

**WHAT IS A SOCIAL
CONSEQUENCE OF
USING TOBACCO?**

Essential Standards

- 6.ATOD.2 - Understand the health risks associated with alcohol, tobacco, and other drug use.

Clarifying Objectives:

- 6.ATOD.2.1 - Explain the immediate social and physical consequences of tobacco use, including spit tobacco.

United Streaming

- [In-Dependence: Teens & Smokeless](#)
- [Tobacco Reality Matters: Smoking: Smoke Signals](#)
- [Nicotine Is a Drug: The Hidden Dangers of Addiction](#)

Stories of Smokers

In 2014...

Tobacco use is started and established primarily during adolescence.

- Nearly 9 out of 10 cigarette smokers first tried smoking by age 18, and 99% first tried smoking by age 26.
- Each day in the United States, more than 3,200 youth aged 18 years or younger smoke their first cigarette.
- 2,100 youth and young adults become daily cigarette smokers.
- Overall mortality among both male and female smokers in the United States is about three times higher than that among similar people who never smoked.
- The major causes of excess mortality among smokers are diseases that are related to smoking, including cancer and respiratory and vascular disease.

How Tobacco Affects Well-Being

6th Grade



DRUG-FREE
ZONE

What you should
know about
tobacco...

- How many chemicals are in tobacco smoke?
 - over **7000** chemicals
 - about **70** of those are carcinogens
- What is the immediate damage due to these chemicals?
 - The chemicals in tobacco smoke reach your **lungs** quickly when you inhale.
 - These poisonous chemicals reach **every organ** in your body.
 - They go quickly from your lungs into your blood.
 - Then the blood flows through your **arteries**.
 - It carries the chemicals to tissues in all parts of your body.
- Nicotine is highly **addictive**.

- What have tobacco companies done to make cigarettes more addictive?
 - Cigarette makers have long known that nicotine addiction helps sell their products.
 - Cigarettes today deliver more nicotine and deliver it quicker than ever before.
 - The additives and chemicals that tobacco companies put in cigarettes may have helped make them more addictive.
 - Once inhaled, nicotine races from your lungs to your heart and brain.
- Is spit tobacco addicting?
 - yes

- What are the immediate effects of tobacco smoke on the circulatory system?
 - Almost immediately, cells that line your body's [blood vessels](#) react to the poisons in tobacco smoke.
 - Your [heart rate and blood pressure](#) go up.
 - Your [blood vessels](#) thicken and grow narrower.
- What are the immediate effects of tobacco smoke on the respiratory system?
 - New research shows that poisons in tobacco smoke harm your body from [the moment they enter](#) your mouth.
 - They attack the [inner tissue](#) on the way to your lungs.
- What happens when a person stops smoking?
 - Within 5 years of quitting, your chance of cancer of the mouth, throat, esophagus, and bladder is [cut in half](#).
 - If nobody smoked, [1 of every 3](#) cancer deaths in the United States would not happen.
- How do the chemicals in tobacco lead to cancer?
 - Once tobacco has damaged cells, they can grow [uncontrollably as cancer](#).
 - Because cells are tiny, years sometimes pass before you find a lump or your doctor sees a tumor on a scan.

- What type of cancers do we know can be caused by smoking?
 - Smoking can cause cancer almost [anywhere in your body](#).
 - Here are some of the cancers that researchers know smoking causes.
 - mouth, nose, and throat larynx
 - trachea
 - esophagus
 - lungs
 - stomach
 - pancreas
 - kidneys and ureters
 - bladder
 - cervix
 - bone marrow and blood
- How does smoking increase the chances of a heart attack or stroke?
 - Smoking is one cause of dangerous [plaque](#) buildup inside your arteries.
 - Plaque is made of [cholesterol and scar tissue](#).
 - It clogs and narrows your [arteries](#).
 - This can trigger chest pain, weakness, heart attack, or stroke.
- Can quitting decrease a person's chances of cancer, heart attack and stroke?
 - yes

- Can quitting decrease a person's chances of cancer, heart attack and stroke?
 - yes
- What respiratory conditions can develop due to smoking?
 - Smoking causes chronic obstructive pulmonary disease, or COPD.

Physical Effects of spit tobacco:

- Bad breath
- mouth sores
- stained teeth (either yellow, brown, or black)
- tooth decay and loss
- abrasions of tooth enamel
- cavities in teeth
- leukoplakia (white pre-cancerous patches on the lining of the mouth)
- severe inflammation of gum tissue
- receding and diseased gums
- irregular heartbeat
- increase in blood pressure
- oral cancer of the gums, lip, cheek, tongue, pharynx
- cancer of the esophagus, stomach, and bladder

Physical Effects of smoking

- Stained fingers
- bad breath
- smelly hair
- smelly clothing
- red eyes
- burned clothing
- stained teeth
- wrinkled, leathery skin
- hoarse voice
- heart disease
- cancer of the lungs, mouth, throat, larynx, esophagus, trachea, stomach, pancreas, bladder
- asthma
- emphysema
- chronic bronchitis
- heart beats faster
- shortness of breath
- decrease in taste and smell
- chronic cough
- chest pains
- heart attack
- stroke

Guided Practice:

- Divide students into small groups.
- Depending on the size of the class, a scenario from the Social Consequences of Tobacco (Appendix 5) may be given to more than one group.
- Groups will study their assigned scenario and decide a course of action for the situation.
- Each group will report to the class the decision.
- Discuss answers as a class.

**SCENARIOS: SOCIAL
CONSEQUENCES OF
TOBACCO**

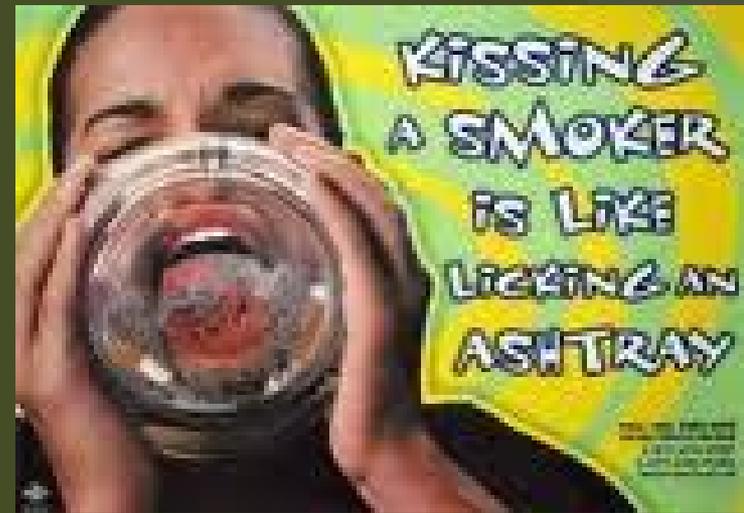
- My friends and I try to stay in shape and be healthy because we like to race our bikes. I asked my friend Joe to come to the movies with us last weekend. We were all having fun until we got into the car. Joe lit up a cigarette as soon as Jake's older brother started the car. We were all coughing and couldn't breathe. By the time we got to the theater we all smelled like cigarette smoke. The guys really don't like that Joe smokes and don't want him around. They say it's either Joe or them. Joe's a good friend other than the fact that he smokes. What should I do?



I was in the bathroom with some of my friends between classes today. All of them were smoking. I am a smoker, too, but sometimes I wish I could spend my money on things other than cigarettes. I am always sick and my friends who don't smoke say I always smell like smoke. I know, from my health classes, that cigarette smoking causes emphysema and lung cancer. It's really bad for me and I want to stop, but I don't know how to tell my friends. I know it's going to be difficult, but I don't want them giving me a hard time about it. How can I deal with this?



I really like my girlfriend. She's so pretty and we always have fun when we're together! She's a great person but the one thing I can't stand about her is that she smokes. She's been smoking since she was in fourth grade. Her hair and clothes always smell, her breath is unpleasant and her skin and teeth are yellow. It's really hard to kiss someone if the person's breath smells bad. I don't want to break up with her or hurt her feelings, but it's just got to stop. What can I do?



Bobby, one of my friends on the baseball team, was chewing tobacco yesterday at the game. He said that it's called "smokeless tobacco," so it's safer than smoking cigarettes because the smoke doesn't get into your lungs. He offered me some before I went up to bat, but I told him "no," that I didn't want any. My dad told me a few weeks ago while we were working on my swing that it's not safe and that it can still cause cancer and make my breath smell really bad. I want to tell Bobby that it's NOT a healthy way to use tobacco and that even though it *sounds* safe, it really isn't. I'm just afraid he and the other guys will make fun of me. What should I do?



Independent Practice:

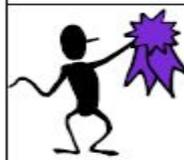
- Students will complete Tobacco Interview (Appendix 6) assignment outside of class. Students are to write a summary about their interviews and any discoveries regarding tobacco use.

Tobacco Interview

Interview two adults who use or who previously used tobacco (either cigarettes or spit tobacco). Write their responses in spaces provided.

Tobacco User #1
(Or former user)

Tobacco User #2
(Or former user)

 <p>Why, and at what age, did you begin using tobacco?</p>		
<p>About how much money have you spent on tobacco products?</p> 		
 <p>If you have tried to quit, how successful have you been?</p>		
<p>Have you had any medical or social problems related to your tobacco use?</p> 		
<p>What advice would you give to a young person regarding tobacco?</p> 		

Closure:

- *Today we identified and demonstrated the immediate as well as the long-term physical effects of smoking and other drugs on the body. In addition, we have discussed how smoking can affect a person socially. From seeing and discussing these effects, we conclude that not using drugs is beneficial to a person's physical and social health.*