

Health

4.ATOD.3.1

Use refusal skills to resist the pressure to experiment with tobacco.

Materials Needed:

Video link, Nicotine Addiction Isn't Pretty, Bathroom, The Real Cost of Vapes (:30)

<https://www.youtube.com/watch?v=bWVS82hS070>

Appendix 1 – Refusal Strategies. Duplicate so each group has a packet of refusal techniques and specific examples. Cut them into strips so the students can sort them into categories.

Appendix 2 – Scenarios for Practicing Refusal Strategies (set of scenarios for each table)

Focus:

Show the video link <https://www.youtube.com/watch?v=bWVS82hS070> and ask for reactions or comments from the students.

In previous lessons, we have learned that tobacco companies spend about a million dollars a day just targeting young people. They are trying to replace the more than 400,000 people who die from tobacco use every year. They know the earlier you start smoking the harder it is to quit. Tobacco companies aren't counting on you being smart and knowing lots of ways to refuse tobacco products including vaping products.

Statement of Objectives:

Today, we are going to practice many ways to refuse tobacco products. Remember, you are smarter than big tobacco companies!

Teacher Input:

Divide students into small groups. Each group takes a packet of Refusal Strategies (Appendix 1, cut apart) to discuss and organize the specific ways to refuse tobacco products under the categories.

Peer pressure is one of the main reasons why young people start smoking, in spite of all the education they have received about how dangerous smoking is for their bodies and for people around them. Unfortunately, some students wind up “going along” not because they want to, but simply because they do not know how to respond in these situations. They are afraid of losing a friend, looking un-cool, or being left out of the crowd. Let's talk about all the ways you can refuse tobacco products. Each group has a packet full of refusal examples. Inside are some cards that are the big categories and some cards are the examples that belong under the categories. Once your team has organized the packet, we are going to practice using these skills.

When teams have finished, check each category with the entire class, reading all of the answers aloud.

Assessment:

Now, give each team a set of scenarios (Appendix 2) for them to practice refusing tobacco products. They should take turns and use answers from all the categories or make up their own. Students will recognize that any and all of these strategies will work. After the teams have finished, ask each team to role-play a different scenario for the entire class. The more they practice, the more likely they will be confident in their responses.

Closure:

Thank you for working together in teams today so well. We have learned many ways to refuse tobacco products. Always choose your health!

Humor

- No, thanks. Cigarettes don't go with my outfit.
- No, thanks. I don't like smelling like an ashtray.
- No, thanks. I like my teeth white, not yellow.
- Do you know the real reason dinosaurs became extinct? They SMOKED!

Change the subject

- No, thanks. Hey, have you seen any good movies lately?
- No, thanks. Did you see that game last night?
- No, but would you like to go play ...
- I've got a better idea, let's...

Reverse the pressure

- Is this what you do to be cool?
- I bet you can't go a week without vaping.
- Remember that if you're smoking to be independent, you're failing. You're doing exactly what someone else (the tobacco companies) wants you to do: smoke.
- You may think you'll just try a few cigarettes, but you're taking a risk.
- I care about you. Why would you want to hurt yourself like this?

Ask a question

- "Why would I want to do something that smells so bad?"
- "Do you know any professional athletes that smoke?"
- "Why would I want to do that to my lungs?"

- Do you think smoking shows confidence? You can show your confidence by sticking up for what is right for you and your health.

Quote Statistics or Facts

- That stuff will kill you!
- Over 400,000 people die every year; I don't want to be in that number."
- Over 7,000 poisons are in tobacco smoke.
- It hurts every organ in your body.
- Think about the fact that about 1 out of 3 people who try smoking get addicted.
- People who start smoking before the age of 21 have the hardest time quitting.
- Dipping is gross and really bad for your teeth.

Be Direct

- I'd rather spend my money on other stuff.
- No, thanks, I like being healthy.
- No, thanks, I don't smoke.
- Walk away and leave the situation.
- Be a broken record: I don't smoke, I do not smoke, I won't smoke.
- I am on a team, and I need to stay in good shape.
- All my other friends and I are against smoking. We all stick together.

Scenarios for Practicing Refusal Strategies

- You are with a friend at the grandparent's home. The friend pulls out grandfather's pipe, and says it won't hurt you. Grandfather has been smoking a pipe for years and he is fine.
- You are on the bus and a friend pulls out a vape pen. He tells you not to worry; you won't get caught. It won't hurt you, just try it.
- Your friend comes over to play. He pulls out some smokeless tobacco that looks like it is in a candy container. He asks if you want some. He says it is not bad for you because you don't inhale any smoke.
- You are walking out to the playground after school when an older kid walks up to you and says that if you don't take this cigarette right now, you are a baby. All his friends start laughing.
- You are at a sleepover at a friend's house. She has an older sister who vapes. She tells you to go ahead and try it.
- You have a friend over at your house. The friend sees your dad's cigarettes and wants to take just one to try it.