

Introduction

This program discusses the effects and repercussions of smoking on the body. It talks about reasons that teens smoke and answers the question why should they not smoke. Teens give their own experiences and advice to other teens.

Learning Objectives

After completing the program, the student should have a better understanding of the reasons teens may choose to smoke, what addiction is, and why smoking can lead to major health risks.

Discussion Topics/Questions

- 1) Do many teens have experience with tobacco products?
- 2) Why do you think teens smoke cigarettes?
- 3) Give the reasons smoking can be a health risk.
- 4) Do teens that smoke know about the health risks?
- 5) Is smoking related to peer pressure?
- 6) What is the best way to deal with a negative peer pressure situation?

- 7) What chemicals are found in cigarettes? Are they addictive?
- 8) What is addiction?
- 9) List some different types of tobacco products.
- 10) List some resources one can use to help in quitting smoking.
- 11) Who else can help you to quit smoking?

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Presenting the Program

To prepare a lesson plan for the pre-sentation of each program, review the suggested outline below.

1) Before Students View The Program:

Collect as many recommended books as possible to help generate class interest and participation. Preview each program and become familiar with the concepts that are presented in it.

2) Students View The Program:

The first viewing if possible should be uninterrupted.

3) After The First Viewing:

Illicit discussion of what the students have seen and heard. The next view-ing will be enriched by this general discussion.

3) Second Viewing:

The program may be viewed again, this time with attention to detail. The teacher should feel free to stop and question students regarding:

- 1) What is happening in a visual?
- 2) The major concepts.

4) Post Activities and Discussion:

Discussion questions for this program may be used to stimulate further interest, reinforce concepts and evaluate student comprehension.

The Real Life Teens Series

Smoking

TEACHER'S GUIDE

Q337

This program is designed for a general high school audience, grades 8-12.