

Health

4.ATOD.3.2

Select strategies to use in avoiding situations in which tobacco is being used to minimize exposure to second-hand smoke.

Materials Needed:

Youtube video “Secondhand Rose, Secondhand Smoke”

https://www.youtube.com/watch?v=LORfp9_1IY0

Poster paper and art supplies

Focus:

Before showing the video, ask students to define second-hand and third-hand smoke. Review some of the poisons we studied earlier that can be found in cigarette smoke.

Show the video “Secondhand Rose, Secondhand Smoke.” It is less than 2 minutes, so you may want to watch it twice to catch all the words. After the video, review the harmful ingredients in cigarettes and negative effects on the body.

Statement of Objectives:

By the end of class today, you should be able to use some strategies to avoid second and third-hand smoke.

Teacher Input:

Second-hand smoke is harmful for everyone, but it is especially harmful for babies and children. Second-hand smoke can cause ear infections, breathing problems, and sometimes serious diseases in kids. You deserve special protection against second-hand smoke.

Third-hand smoke is tobacco smoke contamination that remains after the cigarette has been extinguished. Even after the cigarette smoke has dissipated from the air, there is the odor and there are toxins on the walls and in the fabric on furniture, curtains and carpets, and on the clothing and hair of the smoker.

We probably all know someone who smokes or we have been in places sometimes where people are smoking. You need to learn some ways you can help yourself avoid second and third-hand smoke. Let’s brainstorm some ways to protect you.

Discuss situations from the following list and situations the students share. Post a list of the strategies generated by your students or found here:

- When visiting a neighbor’s house, go into another part of the house, go home or go outside.
- When playing over at a friend or relative’s house and you aren’t able to walk home, ask to call your parents to come get you or ask them to take you home. If you feel comfortable, explain that breathing cigarette smoke is dangerous to your health or tell them your physical symptoms with breathing the smoke. Go outside or leave the room immediately if possible.

- While a passenger in a car, ask permission to roll down the window or ask them to please not smoke in the car because it is giving you a headache, it's making you feel sick, or you are having trouble breathing.
- When at a ballgame or special event, distance yourself if possible by walking away or changing seats, until you can't smell the smoke.
- When outside the entrance of a public building, such as a store, hospital, hotel, or restaurant, hold your breath until you are away from that person.
- As a family, establish rules to keep smokers outside when smoking and maintain a smoke-free home and car
- A child can encourage family members to quit smoking if they have parents, siblings or relatives who smoke. They can be approached in a helpful nonjudgmental way and educated on the harmful effects of second-hand and third-hand smoke.

Additional facts for the teacher:

Young people are especially vulnerable to second-hand and third-hand smoke because:

- They have faster breathing rate: they breathe in more air relative to their body weight, which means they absorb more smoke.
- Their immune systems are less developed.
- They have less power and they are less able to complain about being around smoke.
- They are less able to leave smoky places by themselves.

Children who are exposed to second-hand smoke are at higher risk for many serious health problems. Compared to other kids, children who regularly breathe second-hand smoke have:

- More risk of dying from sudden infant death syndrome
- More coughing and wheezing
- More cases of asthma and (among kids with asthma) worse asthma symptoms
- More ear infections
- Less lung capacity
- More respiratory tract infections (bronchitis, croup, pneumonia)
- Lower test scores in math, reading and logic
- Greater chance of taking up smoking themselves
- There is also growing evidence that students exposed to second-hand smoke are more at risk of developing cancer later in life.
- New research suggests that kids who are exposed to second-hand smoke may have more behavior problems than other students.

Assessment:

Students can create skits, write a commercial, make up a song, create a poster or write a letter to a loved one to convince them to stop smoking. Students should use facts and specific strategies learned to avoid second and third hand smoke in their assessment.

Closure:

I really enjoyed your presentations. I think you have learned several strategies for keeping yourself safe from tobacco smoke.