



A Student Book on Tobacco Prevention

A Vocational and Rehabilitation Research Institute (VRRI)
partnership with The Alberta Alcohol and Drug Commission (AADAC)

Tobacco Free Too **Student book**

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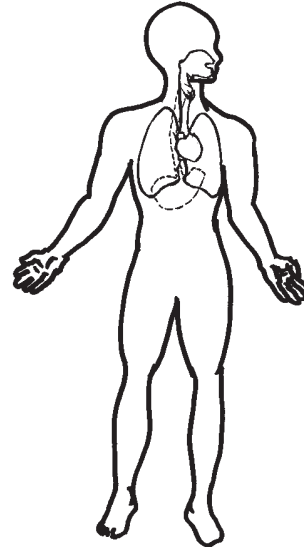
The Body

How Do I Breathe?

My body has two parts
that help me **breathe** [breez].

These parts are:

- My lungs.
- My heart.



I will learn:

- That **oxygen** [oks-e-jen] (O_2) is a good gas for my body.
- How I breathe.
- How the blood moves O_2 through my body.
- That **carbon dioxide** [CAR-bon-di-OX-ide] (CO_2) is a garbage gas.
- How the blood moves CO_2 through my body.
- What the heart does.

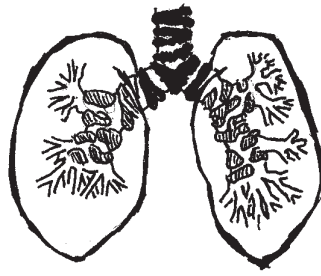
Hard Words

carbon dioxide or **CO_2** [CAR-bon-di-OX-ide] ... The garbage gas
that the body makes.

energy [En-er-jee] Power for the body.

oxygen [oks-e-jen] or **O_2** A good gas in the air.

The Lungs



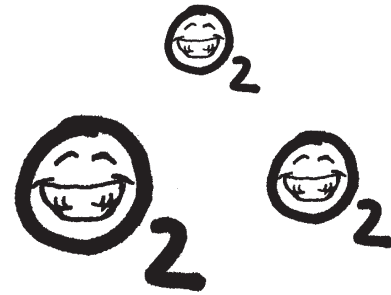
O₂ is a Good Gas for My Body

My body needs **energy** [En-er-jee] to work.

It needs O₂ to make this energy.

O₂ is a good gas for my body.

It is all around us in the air.



How I Breathe

The lungs help me breathe.

My lungs are in my chest.

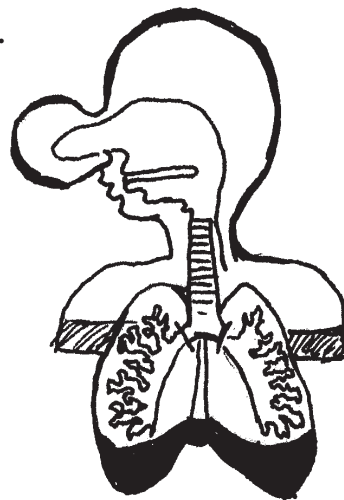
Lungs are like balloons.

- When I put air in them, they get bigger.
- When I put air in my lungs I breathe in.



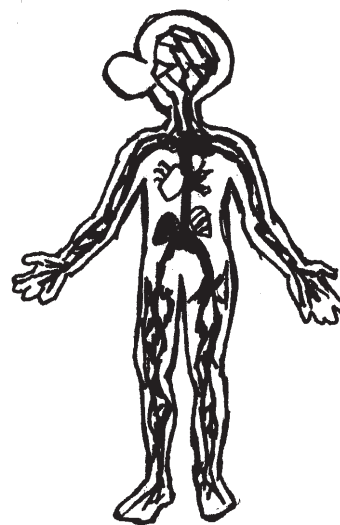
I breathe in O₂ with my nose and mouth.

- Then it goes down the wind pipe to my lungs.
- The windpipe is in my throat.



How the Blood Moves O₂ Through My Body

In the lungs, the O₂ goes into the blood.
The blood takes the O₂ all over the body.
Now all the parts of my body can do their job.



CO₂ is a Garbage Gas

The energy for a car is gas.
When the car burns gas it makes dirty smoke.
This dirty smoke is like garbage.
Just like the smoke from a fire.
When the body uses O₂ it makes garbage too.
This is called CO₂.

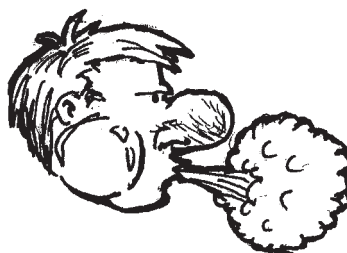
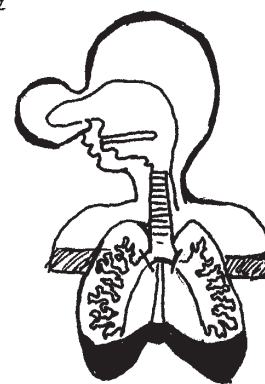
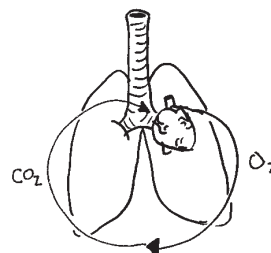


How the Blood Moves CO₂ Through My Body

The blood picks up the garbage, or CO₂.
Then the blood takes it back to the lungs.

The CO₂ goes from the blood into the lungs.
When I breathe out, the CO₂ goes out of my lungs.
This is how it goes:

- Up the windpipe.
- Out the mouth or nose.



I learned that:

- O_2 from the air goes into my lungs.
- In our lungs the O_2 goes into the blood stream.
- When the O_2 is used, it becomes CO_2 .
- The blood brings the CO_2 back to the lungs.
- We then breathe the CO_2 out.
- O_2 is good for the body.
- CO_2 is bad for the body.

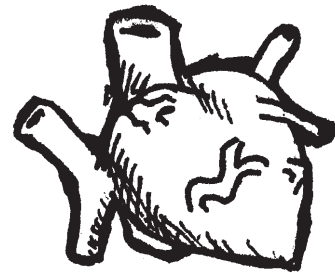
The Heart

My heart is a big pump.

It pushes my blood through my **blood vessels**.

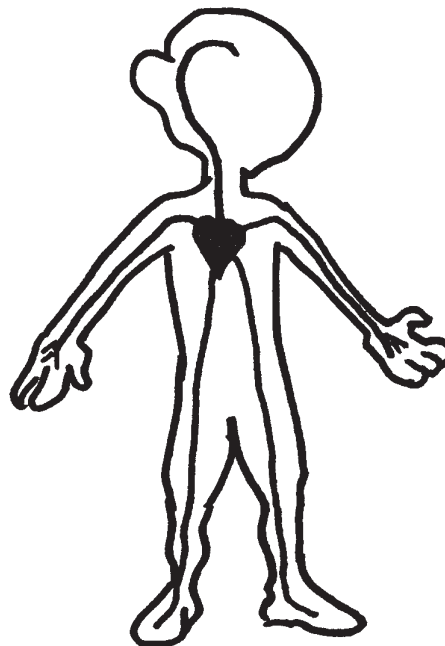
Blood vessels go every where in my body.

So, the heart moves blood through my body.



I learned that:

- The heart pumps the blood through my body.



Tobacco

I will learn:

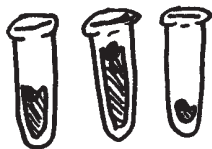
- What **tobacco** [toh-BAK-koh] is and how it is made.
- That when a cigarette burns it makes smoke.
- The kinds of tobacco.
- What **nicotine** [nih-koh-teen] is.
- That there is nicotine in tobacco.
- That nicotine is **addictive** [ah-DIK-tiv].



Hard Words

addictive [ah-DIK-tiv] Somethings my body gets used to.

chemicals [KEH-mih-kals] A chemical is a very small part.
Many things are made from chemicals.
Such as:



- The gas for a car.
- A plastic bag.
- A pill from the doctor.

Chemicals can be good or bad for me.

nicotine [NIH-koh-teen] A bad chemical in the tobacco plant.

pollution [pol-lu-shun] Pollution is to make something dirty.

tar Is used to pave the roads.

tobacco [toh-BAK-koh] What a cigarette is made from.

Tobacco: What is It? How is It Made?

Tobacco is a plant.

The leaves of the plant are cut up to make tobacco.

This tobacco is made into cigarettes.

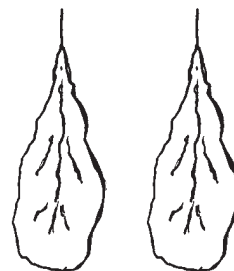
Persons add many **chemicals** [KEH-mih-kals] to tobacco leaves.

Some of the chemicals can make me sick.

The leaves of the tobacco plant are not good for me.

They make me sick if I eat them.

The smoke in a cigarette makes me sick too.



When I Burn Tobacco It Makes Smoke

A cigarette or a pipe burn the tobacco.

When tobacco burns it makes smoke.

Smoke has some **tar** in it. Do I know what tar is?

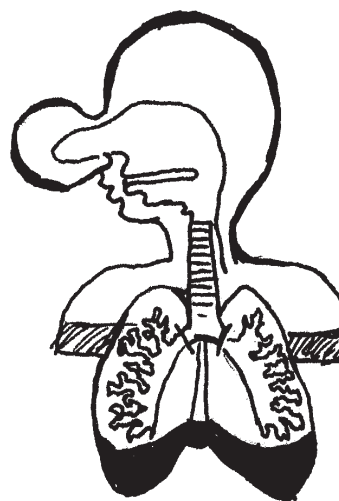


Smoke also has chemicals in it.

A smoker sucks in some of the smoke.

The smoke goes to the lungs of the smoker.

The tar and chemicals also go to the lungs.



What is Spit Tobacco?

Spit tobacco is tobacco that people **chew** [choo].

Many sports players chew tobacco.

They do not get smoke in their body.

Just like when I have a candy in my mouth.

My mouth will get full of spit.



If I use spit tobacco I have to spit all the time.

I may spit on the sidewalk or in the grass.

This is **pollution** [pol-lu-shun].

Spit tobacco makes a person drool.

What can happen if I chew spit tobacco?

The **juice** [joos] of spit tobacco also has many bad chemicals.

Some times the tobacco juice goes into my body.

It will go down to my **stomach** [stom-mak].

This can make my stomach sore.

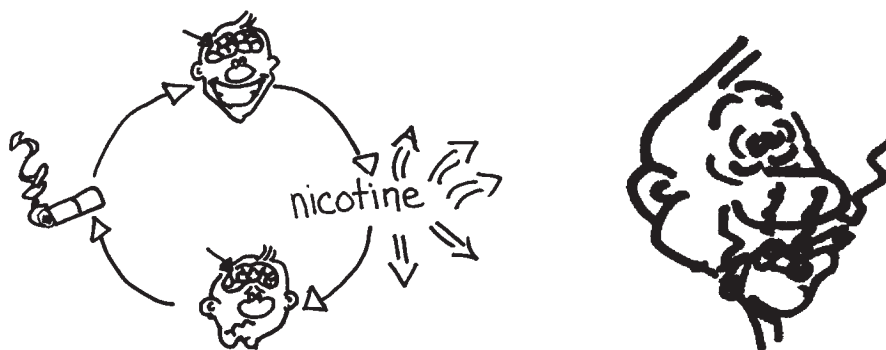


What is Nicotine?

Nicotine is a chemical in the tobacco leaf.

Nicotine is addictive.

The body thinks it needs nicotine all the time.



Tobacco is not good for me. In tobacco are many bad things.

Such as:

- Tar.
- Nicotine.
- Bad chemicals.

These things will make my body sick.

I learned that:

- Tobacco is made from a plant.
- When a cigarette burns it makes smoke.
- A person can chew tobacco.
- Tobacco has many bad chemicals.
- Nicotine is a chemical in tobacco.
- Nicotine is addictive.

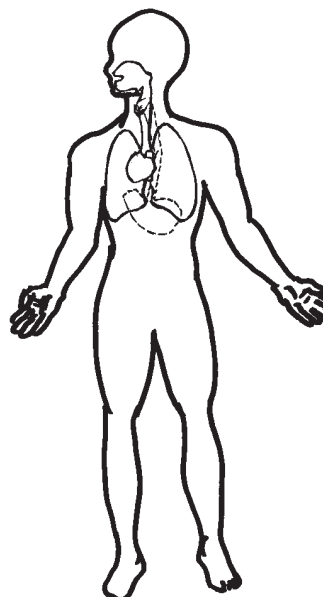
How Tobacco Can Hurt Me

I will learn:

That **tobacco** [toh-BAK-koh] can hurt many parts of the body.

Such as:

- The lungs.
- The heart.
- The mouth.
- Unborn babies.



Hard Words

blood vessel A tube for the blood in my body.

chemicals [KEH-mih-kals] A chemical is a very small part. Many things are made from chemicals. Such as:



- The gas for a car.
- A plastic bag.
- A pill from the doctor.

Chemicals can be good or bad for me.

exercise [EK-ser-sise] Things I do to keep my body in shape.

nicotine [NIH-koh-teen] A bad chemical in the tobacco plant.

oxygen [oks-e-jen] or **O₂** A good gas in the air.

tobacco [toh-BAK-hoh] What a cigarette is made from.

Tobacco Smoke Hurts My Lungs

Tobacco smoke makes it hard to breathe well.

Do I still know how the **oxygen** [oks-e-jen] (O_2) gets into the body?

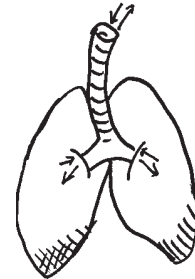
Smoke goes into the body the same way.

Smoke hurts the lungs.

It puts a **layer** [laa-ur] of tar on the lungs.

The tar makes it hard to breathe:

- It is harder for the O_2 to go into the blood.
- The body can not work well. It needs more O_2 .
- You will need to breathe in more.
- This makes it harder to run or to **exercise** [EK-ser-sise].



Tobacco Hurts My Heart

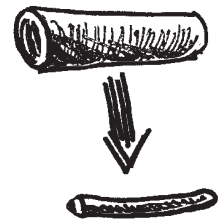
Some times I breathe in smoke.

Then my **breath** [breth] does not have much O_2 in it.

Now the heart must work harder.

It works harder to bring O_2 to the body parts.

Smoking makes my heart work too hard.



Nicotine [NIH-koh-teen] makes the blood vessels smaller.

This makes it hard for the blood to flow well.

Now my heart has to work harder.

And some parts of my body do not get as much blood.

Such as: • My skin.

• My toes.

• My finger tips.



This makes these body parts turn cold faster.

It also makes my skin old faster.



Spit Tobacco Hurts My Mouth

I may also chew tobacco.

The tobacco can be in my mouth for a long time.

The **chemicals** [KEH-mih-kals] from the tobacco go in my mouth.

That will hurt all parts of my mouth.

It can also hurt my windpipe.



Nicotine Hurts Unborn Babies

Nicotine can hurt a baby that is still in its mother.

The baby does not get **enough** [e-noff] O₂.

The baby cannot grow as it should.

I learned that:

Tobacco use can hurt:

- My lungs.
- My heart.
- My mouth.
- Unborn babies.



Second – Hand Smoke: How It Can Hurt Me

What is Second-Hand Smoke?



I will learn:

- How smoke makes the air dirty.
- I breathe in the smoke from a person who smokes.
- That this is called **second-hand smoke**.



Hard Words

| | |
|----------------------------------|--|
| healthy [hell-thee] | To not be sick. |
| non-smoker | A person who does not smoke. |
| second-hand smoke | The smoke of a cigarette that you do not smoke. |

Non-Smokers

Many people do not smoke.

They are called **non-smokers**.

Non-smokers **breathe** [**breez**] in air with smoke.



This can make non-smokers sick:

- They may find it hard to breathe.
- They may get a **head-ache** [**hed-ake**].
- They may feel sick to the **stomach** [**stom-mak**].



This happens to a person who smokes for the first time too.

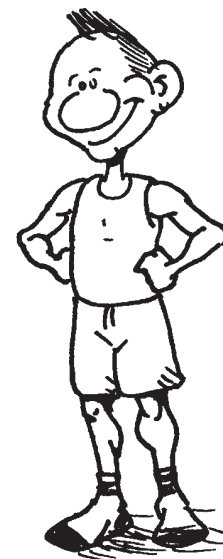
A non-smoker may work or live in a place with a lot of smoke.

Then they can get sick just like a smoker.

Non-smokers do not like to be with persons who smoke.

They want to stay safe.

Non-smokers want to stay **healthy** [**hell-thee**].



Now smokers have to go outside to smoke:

- At work.
- When they visit non-smoking friends.
- When they go out for dinner.

I learned that:

- A non-smoker is a person who does not smoke.
- Second-hand smoke is the tobacco smoke from another person who smokes.
- Second-hand smoke hurts non-smokers.

Tobacco:

An Old Way To Use It

I will learn:

- That **tobacco** [toh-**BAK**-koh] was used in other ways.
- That tobacco was **special** [spes-shall].

Hard Words

aboriginal [A-bor-rich-i-nal] The first people in Canada.

addicted A person is used to have some thing all the time.

tobacco [toh-**BAK**-koh] What a cigarette is made from.

Aboriginal [**A-bor-rich-i-nal**] persons are the first people to live in Canada.

They have used tobacco for a long time.

They use tobacco:

- To help sick people.
- To give tobacco as a gift.
- Only a special person will get tobacco.
- They use tobacco in special events.
- They were not **addicted** to tobacco.



Now many aboriginals smoke cigarettes.

This is not the old way to use tobacco.

I learned that:

- Aboriginal people used tobacco for a long time.
- Tobacco was used to help sick people.
- Tobacco was a special gift.
- Tobacco was used in some big events.

How To Take Care Of Myself

I will learn:

- Why I need to keep myself **healthy** [hell-thee].
- Why I need to keep myself safe.

Hard Words

healthy [hell-thee] To not be sick.

tobacco [toh-BAK-koh] What a cigarette is made from.

Why Do I Need to Take Care of Myself?

I want to do many things in my life.

Like:

When I grow up I want to _____.

In my job I have to do many things,

like _____.

If I have good health I can do good work.

So I must keep myself safe.

This will help me keep good health.

And I do the things I want to do.



How to Take Care of Myself

I can do many things to take care of myself.

Such as:

- Be active.
- Eat food that is good for me.
- Do not use **tobacco** [toh-BAK-koh]!

These all keep my body and mind healthy.

A healthy mind thinks better.



How Can I Stay Safe?

Some things can hurt me.

To stay safe, I stay away from them.



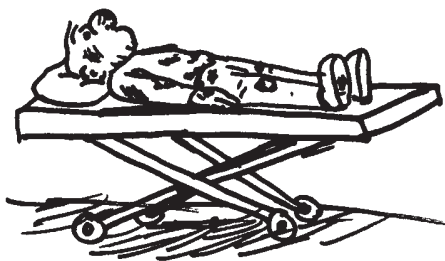
For example:

What happens if I drive too fast? —————> I can get hurt in a car crash.

What happens if I use tobacco? —————> I can get sick later on.

What if I do not drive too fast? —————> I will not get hurt in a crash.

What if I do not use tobacco? —————> I will not get sick later on!



Other Things I Can Do to Stay Safe

Some things may look cool.

But they may not be safe to do.

I can say No to myself and other people.

It is hard to say No.

To say No I can ask myself:

- “Is this good for me?”
- “Is it safe to drive fast in a car?”
- “Is tobacco good for my health?”

My friends may ask me to do things that are not safe.

To keep myself safe, I can say NO.

This is very hard.

But it is my job to stay safe and in good health.

I learned that:

- I need to keep myself healthy.
- I need to keep myself safe.
- It is OK to say No to keep me safe and healthy.



Why Do People Use Tobacco

I will learn:

- Why people begin to smoke.
- That one person in a group of 5 smokes.

Hard Words

tobacco [toh-BAK-koh] What a cigarette is made from.

Why do People Begin to Use Tobacco?

Put a check mark (✓) by the ideas that you think are right:

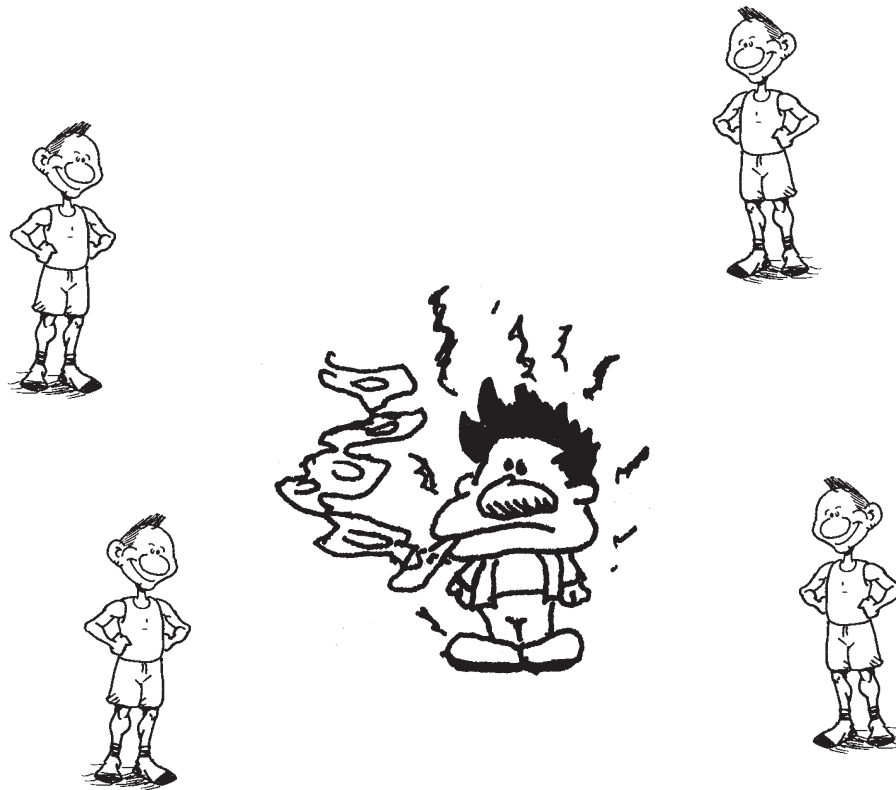
| Idea | |
|--|--|
| The parents smoke. | <input type="checkbox"/> yes <input type="checkbox"/> no |
| They want to try it. | <input type="checkbox"/> yes <input type="checkbox"/> no |
| They think it looks cool. | <input type="checkbox"/> yes <input type="checkbox"/> no |
| They have friends that smoke. | <input type="checkbox"/> yes <input type="checkbox"/> no |
| They did not know how to say No. | <input type="checkbox"/> yes <input type="checkbox"/> no |
| To smoke makes them feel grown up. | <input type="checkbox"/> yes <input type="checkbox"/> no |
| They think that they can stop at any time. | <input type="checkbox"/> yes <input type="checkbox"/> no |

Smokers and Non-Smokers

Many people have said No to **tobacco** [toh-BAK-koh].

There are many people that do not smoke.

One person in a group of 5 smokes.



I learned:

- Why people begin to smoke.
- It is OK to say No to my friends.
- One person in a group of 5 smokes.

I Can Say NO

I will learn:

- It is OK to say No to keep myself safe.
- Ways to say No.

Hard Words

healthy [hell-thee] To not be sick.

What Will I Do?

Do I think it is a good idea to smoke?

Why or why not?

What will I do if my best friend smokes?

What will I do if my friend gives me a cigarette?

I can say “No thank You” to my friend.



Now my friend says we can not be friends anymore.

How do I feel?

Is there a person in school who I think is really cool?

Why is that person cool?

Let us say that the cool person smokes.

Would I begin to smoke to be like that person?

What good thing can I learn from that person?

I Can Say No

I need to keep myself **healthy** [hell-thee].

To do this it is OK to say NO.

Some Ways to Say No



I can say:

- “No!”
- “No thank You.”
- Walk Away.
- Walk Away and Say: “I don’t want to do that.”
- Walk Away and Say: “I like You, but I don’t like that.”
- “I’m not allowed.”

What Other Ways Can I Say No?

I learned that:

- It is OK to say No to keep myself healthy.
- 3 ways to say No.

What Does An Ad Tell Me?

I will learn:

- A good ad sells an **item**.
- What an ad does not show.



Hard Words

flyers A news paper with ads.

item A thing.

tobacco [toh-**BAK**-koh] What a cigarette is made from.

Why do stores have ads?

What does a toy store sell?

A toy store uses many things to sell toys.

Such as:

- **Flyers.**
- TV ads.
- A sale.

What does a tobacco store want to sell?

How will people want to buy the **tobacco** [toh-**BAK**-koh]?

Let us Talk About:

“I Have a Tobacco Store.”

I need to sell my tobacco.

So I want to make an ad.

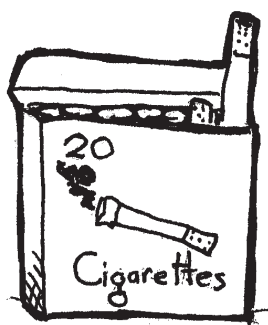
The ad will tell people to buy tobacco.

What will I say in the ad?

Will I say:

- Tobacco costs a lot of money.
- Tobacco can hurt my heart.
- Tobacco makes you smell bad.
- Tobacco smoke can make other people sick.

Will people buy tobacco if I say these things?



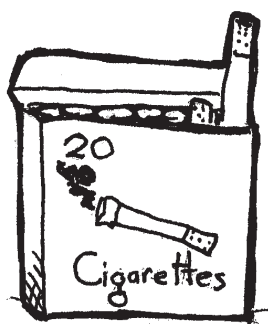
So what will I say in the ad?

Will the ad say that:

- Tobacco will make you look cool.
- **Tough [tuf]** guys smoke tobacco.
- Will it show people that have fun?

Are these things true?

A person knows that most of the ad is not true.



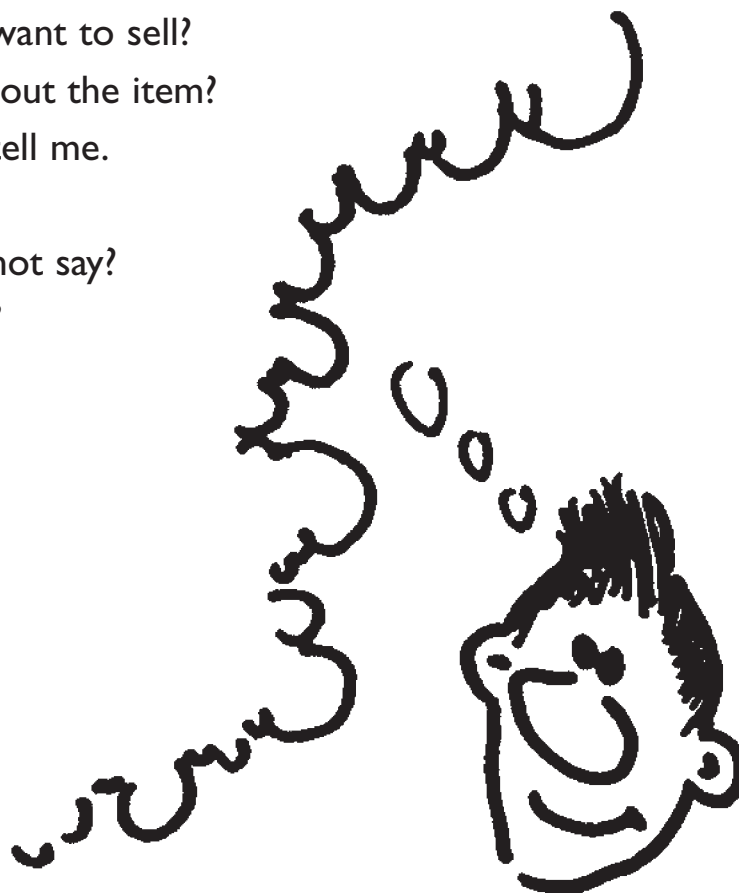
How will that person think about the ad?



I learned that:

To look at an ad I ask:

- What does the ad want to sell?
- What do I know about the item?
- What does the ad tell me.
- “Is that true?”
- What does the ad not say?
- “Is it good for me?”



Tobacco And The Law

I will learn:

- That there is a **law** about **tobacco** [toh-BAK-koh].
- Why there is a law.
- What the law says about tobacco and **children**.
- A **child** can not have or use tobacco.

Hard Words

| | |
|------------------------------------|---|
| child | Is a person under 18 years. |
| children | Is more than one child. |
| grown up | Is a person over 18 years. |
| illegal | Means the law says I can not do it. |
| law | A rule all people have to follow. It tells I what I can or can not do. |
| tobacco [toh-BAK-koh] | What a cigarette is made from. |

Why is there a Law?

I know that tobacco is bad for me.

Other people know that tobacco is bad for children.

So people made a law. This law is about tobacco and children.

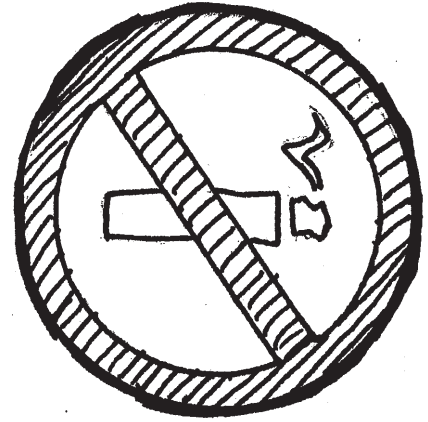
The law keeps children safe from tobacco.



What Does the Law Say?

This law says:

- A child can not buy tobacco.
- A child can not carry tobacco.
- No child can smoke or **chew** [choo] tobacco.
- Nobody can give tobacco to a child.



This means that:

- I can not use tobacco.
- It is against the law [illegal].
- Only **grown up** people can use tobacco.

The Police and The Law

The police know this law.

The police will talk to a child that uses or has tobacco.

The police will also talk to the Mom and Dad.



I learned that:

- There is a law about tobacco and children.
- The law says that if I am under 18:
 - I can not buy, use, or have tobacco.
 - Nobody can give me tobacco.
- I can not buy tobacco for a child under 18.

The Cost Of Tobacco

I will learn:

- That **tobacco** [toh-BAK-koh] costs a lot of money.

Hard Words

healthy [hell-thee] To not be sick.

tobacco [toh-BAK-koh] What a cigarette is made from.

Tobacco Costs a lot of Money

To buy tobacco costs a lot of money.

I save money when I do not smoke.

I can do many things with the money that I save.

Ways I Can Use the Money

I can use the money I save for other things.

Such as:

- Food that is good for me.
- Things that keep me **healthy** [hell-thee].
- Some thing that is **special** [spes-shal] to me.



I learned that:

- To buy tobacco costs a lot of money.
- I can use the money to keep myself healthy.

To Stop Smoking Is Hard

I will learn:

- That to stop smoking is hard.
- How I can help a person that stops smoking.

Hard Words

nicotine [NIH-koh-teen] A bad chemical in the tobacco plant.
tobacco [toh-BAK-koh] What a cigarette is made from.
without [with-out] Something is not there any more.

A Person Wants to Stop Smoking

You may know a person that smokes.

You may care about that person.

That person wants to stop smoking.

That person has to make up their mind.

The person has to say:

- “I do not want to smoke anymore.”



To Stop Smoking is Hard

Now that person does not smoke any more.
The person will not feel good.



The body does not get **nicotine** [NIH-koh-teen] anymore.
The body needs time to get used to this.
The person will feel sick **without** [with-out] nicotine.

The person will miss the feel and taste of **tobacco** [toh-BAK-koh].
The person will want to smoke.
It is very hard to stop.

How Can I Help?

I can help a person who wants to stop smoking.
I can tell them things.
I can say things such as:

- I love you.
- I want you to be in good health.
- I know you can stop.
- I know you may have some bad days when you stop.
- If you do smoke, **do not give up**.
- Try to stop again.

I learned that:

- It is hard to stop smoking.
- I can help a person that stops smoking.

Hard Words

| | |
|---|---|
| aboriginal [A-bor-rich-i-nal] | The first people in Canada. |
| addictive [ah-DIK-tiv] | Something my body gets used to. |
| blood vessel | A tube for the blood in my body. |
| carbon dioxide or CO₂ [CAR-bon-di-OX-ide] ... | The garbage gas that the body makes. |
| chemicals [KEH-mih-kals] | <p>A chemical is very small part. Many things are made from chemicals. Such as:</p> <ul style="list-style-type: none"> • The gas for the car. • A plastic bag. • A pill from the doctor. <p>Chemicals can be good or bad for me.</p> |
| child | Is a person under 18 years. |
| children | Is more than one child. |
| energy [En-er-jee] | Power for the body. |
| exercise [EK-ser-sise] | Things I do to keep my body in shape. |
| flyers | A news paper with ads. |
| grown up | Is a person over 18 years. |

| | |
|--|--|
| healthy [hell-thee] | To not be sick. |
| illegal | Means the law says I can not do it. |
| item | Means a thing. |
| law | A rule all people have to follow. It tells I what I can or can not do. |
| nicotine [NIH-koh-teen] | A bad chemical in the tobacco plant. |
| non-smoker | A person who does not smoke. |
| oxygen [oks-e-jen] or O₂ | A good gas in the air. |
| pollution [pol-lu-shun] | Pollution is to make something dirty. |
| second-hand smoke | The smoke of a cigarette that you do not smoke. |
| tar | Is used to pave the roads. |
| tobacco [toh-BAK-koh] | What a cigarette is made from. |
| without [with-out] | Something is not there any more. |



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For more information or other resources contact the
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