who are smoking, they breathe in the smoke that is in the air. That can make the non-smokers sick.

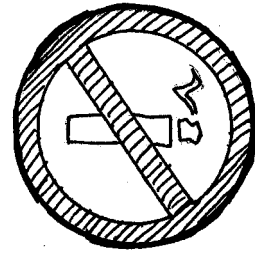
Non-smokers can also get cancer, breathing problems or headaches from smoke in the air even if they never smoke.

That is why they do not like to be with people who smoke. They want to keep themselves safe.

Non-smokers want to stay safe from smoke.

Now smokers have to go outside to smoke:

- at work, or
- when they visit non-smoking friends, or
- go to a restaurant.



Do Activity 1 (one)



ACTIVITY 1: Passive Smokers Around You

Can you think of any passive smokers/non-smokers around you?

Can you tell about places where you go and where you are a passive smoker?

Do Activity 2 below **and/or Activity 3** on next page



ACTIVITY 2 (Option A): Personal Reflection

Write down or tell a worker/friend:

- When and where do you like to smoke?
- How do you feel when you have to go outside to smoke?
- How do you feel when someone you like does not want to come to your house or spend much time with you because you smoke?

or, write down or tell a worker/friend:

- How do you feel when you have to be in a place where there is smoke.
- How do you deal with a friend that smokes?

A ACTIVITY 3 (Option B): Role Play

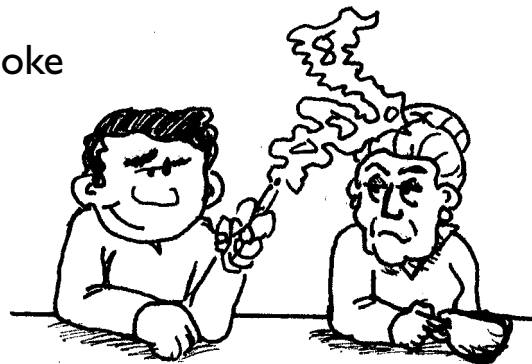
Let's pretend!

With some friends or a worker pretend that:

- You like to smoke in your room. Your roommate does not want you to smoke in the house. What are you going to do?
- Your worker likes to smoke in his car. You do not like the smoke. What are you going to do?
- People smoke at your workplace. This makes you feel sick. What are you going to do?
- You are a smoker and you want to have your friends over for dinner. Your friends do not smoke and do not want to come to your house because of the smell. What do you do?
- A parent or a good friend smokes. You are worried about their health. What would you do?

Summary:

- Non-smokers also breathe in smoke and can get sick.
- What do you do when there is a problem with people smoking?



Unit 7

Smoking: is it bad or good ?

At the end of this unit you will know that there are many more negative than positive effects of tobacco use.

A

ACTIVITY 1

In the space below, write down:

- why you started to use tobacco,
or
- why you think smokers start to smoke.

Here are some ideas why people start to use tobacco.
You can also put a ✓ beside the reason why you started smoking.

- parents who smoke(d)
- staff who smoked
- looked like/felt closer to staff when you smoked
- wanted to try it
- looked cool
- all your friends smoke(d)
- like the smell and feeling of smoke when I inhale
- it was a reward for when I did something good
- other reasons (REE-zuhns)

A

ACTIVITY 2

This activity is for yourself only. You do not have to share your answer.

To mark your answer, put a ✓ under Bad  or Good .



The use of tobacco can make you sick.	<input type="radio"/>	<input type="radio"/>
ETS or passive smoking can make other people sick.	<input type="radio"/>	<input type="radio"/>
People die from lung cancer.	<input type="radio"/>	<input type="radio"/>
Tobacco is addictive.	<input type="radio"/>	<input type="radio"/>
Tobacco gives users a good feeling.	<input type="radio"/>	<input type="radio"/>
In chew tobacco are many parts that can give you cancer.	<input type="radio"/>	<input type="radio"/>
Tobacco can hurt your heart.	<input type="radio"/>	<input type="radio"/>
Non-smokers do not like to be around smokers.	<input type="radio"/>	<input type="radio"/>
Smoking makes your lungs dirty.	<input type="radio"/>	<input type="radio"/>
Smokers are asked to go outside to smoke.	<input type="radio"/>	<input type="radio"/>
A pack of cigarettes cost about \$9.	<input type="radio"/>	<input type="radio"/>
Babies and children breathe in smoke when their Mom/Dad smokes.	<input type="radio"/>	<input type="radio"/>
When you stop smoking, your body will get a lot better in a year.	<input type="radio"/>	<input type="radio"/>
It is better not to start smoking.	<input type="radio"/>	<input type="radio"/>

From your answers you can make up your own mind whether smoking or using chewing tobacco is good for your body.

Summary:

- Why people begin to smoke
- Is smoking good for your body?

Unit 8

Addiction

Special words:

tobacco toh-BAK-koh what a cigarette is made from

nicotine NIH-koh-teen a bad chemical in the tobacco plant

addictive ah-DIK-tiv something your body gets used to

At the end of this unit you will be able to:

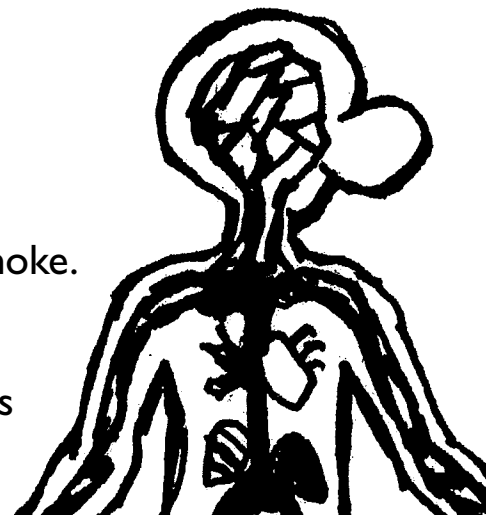
- tell that nicotine is addictive
- how people get addicted to tobacco
- name three ways to ask for help when you want to stop using tobacco

Why is it so hard to stop smoking?

There is nicotine in tobacco and tobacco smoke.

Nicotine is addictive.

When you inhale or swallow nicotine, it goes with your blood to your brain.



The nicotine gives your brain a feeling of pleasure, feeling good.

This feeling lasts for a little while, but then the feeling goes away.

And because it feels good, your brain wants more and more of it.



When your brain is used to feeling good, it does not want to feel normal.

The brain does not want you to stop smoking.

The brain is now addicted to nicotine.

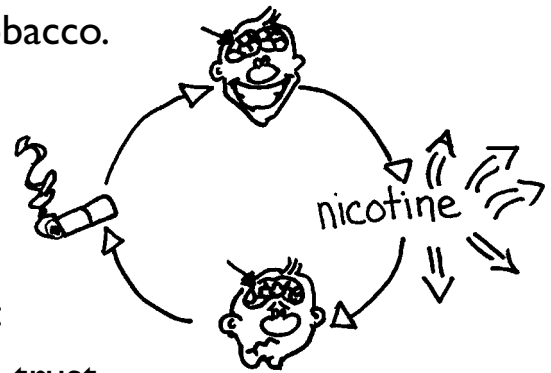
The brain does not like it when a person stops smoking. So the brain gives the person bad feelings.



The person can become cranky, does not sleep well, and sometimes starts to eat more to feel better.

Most people need help to stop smoking.

There are different ways to stop using tobacco.



To get help or more information you can:

- Talk to a (non-smoking) staff that you trust.
- Talk to your doctor.
- You or your staff can call AADAC (1-866-332-2322) for information on how to stop using tobacco.

Facts:

- To stop smoking is difficult.
- You have to fight to overcome the addiction to nicotine.
- Most people will feel bad.
- Some people stop in one try and make it.
- Most people have to try more than one time.
- The doctor can give you medication to help you stop smoking.
- The best is not to start smoking at all.

Summary:

- There is nicotine in tobacco.
- Nicotine is addictive.
- To stop smoking is hard.
- Ask people you trust for help.

Unit 9**Review of the Course**

To review this course, play the SmokeTalk game. The game will take you back over the important (im-POR-tant) things we talked about in this class. The teacher has a copy of the game for you.

**ACTIVITY: SmokeTalk Game**

Play the SmokeTalk game and give yourself one point for each right answer.

After you finish the game, you can use a calculator (KAL-kyu-la-tor) or ask a friend to help you add up your points.

Well Done!