

***6th Grade Alcohol, Tobacco and Other Drugs (ATOD)***

***6.ATOD.1.1 - Analyze the marketing and advertising of alcohol and tobacco companies in terms of the strategies they use to influence youth experimentation with their products.***

A. Pre-Test

1. List 4 strategies that are used to sell tobacco products.

B. Notes

1. What are the advertising appeals used to sell tobacco? and Definition.

a) Band wagon appeal:

\_\_\_\_\_

b) Sex appeal:

\_\_\_\_\_

c) Gender appeal:

\_\_\_\_\_

d) Problem solving appeal:

\_\_\_\_\_

e) Youthfulness appeal:

\_\_\_\_\_

f) Sophistication appeal:

\_\_\_\_\_

g) Popularity appeal:

\_\_\_\_\_

h) Fun/Relaxation Appeal:

\_\_\_\_\_

i) Health Appeal:

\_\_\_\_\_

j) Slogans & Symbols:

\_\_\_\_\_

k) Animation:

\_\_\_\_\_

l) Comedy Appeal:

\_\_\_\_\_

m) Group Identification Appeal:

\_\_\_\_\_

n) Normalization Appeal:

\_\_\_\_\_

***6.ATOD.1.2 Illustrate the effects of alcohol and other drugs on behavior, judgment, family relationships, and long-term success.***

***6.ATOD.3.2 - Summarize the short-term and long-term benefits of resistance to drug abuse.***

1. Pre-Test

- a. Explain how drug and alcohol abuse can affect the family, behavior, judgement, and success?

B. Notes

a. Effects of Drugs

i. Alcohol

1. Alcohol is a depressant that \_\_\_\_\_.

2. Alcohol can impair \_\_\_\_\_.

3. Alcohol is both \_\_\_\_\_.

4. Short term risks:

a. \_\_\_\_\_ e. \_\_\_\_\_

b. \_\_\_\_\_ f. \_\_\_\_\_

- c. \_\_\_\_\_
- d. \_\_\_\_\_
- 5. Long Term risks:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
- g. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- ii. Marijuana
  - 1. Marijuana is mainly regarded as a \_\_\_\_\_.
  - 2. Marijuana is a highly psychologically \_\_\_\_\_.
  - 3. Short term risks:
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
    - c. \_\_\_\_\_
  - 4. Long Term risks:
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
- iii. Methamphetamine
  - 1. Meth is a highly addictive \_\_\_\_\_.
  - 2. Meth can be \_\_\_\_\_.
  - 3. Short Term risks:
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
  - 4. Long term risks:
    - a. \_\_\_\_\_
    - b. \_\_\_\_\_
    - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
- iv. Common signs of withdrawal: \_\_\_\_\_.

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

- 1. Pre-Test
  - a. What are some physical effects of smoking? List 4
- 2. Notes
  - a. How many chemicals are in tobacco smoke?
    - i. over \_\_\_\_\_ chemicals
    - ii. about \_\_\_\_\_ of those are carcinogens
  - b. What is the immediate damage due to these chemicals?
    - i. The chemicals in tobacco smoke reach your \_\_\_\_\_ quickly when you inhale.
    - ii. These poisonous chemicals reach \_\_\_\_\_ in your body.
    - iii. They go quickly from your lungs into your blood.
    - iv. Then the blood flows through your \_\_\_\_\_.
    - v. It carries the chemicals to tissues in all parts of your body.
  - c. Nicotine is highly \_\_\_\_\_.
  - d. What have tobacco companies done to make cigarettes more addictive?
    - i. Cigarette makers have long known that \_\_\_\_\_ addiction helps sell their products.
    - ii. Cigarettes today deliver more \_\_\_\_\_ and deliver it quicker than ever before.
    - iii. The additives and chemicals that tobacco companies put in cigarettes may have helped make them more \_\_\_\_\_.
    - iv. Once inhaled, nicotine races from your lungs to your \_\_\_\_\_.
  - e. Is spit tobacco addicting? \_\_\_\_\_

- f. What are the immediate effects of tobacco smoke on the circulatory system?
  - i. Almost immediately, cells that line your body's \_\_\_\_\_ react to the poisons in tobacco smoke.
  - ii. Your \_\_\_\_\_ go up.
  - iii. Your \_\_\_\_\_ thicken and grow narrower.
- g. What are the immediate effects of tobacco smoke on the respiratory system?
  - i. New research shows that poisons in tobacco smoke harm your body from \_\_\_\_\_ your mouth.
  - ii. They attack the \_\_\_\_\_ on the way to your lungs.
- h. What happens when a person stops smoking?
  - i. Within 5 years of quitting, your chance of cancer of the mouth, throat, esophagus, and bladder is \_\_\_\_\_.
  - ii. If nobody smoked, \_\_\_\_\_ cancer deaths in the United States would not happen.
- i. How do the chemicals in tobacco lead to cancer?
  - i. Once tobacco has damaged cells, they can grow \_\_\_\_\_.
  - ii. Because cells are tiny, years sometimes pass before you find a lump or your doctor sees a tumor on a scan.
- j. What type of cancers do we know can be caused by smoking?
  - i. Smoking can cause cancer almost \_\_\_\_\_.
  - ii. Here are some of the cancers that researchers know smoking causes.
    - 1. mouth, nose, and throat larynx
    - 2. trachea
    - 3. esophagus
    - 4. lungs
    - 5. stomach
    - 6. pancreas
    - 7. kidneys and ureters
    - 8. bladder
    - 9. cervix
    - 10. bone marrow and blood
- k. How does smoking increase the chances of a heart attack or stroke?
  - i. Smoking is one cause of dangerous \_\_\_\_\_ buildup inside your arteries.
  - ii. Plaque is made of \_\_\_\_\_.
  - iii. It clogs and narrows your \_\_\_\_\_.
  - iv. This can trigger chest pain, weakness, heart attack, or stroke.
- l. Can quitting decrease a person's chances of cancer, heart attack and stroke? \_\_\_\_\_
- m. Can quitting decrease a person's chances of cancer, heart attack and stroke? \_\_\_\_\_
- n. What respiratory conditions can develop due to smoking?
  - i. Smoking causes \_\_\_\_\_.
- o. Physical Effects of spit tobacco:
  - i. Bad breath
  - ii. mouth sores
  - iii. stained teeth (either yellow, brown, or black)
  - iv. tooth decay and loss
  - v. abrasions of tooth enamel
  - vi. cavities in teeth
  - vii. leukoplakia (white precancerous patches on the lining of the mouth)
  - viii. severe inflammation of gum tissue
  - ix. receding and diseased gums

- x. irregular heartbeat
- xi. increase in blood pressure
- xii. oral cancer of the gums, lip, cheek, tongue, pharynx
- xiii. cancer of the esophagus, stomach, and bladder
- p. Physical Effects of smoking
  - i. Stained fingers
  - ii. bad breath
  - iii. smelly hair
  - iv. smelly clothing
  - v. red eyes
  - vi. burned clothing
  - vii. stained teeth
  - viii. wrinkled, leathery skin
  - ix. hoarse voice
  - x. heart disease
  - xi. cancer of the lungs, mouth, throat, larynx, esophagus, trachea, stomach, pancreas, bladder
  - xii. asthma
  - xiii. emphysema
  - xiv. chronic bronchitis
  - xv. heart beats faster
  - xvi. shortness of breath
  - xvii. decrease in taste and smell
  - xviii. chronic cough
  - xix. chest pains
  - xx. heart attack
  - xxi. stroke

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**6.ATOD.2.2 - Summarize the short-term and long-term effects of being exposed to secondhand smoke.**

A. Pre-Test

1. What is second hand smoke?
2. What are 3 health problems caused by secondhand smoke?
3. What is third hand smoke?
4. What has been done to decrease exposure to third hand smoke?

B. Notes

1. Secondhand smoke is made up of \_\_\_\_\_ (the smoke released from the burning end of a cigarette) and exhaled \_\_\_\_\_ (the smoke exhaled by the smoker).
2. Second Hand Smoke Health Problems
  - a) Asthma:
    - (1) Secondhand smoke can trigger an \_\_\_\_\_.
    - (2) Children with asthma who are around secondhand smoke have worse asthma attacks and attacks more often than children who are not exposed to secondhand smoke.
  - b) Bronchitis
    - (1) Studies show older children whose parents smoke get \_\_\_\_\_ more often.
    - (2) Their lungs develop more slowly because of secondhand smoke so they have bronchitis more often than the children of nonsmokers.
  - c) Lung Cancer
    - (1) Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing lung cancer by \_\_\_\_\_ percent.

- d) Heart Attack
    - (1) Breathing secondhand smoke for even a short time can...
      - (a) damage the lining of \_\_\_\_\_
      - (b) Cause blood platelets to stick together
      - (c) Decrease in \_\_\_\_\_
    - (2) This increases the risk of a \_\_\_\_\_.
    - (3) Secondhand smoke causes heart attacks in people who do not smoke, it increases their risk of developing heart disease by \_\_\_\_\_ percent
  - e) Sudden Infant Death Syndrome (SIDS)
    - (1) SIDS is the sudden, unexplained, unexpected death of an infant under the age of one.
    - (2) Tobacco smoke harms babies \_\_\_\_\_ they are born.
    - (3) Babies whose mothers smoke during pregnancy AND babies who are exposed to secondhand smoke are more likely to die from \_\_\_\_\_ than babies who are not in these smoking environments.
  - f) Acute Respiratory Infections
    - (1) The lungs of babies and children who are exposed to secondhand smoke develop \_\_\_\_\_ which causes more respiratory infections than children of nonsmokers.
  - g) Increase in Ear Infections
    - (1) Children whose parents smoke around them have more \_\_\_\_\_.
    - (2) They also have \_\_\_\_\_ in their ears more often and have more operations to put in ear tubes for drainage.
  - h) Pneumonia
    - (1) Children exposed to secondhand smoke experience pneumonia more often than the children of nonsmokers.
3. Unexpected Ways to be Exposed to Secondhand Smoke
- a) Riding in the car with someone who is smoking even if the window is down.
  - b) Being in a home when someone is smoking even if you are not in the room with them.
  - c) Working in a building, or warehouse where smoking is permitted even if there is a filter or ventilation system.
4. Where is third-hand smoke?
- a) Clothing, Hair, Skin, Rugs, Draperies, Walls, Ceilings, Furniture
5. How is third-hand smoke transferred?
- a) It can rub off \_\_\_\_\_
  - b) It can be absorbed through \_\_\_\_\_
  - c) It can be carried by \_\_\_\_\_
  - d) It can become airborne and be \_\_\_\_\_
  - e) It can be \_\_\_\_\_

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**6.ATOD.3.1 - Use effective assertive refusal skills to avoid pressure to use alcohol and other drugs**

A. Pre-Test

1. What is an example of a passive, assertive, and aggressive refusal skill?
2. List 4 keys to assertive refusal skills.
3. List 3 ways to say no and give an example of each.

B. Notes

1. Types of Refusal Skills

	PASSIVE	ASSERTIVE	AGGRESSIVE
<b>What the communicator says</b>	Unknown or unsaid Not to the point	Detailed Easily understood Oriented around the problem and not at the person Recommend a solution	Targets the other person and not the problem Aims to hurt
<b>Tone of voice</b>	Soft Lowers at the end of a sentence	Clear Not too loud, not too soft, just right	Loud May be yelling Strict Severe
<b>Eye Contact/Facial Expressions</b>	Avoid eye contact Look downward	Make eye contact Relaxed	Staring Frowning Tense face
<b>Posture/body language</b>	Can't stand still Unconsciously doing something like playing with hair or biting fingers	Standing up straight At ease	Uptight Muscles tense In your personal space Threatening
<b>Communicator's attitude/feelings</b>	Timid Worried Scared	Self-confident High self-esteem Content	Only thinking of themselves Hostile Bullying
<b>Other's attitude/feelings</b>	Puzzled Uncertain Frustrated	Admiring Attentive Non-threatened Receptive	Sad Unhappy Angry Aggravated Feelings are hurt
<b>Intention</b>	Escape conflict	Alter the situation Come to an agreement	Hurt the other person's feelings

2. Keys to Assertive Refusal

- a) Know ahead of time how you \_\_\_\_\_ about a situation.
- b) Avoid settings where the \_\_\_\_\_ is more likely to occur.
- c) Practice \_\_\_\_\_ consistent with the verbal message.
- d) Remain relaxed and \_\_\_\_\_ deeply.
- e) Be firm in your right to say "\_\_\_\_\_."
- f) Use a clear and firm \_\_\_\_\_.
- g) Make \_\_\_\_\_ when stating how you feel.
- h) Repeat the word "no" until the person understands how you feel.
- i) Use "\_\_\_\_\_" messages.
- j) Ask questions to \_\_\_\_\_ the pressure.
- k) Avoid using \_\_\_\_\_.
- l) Suggest an \_\_\_\_\_. Give a reason.
- m) Clearly state your opinion or disagreement. Avoid \_\_\_\_\_.

n) Remove yourself from the situation if you feel uncomfortable.

3. Ways to Say NO!!!!

Method	Example
Simply Say _____	“No thanks.”
Give a reason	“No thanks. I have to take a drug test for football.”
Give a _____	“Smoking will give me bad breath.”
Give an _____	No thanks, but I’ll go get something to eat with you.”
Be a broken record	“No, no, and no.”
_____	“I’ll get back to you.”
Change the _____	“Where did you get those shoes? I really like them.”
Reverse the _____	“Why do you want me to do this so much anyway?”
Strength in numbers	“We don’t smoke.” Stick together with other non users and use “we” statements.
Activism	“I don’t drink and you shouldn’t either.”
Ignore the _____	Say nothing or pretend you didn’t hear.
Avoid the situation	Go to a movie instead of hanging out where kids do drugs.
Get _____	Ask for support. If a situation is dangerous call an adult or the police.
Leave the situation	Walk away.