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Nicotine and Your Health



Vocabulary

- Emphysema
- Addicted
- Toxic
- Secondhand smoke

Do you have a family member or a friend who smokes cigarettes or chews tobacco? Have you heard that person say, *“I am OK. . . I have been smoking for 20 years and nothing bad has happened to me.”* Many people do think this way, but they are not right. Tobacco products are dangerous. In order to be healthy, you should learn the facts about tobacco and stay away from it.

Tobacco leaves are used in cigarettes, cigars, snuff, chewing tobacco, and pipe tobacco. They contain the drug, nicotine. Nicotine is harmful to your health. In addition, it can make you become addicted to it. That is, your body will physically depend on it.

1. Nicotine affects your body. When you smoke or chew tobacco, nicotine gets into your body and travels everywhere. It affects your heart, brain, veins, and arteries. (Veins and arteries carry blood.) Smoking increases your chance of getting diseases like cancer and heart disease. It also damages your lungs and can cause lung diseases like bronchitis and emphysema. The diseases that happen because of smoking are fatal – they can kill you.



If a pregnant woman smokes, her baby smokes, too. Nicotine travels through her blood to the unborn baby inside her. Babies of smokers usually have a low birth weight and can be born unhealthy.

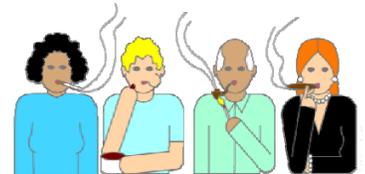
Did you know that you can get sick by harvesting wet tobacco leaves? The nicotine from wet leaves can get into your body through your skin. It can make you sick. **What is the solution?** ... If you can, wait until the leaves are dry before you harvest them.

2. Nicotine makes you want to smoke more and more. Nicotine tricks the brain into feeling good, even as it hurts the body. To keep that feel-good feeling, people smoke again and again.

As time passes, a person will need more nicotine to feel as good as they did before with less nicotine. That will mean smoking or chewing more tobacco products.



3. Nicotine can hurt people who do not smoke. People who smoke tobacco products breathe in nicotine and other chemicals and breathe out other chemicals. These chemicals are toxic. People who live or work around smokers are exposed to toxic chemicals, too. They have no choice. Smoke is in the air around them. The smoke that is given off by a smoker is called secondhand smoke.



4. Secondhand smoke can be harmful even in low amounts. It is especially dangerous to children. The amount of chemicals in the smoke is high compared to their smaller body size and weight. Even if you are around secondhand smoke once in a while, like in someone's home or car, it can still harm you. Here are some things you can do:

- Ask a smoker to step outside to smoke.
- If you must share your space with a smoker, sit as far away from that person as possible.
- If you are driving and someone needs to smoke, stop at a rest area so the person can smoke outside the car.
- Go to places like restaurants that do not allow smoking.

5. If you stop smoking nicotine, you will feel symptoms. When someone tries to quit smoking, they will feel some symptoms a few hours after the last cigarette. The symptoms can get worse as time passes by. These symptoms can last for a few days or up to several weeks. This means that your body is craving nicotine. You may feel like you really need to smoke. Symptoms may include:

- Being dizzy, tired, or depressed
- Being Impatient, angry, bored
- Having trouble sleeping or thinking
- Headaches
- Feeling constipated
- Cough, dry mouth, or sore throat
- Feeling tightness in your chest or slower heart beat



It can cause the same health problems that smoking can. The amount of chemicals in the



Do you need a plan to quit smoking?

- Make the decision to quit.
- Pick the date to quit.
- Mark the date on the calendar.
- Tell friends and family about your decision to quit
- Get rid of all the cigarettes and ashtrays in your home, car, and place of work.
- Buy other things like sugar free gum, hard candy or carrot sticks, to help you deal with the urge to smoke.
- Ask your doctor if he can help you quit smoking.
- Ask family and friends who still smoke not to smoke around you.

You have learned a lot about nicotine. You can make the right decision. If someone offers you your first cigarette, cigar, pipe, or other tobacco product like chewing and snuff tobacco, do not use it. Your health and that of your family depends on your good judgment.

Vocabulary & Definitions

Emphysema:	disease that affects the lungs; makes it hard to breathe; has no cure; can affect long-time smokers and those who breathe in secondhand smoke
Addicted:	dependent on the physical or emotional effects of a drug or habit; its use cannot easily be stopped
Toxic:	poisonous or very harmful to breathe, eat, or drink
Secondhand Smoke:	smoke involved in smoking tobacco products; can harm those who live or work with the smoker, especially children

Nicotine and Your Health

Lesson Plan

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and dry erase markers • Pencils 	<ul style="list-style-type: none"> • “Nicotine and Your Health • “Listening Activity” Handout • Skills Practice Worksheet • Pre-post Workshop Survey 	<ul style="list-style-type: none"> • 1 Hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic Time: 5 minutes • Conduct the Pre-Test Time: 5 minutes • Introduce the new vocabulary Time: 5 minutes 	<ol style="list-style-type: none"> 1. What do you know about nicotine? 2. Where can you find nicotine? 3. How can nicotine affect your health? 4. Have you heard about secondhand smoke? What have you heard? <ul style="list-style-type: none"> • Distribute Pre-Test, and ask students to turn it in when it is complete. • Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions (use the “Let’s Learn about Nicotine and Your Health” Lesson).
Instructions	<ul style="list-style-type: none"> • Read the lesson on “Let’s Learn about Nicotine and Your Health” Time: 10 minutes • Identify the vocabulary words in the lesson. Time: 5 minutes • Distribute and review the <i>skills practice worksheet</i> with the students, and ask them to complete it Time: 25 minutes 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Activity 1: Students have 10 minutes to complete this activity. • Activity 2: Students have 10 minutes to complete this activity. • Activity 3: Students have 5 minutes to complete this activity.
Concept Check	<ul style="list-style-type: none"> • Conduct Post Test Time: 5 minutes 	<ul style="list-style-type: none"> • Students complete Post Test.



Skills Practice Worksheet Nicotine and Your Health

Name: _____

Date: _____

Activity 1: What can Carlos do?



Carlos is working at a processing plant. He cannot smoke while at work. He really wants to have a cigarette. He cannot stop thinking about it. As time passes, he gets impatient and angry. He knows that the nicotine is making him feel this way. He is thinking about quitting smoking.

1. What are some other things he may feel as soon as he stops smoking?

2. What are some of the things he can do to stop smoking?

Activity 2: What do you think?



Pedro shares a one bedroom apartment with his co-workers. They are back home from a long day of work. Pedro does not smoke, but his friend Manuel does. When Manuel smokes, Pedro feels very uncomfortable. Pedro tells Manuel that the smoke is not good for the rest of the group. Manuel does not believe him and keeps smoking.

1. Do you think Manuel is right? What can you tell him about secondhand smoke?

2. How can Pedro stay away from the cigarette smoke?

Activity 3: Listening Activity

Listen to your teacher's instructions carefully.



True or False?

Sentence	True	False
1	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>

Nicotine and Your Health
Listening Activity

**Listening Activity
True or False?**

Purpose: To practice listening comprehension

Time: 10 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. Let them know that you are going to read 5 sentences out loud.
3. Let them know that after you finish reading each sentence, they need to answer whether the statement is true or false by checking the appropriate circle.
4. At the end, check the student's answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clarified.

True or False?

Sentences	True	False
1) You can become addicted to cigarettes, pipes or cigars because of the nicotine they have in them.	<input checked="" type="radio"/>	<input type="radio"/>
2) Nicotine can only affect your lungs.	<input type="radio"/>	<input checked="" type="radio"/>
3) If you smoke, your chances of getting cancer or a heart attack are higher.	<input checked="" type="radio"/>	<input type="radio"/>
4) You do not breathe in toxic chemicals when you are close to people who smoke around you.	<input type="radio"/>	<input checked="" type="radio"/>
5) Nicotine can be found in tobacco leaves.	<input checked="" type="radio"/>	<input type="radio"/>



Circle the correct answer.

1. Is smoking good for your health?

Yes

No

2. Tobacco leaves are used in cigarettes, but which of the following products are also made from tobacco leaves?

a. cigars

b. snuff

c. chewing and pipe tobacco

d. all of the above

3. If you do not smoke, how can you still get sick from cigarettes?

through
secondhand
smoke

by chewing
gum

4. *Nicotine* is a type of drug found in tobacco leaves.

True

False

5. Can harvesting wet tobacco leaves make you sick?

Yes

No

Total Correct: _____

Describe a good plan to use to quit smoking. (not scored)
