

How to Use This Document

The lessons and materials in this prevention unit are designed to be used together and in order.

Lessons: Each lesson contains movement and breathing breaks, a video explaining each health topic, a review for students to strengthen their understanding, and a slide for parents.

Materials: The materials provided in each lesson are designed to reinforce the main idea of each topic. These materials can be used in a whole class setting, in small groups, or individually.

Parent Post: Each lesson has a Parent Post created to keep grown-ups at home involved in what their student is learning! The posts include key topics and vocabulary that was used.

Connecticut State Standards

Standards: Healthy & Balanced Living Curriculum Framework

Health Education & Physical Education

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- ANOD 1.3.5 Identify short- and long-term effects of alcohol and nicotine use, including secondhand effects
- ANOD 1.4.5 Explain the dangers of experimenting with nicotine and alcohol.
- ANOD 1.5.5 Describe family rules about avoiding nicotine and alcohol use.

What is
Smoking?

Let's start with some a calm down movement break!



What do we know about smoking?

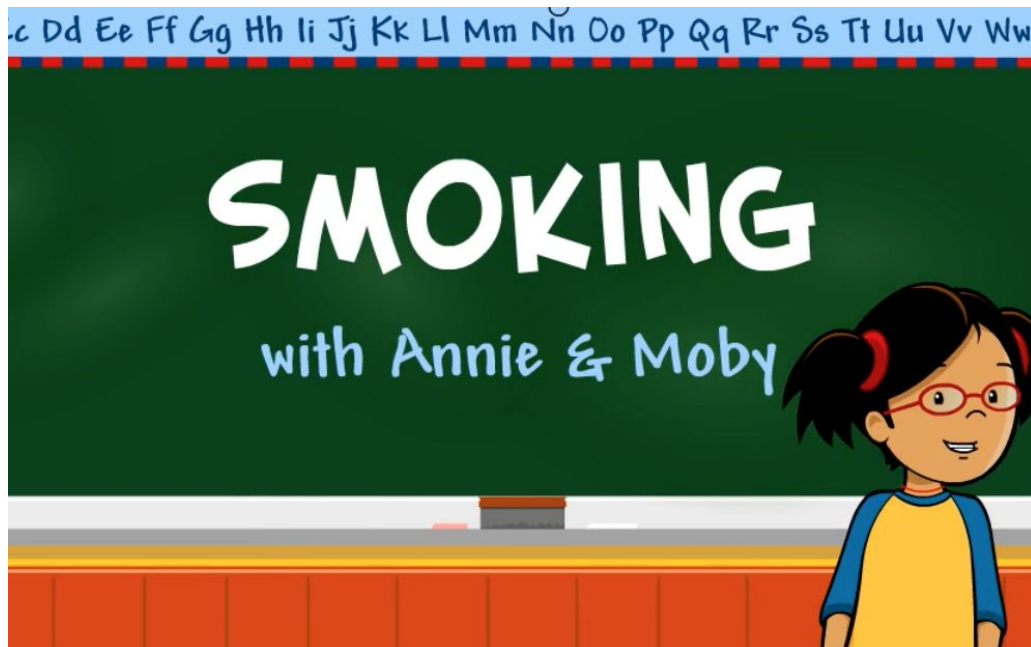
What is smoking? What are cigarettes?

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What questions do we have about smoking or cigarettes?

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Smoking is...



Smoking is...



Smoking Stinks!

Smoking is one of the worst things you can do to your body. Yet every single day, some kids and teens start smoking. Why?

There's more than just one answer. Some kids may start smoking just because they're curious. Others may like the idea of doing something dangerous — something grownups don't want them to do. Still others might know lots of people who smoke and they might think it's a way to act or look like an adult.

What Are Smoking, Smokeless Tobacco, and Vaping?

Tobacco (say: tuh-BA-ko) is a plant that can be **smoked in cigarettes, pipes, or cigars**. It's the same plant that's in **smokeless tobacco**, known as dip, chew, snuff, spit, or chewing tobacco. Smokeless tobacco is not lit or inhaled (breathed in). Instead, it's chewed, sucked on, or even sniffed into the nose.

Vaping is done by using electronic cigarettes (e-cigarettes). Often called "vape pens" or "vapes," these devices heat a liquid until it becomes an aerosol (mist) that can be inhaled.

There are many different forms of smoking!

People smoke using cigarettes, cigars,
pipes or e-cigarettes.



Any forms of smoking can be harmful and dangerous! Smoking can lead to...

1. Hurt lungs
2. Cause diseases, or get people sick
3. Not being able to stop



What should you do if you see a friend or a kid smoking?

Tell a trusted adult!



Let's Review!

What is smoking?	Why is it important to learn about smoking?
Smoking is _____.	It is important to learn about smoking because _____.

Parents!

- Grades 3-5 are a crucial time to start talking about smoking. At this age, kids are curious, impressionable, and beginning to notice media and peer influences.
- Smoking is dangerous! Smoking and vaping can hurt your lungs, heart and brain. Nicotine makes it hard to quit once you start.
- Communicate the dangers of smoking, be clear and honest.
- Create a clear plan of ways to say “no” if asked to smoke or vape.