

Teen Health Course 1 Chapter 9 Tobacco

VIDEO SUMMARY

In the video, you learned that more than 3,000 teens start smoking every day. In fact, about 90% of adult smokers started smoking in their teen years and became addicted. The best way to avoid the health risks of tobacco is to never start smoking or using tobacco products.

[Click here to watch video; 00:06:41](#)



Discussion Questions

1. According to the video, what are some of the health risks associated with tobacco use?
Lung cancer, emphysema, and heart disease.
2. Why do some teens take up smoking despite knowing the health risks associated with tobacco use?
Answers will vary but may include: to fit in, because parents and friends smoke, because they are influenced by media and advertising.
3. What are some of the strategies advertisers use to make smoking look appealing to teens?
Answers will vary but may include: advertisers show attractive people having fun while smoking.

Activity

OBJECTIVE

Students will research tobacco cessation programs and use their findings to persuade others to stop using tobacco.

Skill Summary: Accessing Information; Advocacy

MATERIALS

- Access to research materials such as internet, Encyclopedia, or health professionals
- Optional: computer, digital movie-making software, video camera

PROCEDURES

1. Form groups of 4-6 students.
2. Have each group research a tobacco cessation program and develop an infomercial promoting the use of their chosen program (nicotine replacement, gradual reduction of tobacco use, etc.).
3. Students should include information about the health risks of tobacco use in their presentations.

EXTENSION

Work in groups or pairs to collect testimonials from friends and family who have successfully kicked a tobacco habit. Integrate testimonials into later infomercial skits for ongoing support.

WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- Watch video testimonials of people who have successfully quit using tobacco on the [QuitAssist Information Resource](#) page.
- Complete an online survey at smokefree.gov to evaluate the health effects of tobacco use.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

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After you have watched the video, write your responses to these questions.

1. According to the video, what are some of the health risks associated with tobacco use?

2. Why do some teens take up smoking, despite knowing the health risks associated with tobacco use? _____

3. What are some of the strategies advertisers use to make smoking look appealing to teens? _____
