

S T E P 6<sup>®</sup>

Stopping Tobacco  
with Education & Prevention<sup>®</sup>

Curriculum for 6<sup>th</sup> Grade

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TEXAS STATEWIDE TOBACCO EDUCATION & PREVENTION

SOUTHWEST TEXAS STATE UNIVERSITY

WWW.STEP6.NET

# Stopping Tobacco with Education & Prevention<sup>®</sup>

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## Curriculum for 6th Grade

### TABLE OF CONTENTS

Overview

- Lesson 1      Why Do People Choose to Use?  
Reasons Why People Use Tobacco
- Lesson 2      The Tobacco Industry is Blowing Smoke:  
Strategies of the Tobacco Industry
- Lesson 3      The Long and Short of Tobacco Use:  
Long Term and Short Term Health Risks
- Lesson 4      Laws You Ought To Know:  
Legal Consequences of Tobacco Use
- Lesson 5      Smokeless is not harmless  
Dangers of Smokeless Tobacco
- Lesson 6      Refuse to Be Outsmarted!  
Refusal Skills–Part I
- Lesson 7      Refuse To Be A Loser!  
Refusal Skills–Part II

Lesson 8      *When Someone You Care About Uses Tobacco:  
Intervention Strategies*

Lesson 9      *Becoming A Tobacco-Free Advocate:  
Skills to Prevent Others' Tobacco Use*

Lesson 10     *How To Be A Quitter:  
Cessation Plan*

Glossary

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## Curriculum for 6th Grade

### OVERVIEW

The STEP6® curriculum is in ten lessons with both independent and cooperative group learning activities. It teaches skill building using strategies that are engaging, interactive, and enjoyable. Trained teachers, law enforcement officers, other staff members, or parent volunteers can teach it. It targets middle school students and can be integrated into any subject or content area.

STEP6® is research-based and helps prevention programs meet Principles of Effectiveness, as required by Title IV-Safe and Drug Free Schools and Communities Act.

The Principles of Effectiveness are:

1. Base prevention programs on a thorough assessment of objective data about drugs and violence in the schools and communities served.
2. Establish measurable goals and objectives with the help of an advisory council, and design the prevention program to meet those goals and objectives.
3. Design and implement activities based on research that provides evidence that the strategies used prevent or reduce drug use, violence, or disruptive behavior among youth.
4. Evaluate programs periodically and use results to refine, improve and strengthen program, and refine goals and objectives, as appropriate.

The curriculum is aligned with key elements for effective drug prevention according to "Making the Grade: A Guide to School Drug Prevention Programs." These are helping students to recognize internal and external pressures such as peer attitudes and advertising; developing social, personal, and

refusal skills; teaching that drug use is not the norm, while promoting positive norms; providing developmentally appropriate materials and activities using interactive teaching methods such as discussions, brainstorming, and cooperative learning; covering necessary prevention elements in at least eight well-designed lessons to be delivered within a year; actively involving the family and community; providing training and support for teachers; and containing material that is easy for teachers to implement.

STEP6® lessons are independent and non-sequential. They can be utilized in any order. Lessons cover the stated topic's concept, the purpose, an objective, and any materials and supplies needed. A suggested evaluation of the lesson is at the end. Each lesson has three different activities. One or more activities may be selected from each lesson. The activities are designed to fit the teaching time available and level of need about that particular topic. Generally, each lesson contains one activity to be completed independently by students, one activity to be done with a partner, and one group learning activity.

STEP6® topics include "Why Do People Choose to Use? Reasons Why People Use Tobacco," "The Tobacco Industry is Blowing Smoke: Strategies of the Tobacco Industry," "The Long and Short of Tobacco Use: Long Term and Short Term Risks," "Laws You Ought To Know: Legal Consequences of Tobacco Use," "Smokeless is Not Harmless Tobacco: Dangers of Smokeless Tobacco," "Refuse to Be Outsmarted! Refusal Skills-Part I," "Refuse To Be A Loser! Refusal Skills-Part II," "When Someone You Care About Uses Tobacco: Intervention Strategies," "Becoming A Tobacco-Free Advocate: Skills to Prevent Others' Tobacco Use," and "How To Be A Quitter: Cessation Plan."

Additional components that teachers may find helpful are included in the STEP6® curriculum. These are pre- and post-tests, a Guide for Parent Meetings, a Teen Leadership Guide, a Glossary, and a Resource List, including vendors and web sites.

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## Curriculum for 6th Grade

### FACT SHEET #1.1

### WHO USES TOBACCO?

- An estimated 50 million people smoke in the United States, or about 24% of everyone over the age of twelve.
- At one time, the percentage rate of smokers in the United States was as high as 26%.
- 10% of all smokers are 12 -17 years of age, 29% are 18 – 25, 30% are 26 – 34, and 24% are 35 or older.
- 75% of adult smokers started before the age of eighteen.
- Among adults, men smoke at somewhat higher rates than women do.
- By locality, the current rate of smoking is 22% in large metropolitan areas, 25% in small metropolitan areas, and 28% in non-metropolitan areas.
- Education level makes a difference: 35% of high school drop outs smoke cigarettes, while only 15% of college graduates smoke.
- In California, one person dies every seventeen minutes from a smoking related illness.
- 38% of Native Americans smoke cigarettes, as compared to 25% of the general population of the United States.
- As many as 43% of Southeast Asian American men smoke cigarettes.
- In general, Hispanic men smoke at a higher rate as they learn and adopt the American culture.
- Asian American and Hispanic women have the lowest incidence of smoking.
- 6.1 million Americans use smokeless tobacco, or about 2.9%
- 96% of all smokeless tobacco users are men.

- Twice as many white men use smokeless tobacco as do African American men, and three times as many as Hispanic men.
- 80% of youth who smoke have tried to quit, but only 1.2% have succeeded.
- 85% of adolescent smokers prefer Marlboro, Newport or Camel, the three most heavily advertised brands
- The number of people who died in 1990 from tobacco related diseases is greater than the number of U. S. troops sent to Iraq for Operation Desert Storm (400,000.)
- 3,000 school-age youth start smoking each day. Of the three thousand, 20 will be murdered, 30 will die in traffic accidents, and 750 will be killed by smoking-related disease

Sources: Various

Handout

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### FACT SHEET #1.2

### STRESS BUSTERS

#### Exercise 1

- Sit where you are not facing anyone.
- Slowly close your eyes and think about your breathing.
- Slowly and gently breathe in and out.
- Be aware of your head.
- Allow your scalp to relax.
- Let your eyelids feel heavy and comfortable.
- Let all of the tension in your face disappear; relax your forehead.
- Your cheeks should become smooth and relaxed.
- Your eyes are comfortable.
- Allow your mouth to open slightly and be at ease.
- Think of your whole head again. It is totally relaxed and comfortable.
- Be aware of your breathing again. Breathe deeply in and out.
- Now turn your attention to your neck and shoulders.
- Let your neck relax. Move it gently from side to side to allow the tension to drift away.
- Just feel the muscles in your neck become soft and relaxed.
- Let the tension in your shoulders relax. Feel the muscles become soft and relaxed.
- Let your upper arms relax. Let your lower arms relax. Be aware of your hands. Let them fall open and be relaxed.
- All the time you are becoming more and more relaxed as you continue to breath deeply in and out. Let your whole body relax.

- Let your legs relax. First the upper legs, then the lower legs, and now the feet.
- Feel your feet become soft comfortable and relaxed.
- Your whole body is now totally relaxed and at ease.
- Spend a few minutes just thinking about your favorite place to relax.
- Now have a big yawn, stretch and open your eyes.

Source: Relaxation Techniques – Adolescent Smoking Cessation Handout in Schools, Ulster Cancer Foundation.

### Exercise 2

- Stop whatever you are doing.
- Remove yourself, if possible, from the stressful situation (if only for a few minutes.)
- Go off somewhere alone for a short while.
- Go for a longer walk, run, lift weights, or do some other form of physical exercise.
- Deep breathe – so deeply that you feel your chest rise and your stomach extend.
- Inhale as slowly as you can, counting to eight.
- Hold your breath and silently count to four.
- Exhale slowly while silently counting to eight.
- Do this slow, deep breathing cycle of exercise five times.
- Try to increase the number of your silent counts as much as you can.
- Breathe out and relax your jaw.
- Breathe in slowly and count to five.
- Tighten all your muscles and hold that tension for a minute and then let it out.
- Drop your shoulders and let your hand fall down.
- Speak more quietly and move slowly.

Source: Various

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## Why Do People Choose to Use?

🔑 Reasons Why People Use  
Tobacco

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# The Tobacco Industry is Blowing Smoke

🔍 Strategies of the Tobacco  
Industry

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### FACT SHEET #2.1

### TOBACCO MARKETING TO YOUTH

- Major cigarette companies spend \$5.6 billion dollars per year, which is \$15 million per day, advertising their products. Much of this advertising is directed toward students.
- Numerous tobacco industry documents make it clear that the industry has perceived youth as young as 13 years of age as a key market.
- “Cherry Skoal is for somebody who likes the taste of candy, if you know what I’m saying.” was a statement made by a former U.S. Tobacco sales representative, quoted in a 1994 Wall Street Journal article.
- “Evidence is now available to indicate that the 14 – 18 year old group is an increasing segment of the smoking population. RJR-T must soon establish a successful new brand in this market if our position in the industry is to be maintained in the long term” was a statement from R. J. Reynolds Tobacco Company, March 15, 1976.
- Eighty-six percent of kids who smoke prefer Marlboro, Camel and Newport, the three most advertised brands. Only one-third of adult smokers prefer these brands.
- Marlboro is the most heavily advertised brand of tobacco, controls sixty percent of the youth market, but only 25 percent of the adult market.
- Thirty percent of young people age 12 to 17 own at least one tobacco company promotional item regardless of whether they smoke or not.
- When the budget for the Joe Camel ad campaign was increased by 59%, sales to youth increased by 50% while the adult market share did not increase at all.

- According to the *Journal of the National Cancer Institute*, teenagers are more likely to be influenced by cigarette advertising than by peer pressure.
- After the introduction of Virginia Slims and other women's cigarette brands into the tobacco market, there was an unprecedented increase in the number of teenage girl smokers.
- Tobacco companies have developed "starter products" that feature sweet flavorings, milder tastes, and smaller portions. These were developed for and directed to the youth market.
- Each day, more than 3,000 school age youth become victims of the tobacco industry by becoming regular, daily smokers.

Source: Campaign for Tobacco-Free Kids

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### FACT SHEET #2.2 TOBACCO STRATEGIES

<u>Association</u>	"You can be like me." Cool, grown-up, sophisticated, good-looking, wealthy, healthy, strong. This is the most common approach.
<u>Bandwagon</u>	Implies that everyone is using this product, and that you will be more popular if you use it, too.
<u>Comparison</u>	Suggests that the product is better than others. Words like "The best, the only, more than any other" are used.
<u>Factual</u>	Makes strong statements about product, but no actual facts are given as proof.
<u>Testimonial</u>	Provides a personal story about the benefits of the product.
<u>Rewards</u>	Offers free prize or coupons for purchasing the product.
<u>Humor</u>	Ads use funny or clever words or phrases.
<u>Sensory</u>	Images or sounds appeal to the senses, viewer uses imagination.
<u>Repetition</u>	Repeats the same pictures, words or slogans that eventually viewers believe.

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### FACT SHEET #3

## UNDERSTANDING THE SHORT TERM AND LONG TERM RISKS OF TOBACCO USE

### Short-term Physical Consequences of Smoking and Other Tobacco Use

- Makes breath smell bad
- Makes clothes and hair smell
- Brown or yellow teeth and fingers
- Makes heart beat as much as thirty-three beats per minute faster
- Increases breathing rate
- Stimulates central nervous system
- Stomach acid increases
- Headaches
- Dulls sense of taste and smell
- Irritates gum, lips, mouth and throat
- Irritates lining of trachea and lungs
- Decreases circulation of the blood, increases blood pressure, narrows arteries
- Decreases oxygen intake, thickens blood
- Decreases skin temperature
- Temporary alertness is followed by tiredness and irritability
- Can cause burns and smoking-related fires. Thousands of people die each year in fires related to smoking.

FACT SHEET #3  
UNDERSTANDING THE SHORT TERM AND LONG TERM  
RISKS OF TOBACCO USE  
(continued)

Long-term Physical Consequences of Smoking and Other Tobacco Use

- Decreased athletic performance
- Dryness and wrinkling of the skin
- Depletion of vitamin C
- Reduction in effectiveness of immune system
- Stroke, high blood pressure, blockage of blood vessels, heart disease and heart attacks. Smoking is the cause of one in four fatal heart attacks
- Increased frequency of respiratory diseases, from the common cold to chronic bronchitis to pneumonia
- Stomach ulcers, weight loss
- Emphysema -- scarring or collapse of air sacs which causes breathing difficulty and possibly death
- Cancer of the mouth, throat, lungs, upper respiratory tract,
- Injury to fetus, higher rates of miscarriages, stillbirths, crib death, low birth weight, and premature births

Sources: American Cancer Society, Texas Division;  
American Lung Association

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## The Long and Short of Tobacco Use

- 🔍 Long-term Risks
- 🔍 Short-term Risks

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# Understanding the Short-term and Long- term Risks of Tobacco Use

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### FACT SHEET #4 RECENT TOBACCO LAWS

- 1994 – Public Law 103-227 -- Pro-Children Act of 1994: Prohibits smoking and environmental tobacco smoke in any indoor federal agency facility that provides services to children up to the age of 18.
- 1995 -- Senate Bill 1 -- Tobacco Free Schools: Prohibits use or possession of tobacco at school or at school related activities on or off school property.
- 1997-98 – Senate Bill 55: Prohibits tobacco sales to minors; tobacco sales personnel must ask customers appearing younger than 27 for identification; vendors are required to post warning signs by vending machines and at retail sales counters that tobacco possession or use by anyone under age 18 is illegal; vendors must notify employees of the law and keep records of having done so; tobacco products cannot be served in a self-serve manner; free samples or coupons may not be distributed to minors; vendors may not redeem coupons from minors; comptroller shall partner with sheriffs and police chiefs to enforce youth access tobacco laws; comptroller may grant funds to counties and cities for enforcement and require enforcement by unannounced inspections; local laws are not preempted; activity reports from law enforcement due date; bi-annual reports to state government on status of tobacco use; no tobacco advertising within 1,000 feet of a church or school, outdoor advertising fee on tobacco product; use of these fees for education, enforcement, education promotion, and youth grants; authorizes penalties for advertising violation; prohibits minor possession, purchase or consumption of tobacco products with \$250 fine, tobacco awareness program attendance, community service, driver's license suspension or denial for non-compliance; and expungement of record for compliance, sets jurisdiction of courts, and exempts family code law. Also, requires Department of Health to establish a tobacco awareness campaign and grant programs for youth groups, authorizes and modifies tobacco permit fees,

revenue and penalties, authorizes retailer suspension and requires employee training; prohibits sale of “kiddie” packs, or packages of less than 20 cigarettes.

- 📍 1999 – Senate Bill 1122: Prohibits placing a tax stamp on cigarettes that were manufactured for export and makes the selling improperly stamped cigarettes illegal.
- 📍 1999 – Senate Bill 451: Exempts package store (liquor store) permit holders from prohibiting direct access to tobacco products, because minors must be accompanied by an adult to enter package stores.
- 📍 1999 – Senate Bill 16: Adds school-based police and constables to the group of local law enforcement agencies that are eligible to partner with the State Comptroller to enforce tobacco control laws
- 📍 1999 – House Bill 1161: Establishes the \$15 billion tobacco settlement permanent trust account

Source: Various

Handout

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## LAWS YOU OUGHT TO KNOW



1994 – Public Law 103-227 – Pro-Children Act



1995 – Senate Bill 1 – Tobacco Free Schools



1997/98 – Senate Bill 55



1999 – Senate Bill 1122



1999 – Senate Bill 451



1999 – Senate Bill 16



1999 – House Bill 1161

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## LAWS YOU OUGHT TO KNOW

1994 – Public Law 103-227

### Pro-Children Act



Prohibits smoking and  
environmental



tobacco smoke in any indoor  
federal



agency facility that provides  
services to






children up to the age of 18

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## LAWS YOU OUGHT TO KNOW




### 1995 – Senate Bill 1 Tobacco Free Schools

-  Prohibits use or possession of tobacco at
-  school or at school related activities on or
-  off school property

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## LAWS YOU OUGHT TO KNOW

### 1997-98 – Senate Bill 55

-  Prohibits tobacco sales to minors
-  Tobacco sales personnel must ask customers appearing younger than 27 for identification
-  Vendors are required to post warning signs by vending machines and at retail sales

counters that tobacco possession or use by anyone under age 18 is illegal



Vendors must notify employees of the law and keep records of having done so



Tobacco products cannot be sold in a self-served manner









Free samples or coupons may not be distributed to minors









Vendors may not redeem coupons from minors



State comptroller shall partner with sheriffs and police chiefs to enforce youth access tobacco laws

-  State comptroller may grant funds to counties and cities for enforcement and requires enforcement by unannounced inspections
-  Local laws are not preempted
-  Activity reports from law enforcement have a certain due date
-  Bi-annual reports to state government on status of tobacco use
-  No tobacco advertising within 1,000 feet of church or school
-  Outdoor advertising fee on tobacco products

-  Use of these fees for education
-  Enforcement, education promotion, and youth grants
-  Authorizes penalties for advertising violation
-  Prohibits minor possession
-  Purchase or consumption of tobacco products with \$250 fine, tobacco awareness program attendance, community service, driver's license suspension or denial for non-compliance and expungement of record for compliance
-  Sets jurisdiction of courts, and exempts family code law

- 🔍 Also, requires Department of Health to establish a tobacco awareness campaign and grant programs for youth groups
- 🔍 Authorizes and modifies tobacco permit fees, revenue and penalties
- 🔍 Authorizes retailer suspension and requires employee training
- 🔍 Prohibits sale of "kiddie" packs, or packages of less than 20 cigarettes.

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## LAWS YOU OUGHT TO KNOW

### 1999 – Senate Bill 1122



Prohibits placing a tax stamp on cigarettes that were manufactured for export and



makes illegal selling improperly stamped cigarettes

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## LAWS YOU OUGHT TO KNOW

1999 – Senate Bill 451



Exempts package store (liquor store) permit holders from prohibiting direct access to tobacco products, because minors must be accompanied by an adult to enter package stores

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## LAWS YOU OUGHT TO KNOW

### 1999 – Senate Bill 16



Adds school-based police and constables to the group of local law enforcement agencies that are eligible to partner with the State Comptroller to enforce tobacco control laws

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## LAWS YOU OUGHT TO KNOW

1999 – Senate Bill 1161



Establishes the \$15 billion  
Tobacco Settlement Permanent  
Trust Account

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### FACT SHEET #5.1

#### FACTS ABOUT SMOKELESS TOBACCO

- Four types of smokeless tobacco are: plug tobacco, loose-leaf tobacco, twist tobacco and snuff.
- Smokeless tobacco contains nicotine (a poison that causes addiction), sugar (to improve the terrible taste that tobacco has), salt (also added to cover the taste and to cut the sweetness of the sugar), grit (sand, dirt, and insects because tobacco leaves are not washed before they are shredded or ground), and chemicals (some are known to cause cancer).
- These are chewed or sucked on.
- Nicotine in smokeless tobacco causes addiction.
- All forms of tobacco are addictive.
- Tobacco addiction is as strong as addiction to heroine or cocaine.
- Spit tobacco has ten times the amount of carcinogens as cigarettes.
- Smokeless tobacco users have increased risks of cancers of the mouth, esophagus, lungs, liver, and pancreas.
- Users have 10 –15 times the risk of mouth and throat cancer as non-users.
- About 30,000 people develop oral cancer, cancer of the mouth, tongue and lips each year.

- Leuoplakia are rough white patches inside the mouth. Leuoplakia and other mouth sores that do not heal, may turn to cancer if tobacco use continues.
- Smokeless tobacco users have increased risks of dental problems such as receding gums,
- tooth enamel erosion, tooth enamel discoloration, tooth decay and loss of taste and smell.
- Smokeless is not a safe alternative to smoking.
- Tobacco companies are encouraging use by younger consumers by promoting low nicotine smokeless starter products that contain fruit and other flavorings.

Sources: Various

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### FACT SHEET #5.2

### NEGATIVE CONSEQUENCES OF USING SMOKELESS TOBACCO

Circle the answers below that are negative effects of smokeless tobacco use:

improved grades at school

blood vessels narrow

speeds up heart rate

bad breath

stains on teeth

decrease in senses of taste and smell

increased blood circulation

tongue cancer

cheek cancer

cancer of the gums

gum disease

cleaner teeth

mouth sores

tooth decay

cancer of the jaw bone

keeps clothes cleaner

nicotine poisoning

illegal – against the law

early wrinkles

more kissable

headaches, dizziness

against school rules

loss of money

increased pulse rate

loss of teeth

gross spit cup

cancer of the larynx

nicotine addiction

helps save money

frequent need to spit

better at sports

mouth cancer

Source: Various

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### ACTIVITY 2

#### WHAT DO I GET FOR MY MONEY?

- Objective: Students will understand the negative consequences of using smokeless tobacco, and exactly what a user gets for his or her money.
- Materials: Fact Sheet #5.2 – Negative Consequences of Using Smokeless Tobacco (for each student)
- Procedures:
1. Ask students to recall the effects of smoking. Remind them of what they have learned about smokeless or spit tobacco. Ask volunteers to give information that they remember.
  2. Explain to students that in this lesson, they'll learn about negative consequences of smokeless tobacco.
  3. Ask students to read Fact Sheet #5.2 – Negative Consequences of Using Smokeless Tobacco and to circle the answers that represent the negative effects of using smokeless tobacco.
  4. When students are finished, ask them to discuss their answers and allow them to ask questions. (Answers that should not be circled are, improved grades at school, more kissable, increased blood circulation, cleaner teeth, helps save money, better at sports, keeps clothes cleaner.)
- Evaluation: To demonstrate 80% mastery, students should mark answers on Fact Sheet #5.2 – Negative Consequences of Using Smokeless Tobacco, and participate in discussion afterward.

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# Smokeless Is Not Harmless Tobacco

🔑 Dangers of Smokeless  
Tobacco

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### FACT SHEET #6 WAYS TO SAY NO

Say, "No, thanks."

"Do you want to try my cigarette?"

"No way – no thanks!"

Give a reason or excuse.

"Want a puff?"

"No thanks, I don't want to trash my lungs."

Repeat your refusal. Keep saying no, called the "broken record" technique.

"Let's take some of my dad's cigarettes."

"No."

"We won't get caught."

"No."

"He'll never miss them."

"No."

"Want to change your mind?"

"No."

Walk away

"Want to see something cool a friend gave me?"

"No, thanks!" (as you turn and walk away)

## Change the subject

"Do you want me to show you how to smoke?"

"No, thanks. I'd rather do something fun, like go roller blading."

## Avoid the situation

"Want to go to a cool party Saturday night? Melissa's parents won't be home"

"No, sorry, I've already made other plans."

## Give the "cold shoulder"

"I've got some free cigarettes, want one?"

(Just ignore the person)

"I said, I've got some free cigarettes, want one?"

(Just ignore the person)

## Stay with non-users, there's strength in numbers

"Let's go hang out at the bowling alley."

"No, thanks, I think I'll go swimming instead."

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# Refuse to Be Outsmarted

 Refusal Skills Part 1

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Peer Pressure  
can be:

 extrinsic

 intrinsic

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Four types of  
peer-pressure are:

- 🔑 friendly
- 🔑 teasing
- 🔑 indirect (tempting)
- 🔑 heavy

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### LESSON 7: REFUSE TO BE A LOSER!

#### Refusal Skills –Part II

- Concept: Students need to be able to quickly and assertively recall refusal skills learned in class.
- Purpose: To help students practice ways to respond when pressured to use tobacco and other drugs.

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## Refuse to Be A Loser!



### Refusal Skills Part II

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### FACT SHEET #8.1

### THE ADDICTION OF NICOTINE

- Nicotine is a drug that occurs naturally only in the tobacco leaf. It is used in high doses to kill insects by disrupting their brain cells. A quantity as little as one-fifth of an aspirin tablet can be deadly to humans if it is injected or swallowed.
- If too many cigarettes are smoked, nausea or other symptoms of nicotine poisoning may be experienced.
- Nicotine affects the body in many different ways.
- Nicotine travels through the body faster than injected drugs, within seven seconds. It travels through the lungs, to the bloodstream, to the brain, and to all cells of the body.
- Nicotine can increase or reduce brain activity. It stimulates nerve cells to create a feeling of alertness or relaxation, depending on the person's mental state and the amount of nicotine.
- Nicotine stimulates the adrenaline into the blood, increasing heart rate and blood pressure. One cigarette can increase heart rate by as much as thirty-three beats per minute.
- Nicotine constricts blood vessels, causing decreased circulation, cold hands and feet, and increased wrinkling of skin.
- Nicotine increases fatty deposits in the blood that cause clogging of blood vessels, which increases risk of strokes.
- Nicotine addiction creates a range of comfort zone in users' bloodstream. It takes about ten cigarettes a day to maintain nicotine in the comfort level for most smokers.

Sources: Various

Handout

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### FACT SHEET #8.2

## DO'S AND DON'TS OF TALKING TO FAMILY AND FRIENDS ABOUT SMOKING

### Do's

- ✓ Do share what you learn about the dangers of using tobacco.
- ✓ Do talk about your own decision not to use tobacco and explain exactly why you have made the decision.
- ✓ Do plan when, where and how you will tell your family member or friend you want him or her to quit.
- ✓ Do practice what you will say out loud. You may want to practice with a trusted adult or other friend.
- ✓ Do put your thoughts in a letter, and give it to your family member or friend.
- ✓ Do choose a time when you can talk without interruptions.
- ✓ Do stay calm and talk quietly.
- ✓ Do be patient. It may take some time for your family member or friend to make the decision to quit. It may take time for him or her to choose a treatment. It also may take some time before changes can be seen.

### Don'ts

- ✗ Don't nag your family member or friend.
- ✗ Don't throw away your family member or friend's tobacco products.

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## WHEN SOMEONE YOU CARE ABOUT USES TOBACCO

### Intervention Strategies

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### FACT SHEET #9

### SECONDHAND SMOKE AND YOU

#### What is it?

- ☞ Smoke exhaled by the smoker after inhaling a burning tobacco product
- ☞ Smoke created in the air by burning tobacco from the end of a cigarette, cigar or pipe
- ☞ Inhaling someone else's cigarette smoke by being in the same room, office or building; called involuntary or passive smoking
- ☞ Secondhand smoke comes from two sources – mainstream and sidestream.
- ☞ Mainstream smoke is inhaled into the lungs by the smoker, and then exhaled into room air.
- ☞ Sidestream smoke goes directly into the air from the lighted end of the cigarette, cigar or pipe as the tobacco burns.
- ☞ Higher concentrations of irritating, poisonous gases such as benzene, formaldehyde and carbon monoxide are in sidestream smoke than in mainstream smoke. Also, sidestream smoke is not filtered.
- ☞ Also called ETS, or Environmental Tobacco Smoke. An advocate is someone who works to prevent ETS and smoking.

#### Why Is It Dangerous?

- ☞ Secondhand smoke contains at least 43 chemicals that are known to cause cancer.

- ☞ It is listed as a Group A carcinogen by the U.S. Environmental Protection Agency, a rating used only for substances proven to cause cancer in humans.
- ☞ An estimated 4,000, or 3%, of all lung cancer deaths annually are caused by secondhand smoke.
- ☞ The risk of lung cancer is 30% higher for nonsmoking wives of smokers than it is for nonsmoking wives of nonsmokers.
- ☞ Involuntary smoking causes heart disease, aggravates asthmatic conditions, and impairs blood circulation.
- ☞ Nonsmokers exposed to 20 or more cigarettes a day at home have twice the risk of developing lung cancer.
- ☞ Children of smokers have a 50% greater incidence of developing upper respiratory infections such as colds, bronchitis and pneumonia (especially until the age of three), chronic coughs in older children, ear infections, and reduced lung function.
- ☞ If a child's primary caregiver smokes, the effects of secondhand smoke are increased. If both parents smoke, the risk to children is highest.
- ☞ Approximately 150,000 – 300,000 cases of bronchitis and pneumonia in children under the age of eighteen months is due to secondhand smoke exposure.
- ☞ Over 6,200 children die each year in the United States due to secondhand smoke from parents: 2,800 die from low birth weight caused by smoking while pregnant, 2,000 are linked to Sudden Infant Death Syndrome, 1,100 deaths are caused by respiratory infections, 250 deaths are caused by burns from accidental fires caused by smoking and 14 deaths are caused by asthma.

Sources: Office of Tobacco Prevention and Control, Texas Department of Health;  
 American Cancer Society, Texas Division; American Lung Association;  
 United States Environmental Protection Agency

Handout

STEP6®

# Becoming a Tobacco-Free Advocate

Transparency Master

STEP 6®

# Secondhand Smoke & You

Transparency Master

# Stopping Tobacco with Education & Prevention®

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## Curriculum for 6th Grade

### FACT SHEET #10

### HOW TO QUIT

Quitting smoking is a two-step process that involves:

- 📍 overcoming the physical addiction to nicotine &
- 📍 breaking the smoking habit.

Source: American Lung Association

Handout

# STEP 6®

Quitting smoking is a two-step process that involves:

- 🔍 overcoming the physical addiction to nicotine &
- 🔍 breaking the smoking habit.

STEP 6<sup>®</sup>

# How to Quit

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## Curriculum for 6th Grade

### APPENDIX 4:

### GLOSSARY

abstinence – the decision not to participate

addiction – strong physical or emotional dependence on tobacco or other drugs with use of increasing amounts

advocate – speaking or writing in support of something

anxiety – overly nervous or worried mental state

anxious – uneasy or worried

asthma – a lung disease where air passages constrict and reduce airflow

awareness – to gain knowledge of or about

bidis,(or beedies) – small, flavored filter-less cigarette popular with teenagers in flavors such as chocolate, cinnamon, strawberry, vanilla, cherry, licorice, menthol and mango; produced in sweat-shop factories in India by children ages ten and older; growing in popularity in the United States

blebs – balloon-like bulges in the surface of the lungs, associated with emphysema

blunts – a cigar that has been hollowed out and filled with marijuana

brainstorm – consider every possible choice or answer

bronchitis – a chronic lung disease that limits breathing and physical activity

carbon monoxide – a colorless, odorless, poisonous gas by-product of burning tobacco, which hinders the release of oxygen into the bloodstream

carcinogens – substances proven to cause cancer in humans

central nervous system – spinal cord and attached nerves

cessation – a plan to stop or quit

chewing tobacco – shredded tobacco, often sweetened or flavored, placed directly inside mouth

cigarettes – shredded or ground tobacco wrapped in paper

cigars – a tobacco product made with chopped tobacco filler and a binder rolled in a tobacco leaf wrapper

cilia – microscopic, short, fine, hair-like structures that help move body fluids

cold turkey – quitting smoking by stopping immediately and completely

compassion – with understanding and consideration

consequences – the results or what will happen if you do something

deceptive – misleading

dip – another name for snuff

emphysema – a disease that breaks down the walls of the air sacs throughout the lungs making it increasingly difficult to breathe

estimates – guesses or opinions based on prior information

ETS – Environmental Tobacco Smoke; secondhand smoke

extrinsic – pressure from outside sources

frys – cigars soaked in embalming fluid, laced with PCP

heart disease – a disease of the circulatory system where arteries and veins become hardened with plaque; can lead to high blood pressure or heart failure

heart rate – number of heart beats per minute

influence – a power directly affecting a person or an action

intrinsic – from within, from inside yourself

involuntary smoking – inhaling smoke indirectly from others' tobacco products

kreteks – clove cigarettes

leuoplakia – rough white patches inside mouth that may turn into cancer if tobacco use continues, usually caused by chewing or dipping tobacco

long-term – over a long period of time

loose-leaf tobacco – a chewing tobacco product where leaves are cut into small pieces and sold in a pouch

lung cancer – the uncontrolled growth of abnormal cells in the lung caused by chemicals released by burning tobacco or other substances

mainstream smoke – inhaled into lungs by smoker, then exhaled into the room

minority – smaller of two or more groups forming a whole

misconception – incorrect interpretation of information

nicotine – a major substance occurring naturally in tobacco that causes smokers to become addicted, is a stimulant to humans but is also used as a poison for insects

nicotine replacement system – a substitute for nicotine the body craves; sold as patches, gum, nasal sprays, and inhalers

passive smoking – indirect inhalation of smoke from cigarettes being smoked by other people

peer pressure – others' influence on you; four types, friendly, teasing, indirect, and heavy

pipe tobacco – shredded tobacco often sweetened by and flavored with honey, sugar, or vanilla

plug tobacco – moist tobacco leaves cut and pressed into a block

pressure – to force with overpowering influence or persuasion

pulse – the rhythmic surge of blood in the arteries caused by the contraction of the heart muscle; the number of heart beats per minute

refusal skills – effect ways to say no

risk factor – increased chances of developing a disease or condition based on genetics or lifestyle

secondhand smoke – smoke from someone else's cigarette or cigar that is breathed in by everyone around; two types – mainstream and sidestream

short-term – effects are of a short duration or happen fairly quickly

sidestream smoke – smoke coming directly from the burning tip of a cigarette or cigar; has not been inhaled by the smoker

SIDS – Sudden Infant Death Syndrome: unexpected death of a young infant during sleep, also called crib death; higher incidence in families where adults smoke

snuff – finely ground tobacco sold in small containers; it is placed directly in mouth

socially acceptable – generally approved by members of the community

starter products – tobacco products targeted to entice younger, inexperienced non-smokers

Surgeon General – a member of the Presidents' Cabinet who is the chief medical officer of the United States

tact – speaking with kindness

tar – dark, sticky residue from by-products of burning tobacco

Tobacco Institute – a paid group of lobbyists who promoted legislation to benefit the political and economic interests of the tobacco industry

tobacco resistance – choosing to abstain from tobacco use

tolerance – capacity to take larger quantities of a substance with lessened effects

