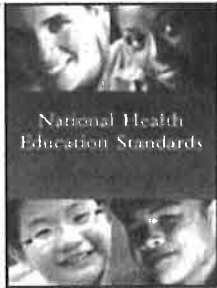









## National Health Education Standards



The National Health Education Standards (NHES) were developed to establish, promote and support health-enhancing behaviors for students in all grade levels—from pre-Kindergarten through grade 12. The NHES provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress. Importantly, the standards provide students, families and communities with concrete expectations for health education.

First published in 1995, the NHES were created in response to several model standards being developed for other areas of education by educational leaders across the United States in the early 1990's. With support from the [American Cancer Society \(http://www.cancer.org\)](http://www.cancer.org)  (<http://www.cdc.gov/Other/disclaimer.html>), the Joint Committee on National Health Education Standards was formed to develop the standards. Committee members included

- [American Association for Health Education \(http://www.aahperd.org/aahe/\)](http://www.aahperd.org/aahe/)  (<http://www.cdc.gov/Other/disclaimer.html>)
- [American Public Health Association \(http://www.apha.org/\)](http://www.apha.org/)  (<http://www.cdc.gov/Other/disclaimer.html>)
- [American School Health Association \(http://www.ashaweb.org/\)](http://www.ashaweb.org/)  (<http://www.cdc.gov/Other/disclaimer.html>)
- [The Society of State Leaders of Health and Physical Education \(http://wg.thesociety.org/\)](http://wg.thesociety.org/)  (<http://www.cdc.gov/Other/disclaimer.html>)

Over the last decade, the NHES became an accepted reference on health education, providing a framework for the adoption of standards by most states. A review process begun in 2004 resulted in revisions to the NHES that acknowledged the impact and strength of the original document and took into account more than 10 years of use nationwide. The 2nd edition *National Health Education Standards—Achieving Excellence* promises to reinforce the positive growth of health education and to challenge schools and communities to continue efforts toward excellence in health education.

### Standards and Performance Indicators

The NHES are written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health. The standards provide a framework for curriculum development and selection, instruction, and student assessment in health education.

**[Standard 1 \(/healthyouth/sher/standards/1.htm\)](http://www.cdc.gov/HealthyYouth/SHER/standards/1.htm)** Students will comprehend concepts

related to health promotion and disease prevention to enhance health.

**Standard 2 (/healthyouth/sher/standards/2.htm)** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard 3 (/healthyouth/sher/standards/3.htm)** Students will demonstrate the ability to access valid information, products, and services to enhance health.

**Standard 4 (/healthyouth/sher/standards/4.htm)** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 5 (/healthyouth/sher/standards/5.htm)** Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard 6 (/healthyouth/sher/standards/6.htm)** Students will demonstrate the ability to use goal-setting skills to enhance health.

**Standard 7 (/healthyouth/sher/standards/7.htm)** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Standard 8 (/healthyouth/sher/standards/8.htm)** Students will demonstrate the ability to advocate for personal, family, and community health.

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Page last reviewed: February 27, 2013

Page last updated: February 27, 2013

Content source: National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health and National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health

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# LESSON ONE

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## ● INTRODUCTION TO PROJECT ALERT

### GOALS

1. To set the tone and establish an open, supportive classroom environment
2. To motivate students and to convey the purposes of Project ALERT

### SUMMARY OF ACTIVITIES

1. Introduce Program (5 min.)
2. Develop Ground Rules (5 min.)
3. Make Reasons Lists (15 min.)
4. Compare Marijuana and Alcohol (5 min.)
5. Show and Discuss Video: *Let's Talk About Marijuana* (10-15 min.)
6. Wrap-up (2 min.)

### DESCRIPTION

This is the Project ALERT kick-off lesson. Activities 1 and 2 establish the tone and set the foundation for an open and supportive classroom environment. In Activity 3, students are motivated to want to resist pressure to use drugs by actively participating in small groups where they list and discuss the reasons why people do and do not use drugs. Teacher credibility is enhanced by providing this balanced view of drug use.

Comparisons between alcohol and marijuana (Activity 4) demonstrate the great similarity between the reasons for use and nonuse of marijuana and alcohol. The class discussion of the lists and the video *Let's Talk About Marijuana* in Activity 5 allow for myths to be corrected and for additional information to be added.

This is a long lesson, so pacing is critical. While it is not essential that students know every reason for using or not using drugs, it is essential that wrong information be corrected from the lists.

### PARENT INVOLVEMENT

Research has demonstrated the importance of including parents as partners in prevention efforts. Therefore, nearly all of the core lessons include a homework assignment designed to be completed with a parent. These assignments are best

viewed as “home learning opportunities” that make it easier for parents to engage in conversations with their children about drugs and reinforce the learning that occurs in the classroom.

Sometimes Project ALERT teachers express concern or skepticism about parents’ willingness to collaborate in the home assignments. In these cases, another trusted adult, such as an extended family member, adult friend, or school staff, may be enlisted to provide that support. Others worry that the home assignments might be viewed as intrusive to family privacy. Teachers can reassure parents that the information will not be shared in class. One way to encourage positive home learning experiences is to provide a letter explaining the curriculum at the beginning of the Project ALERT course. A sample parent letter is located on page 1.20.

## PREPARATION

- Review the Lesson Plan
- Read the following Teacher Reference material:
  - Myths and Facts About Cigarettes* (page 1.10)
  - Myths and Facts About Marijuana* (page 1.11)
  - Myths and Facts About Alcohol* (page 1.12)
  - Reasons Why People Use Drugs* (pages 1.13-1.14)
  - Reasons Not to Use Drugs* (pages 1.15-1.16)
- Optional: you may find it helpful to prepare 3" x 5" reference cards listing reasons and myths for Activity 3. Myths and Facts sheets can be handed out to students at your discretion.
- Preview video: *Let's Talk About Marijuana*
- Be familiar with *Facts on Other Forms of Tobacco and Smoking Blends*. (Teacher Reference, pages 1.17-1.19)
- Collect and prepare materials, as indicated below

## MATERIALS NEEDED

Assemble the following materials:

- Video player and video: *Let's Talk About Marijuana*
- 6 thick, felt-tip, nontoxic markers (including 2 red and 2 blue), masking tape, poster board, chart paper, 3" x 5" index cards

Prepare the following materials:

- Partial visual (title only) on poster board: *Ground Rules: Students*
- Completed visual on poster board: *Ground Rules: Teacher* (Activity 2B)
- Partial *Reasons Lists* (Activity 3), titles only, each on a separate sheet of chart paper

Write each title on a separate sheet:

- Reasons Why People Smoke Cigarettes* (blue marker)
- Reasons Not to Smoke Cigarettes* (red marker)
- Reasons Why People Use Marijuana* (blue marker)
- Reasons Not to Use Marijuana* (red marker)
- Adapt and copy *Sample Letter to Parent/Guardian* (Student Handout, page 1.20) for each student
- Copy *Test Your Drug IQ* and *Answer Key* (Student Handout, pages 1.21-1.24) for each student on colored paper

## ACTIVITIES

### 1. Introduce Program (5 min.)

A. Write "Project ALERT" on the board or chart paper.

B. Describe the program content.

*"This is the first session of Project ALERT. The program is basically about three things:*

- 1. Why some people use drugs and why most people don't*
- 2. How to recognize the pressures on teenagers to use drugs*
- 3. How to resist these pressures."*

*"Project ALERT focuses on cigarettes, marijuana, inhalants and alcohol because these are the substances that people your age are most likely to come in contact with. We will also talk about smokeless tobacco, crack, and other drugs."*

*"We'll be meeting weekly for eleven weeks."*

*"The program will be fun and different. It will teach you important facts and skills. It includes videos, skits, and games. You will have homework."*

C. Discuss Decision-Making.

*"You are now at an age when you are making more of your own decisions."*

*"What are some decisions that you are making now?" (what food to eat, how to spend money, what clothes to wear, whether to take drugs) Call on several students to respond.*

*"The decision whether to use drugs is ultimately up to you. You need to know the health, legal, and social risks involved in using drugs so that your decisions can ensure a healthy, safe lifestyle."*

*"No one can make you use drugs if you don't want to. Project ALERT will help you say 'no' if you feel pressured to try drugs."*

*"Today we will talk about why some people use cigarettes, marijuana, inhalants, and alcohol, and also the reasons why most people have decided not to use these substances."*

## 2. Develop Ground Rules (5 min.)

### A. Develop ground rules for students.

- Tape up the blank poster board visual: *Ground Rules: Students*

*"We'll be talking about smoking, drinking, and the use of other drugs in Project ALERT. It's important to have some special (not regular classroom) ground rules so that we all can feel more comfortable talking."*

*"What rules could we make that would help us all feel comfortable during Project ALERT?"*

- Try to elicit the following:
  - No put-downs (respect)
  - Everyone try to participate (participation)
  - No personal identification of sensitive information;  
*"Someone I know..."* (confidentiality/privacy)
- If there is no response, try one of the following questions:

*"How would you feel if you said something personal about drugs and it got around school?"*

*"How would you feel if other students laughed at your ideas?"*
- Record students' answers on the visual.
- Save the visual. Label it with the date and period, and keep it for subsequent lessons.

### B. Display and read aloud: *Ground Rules: Teacher.*

Develop your own language for each of the following points. See references under each point.

---

#### **Ground Rules: Teacher**

##### 1. Respect

*"I will listen carefully to what you have to say and treat all responses with respect."*

##### 2. Inclusion

*"I will encourage all students to participate in the program's activities."*

##### 3. Confidentiality

*"I will keep things I hear in class private unless ...." (go over district policy on reporting here)*

---

### 3. Make Reasons Lists (15 min.)

A. Tell the class they will be forming four groups.

B. *"Each group will appoint a Recorder and will make one of the following lists."*

*Group 1. Reasons Why People Smoke Cigarettes (blue marker)*

*Group 2. Reasons Not to Smoke Cigarettes (red marker)*

*Group 3. Reasons Why People Use Marijuana (blue marker)*

*Group 4. Reasons Not to Use Marijuana (red marker)*

*Each group should list at least five reasons on their sheet."*

C. Divide the class into four groups. (Students may self-select or be assigned groupings. Groups should be of about equal size.)

D. Give each group a piece of titled chart paper and one blue or red marker.

E. Allow five minutes for brainstorming and writing.

F. Circulate, helping groups as needed.

G. Set up the video while students are making their lists.

H. Ask the Recorders to bring their completed lists to the front.

I. Reassemble the class.

J. Tape up the lists.

K. Ask each Recorder to read the group's list, starting with one of the *Reasons Why* lists.

L. Reinforce students' good reasons.

M. Add "peer pressure" to the *Reasons Why* lists if not already mentioned.



- N. Correct any errors (for more information, see Teacher References, *Myths and Facts about Cigarettes, Marijuana, and Alcohol*, pages 1.10-1.12). If the lists contain any of the myths below, circle and correct them, acknowledging the kernel of truth (that many people believe it or that some aspect of it is true). Do not discuss myths not mentioned by students.
- 

### **Cigarettes**

Myth 1: They help you think clearly.

Myth 2: They calm you down.

Myth 3: They keep you thin.

Myth 4: It's easy to quit later.

### **Marijuana**

Myth 1: It takes away anxiety, anger, depression, problems.

Myth 2: It makes you creative, a better dancer, talker.

---

## **4. Compare Marijuana and Alcohol (5 min.)**

- A. Point to the list of reasons why people use marijuana. Ask, "*Which reasons are also true for alcohol?*" Checkmark these reasons.
- B. Point to the list of reasons not to use marijuana. Ask, "*Which reasons for not using marijuana are true for alcohol?*" Checkmark these reasons.
- C. Sum up: "*What do you notice about alcohol and marijuana? Right, people don't drink and don't use marijuana for a lot of the same reasons.*" (Reinforce the idea that both alcohol and marijuana are drugs.)
- D. SAVE the *Reasons Why People Use Marijuana* list for use in Lesson 3.

## **5. Show and Discuss Video: Let's Talk About Marijuana (10-15 min.)**

- A. "Now we'll see a video in which older teens talk about reasons why people smoke marijuana and why they do not. See if they come up with any reasons we haven't."

- B. After showing the video, discuss it and tie in students' reasons lists (Teacher Reference, page 1.9). Students' lists need not contain all of the reasons shown.
- 

### Discussion Goals

1. To compare marijuana and alcohol so students will see that these substances often are used for the same reasons.
  2. To clarify and reinforce reasons not to use marijuana and alcohol by showing how similar they are.
- 

*"What are some of the reasons those teens gave for why people start using marijuana?" After each reason, refer to it on the students' marijuana list or write the new reason on the students' list.*

For each new reason ask, *"Is this also true for drinking?"*

*"What are some of the reasons those teens gave for NOT using marijuana?" After each reason, refer to it on the relevant students' list or write the new reason on the list.*

For each new reason, ask, *"Is this also true for drinking?"*

Refer to the completed lists. Say, *"You have done a good job listing the reasons why people smoke, drink, and use marijuana, and the reasons not to - and showing how similar many of these reasons are."*

*"During Project ALERT, we'll be talking more about reasons not to use drugs. We'll also be learning skills that will help you resist the pressures to use them."*

## 6. Wrap-up (2 min.)

### A. Homework:

1. Hand out *Test Your Drug IQ*. Say, *"This is an opportunity to see how much you already know about drugs."*

*"Answer the questions from your own knowledge. You are not expected to know all the answers."*

*"After you have taken the test, ask your parent(s) or other trusted adult the questions. Put an 'X' by the answers your parents give."*

*"Then compare your answers together."*

*"Bring your homework in tomorrow for credit. At that time, I'll give you the answers to take home to correct and discuss your tests with your parents.*

*"I'm also giving you a letter about Project ALERT that I want you to give to your parents before you ask them the questions in this week's homework assignment. They will be involved in some other homework assignments, too, so it's important that they know about these classes."*

Since the intent of the home assignments is to facilitate discussion about drugs with a parent, the assignments cannot be graded in the traditional way. Instead, many teachers provide participation points for completed assignments. A note signed by the parent verifies completion for those parents reluctant to return their responses to class.

B. *"At the next session we'll talk about what really happens when you smoke marijuana and cigarettes."*

C. Praise students for knowledge, interest, and attention.

# TYPICAL STUDENT LISTS

<p><b>Reasons Why People Smoke Cigarettes</b></p> <ol style="list-style-type: none"> <li>1. Friends do it (peer pressure)</li> <li>2. Cool, sophisticated</li> <li>3. Rebellion</li> <li>4. Parents smoke</li> <li>5. Addiction</li> <li>6. Think clearly</li> <li>7. Curiosity</li> <li>8. Nervous</li> </ol>	<p><b>Reasons Why People Use Marijuana</b></p> <ol style="list-style-type: none"> <li>✓1. Friends do it (peer pressure)</li> <li>✓2. Cool, sophisticated</li> <li>✓3. Rebellion</li> <li>✓4. Parents use it</li> <li>✓5. Escape problems, responsibility</li> <li>✓6. Cope with emotions (insecure, angry)</li> <li>✓7. Dependence/addiction</li> <li>✓8. Curiosity</li> </ol>
<p><b>Reasons Not to Smoke Cigarettes</b></p> <ol style="list-style-type: none"> <li>1. Hurts your health (lung cancer, lung disease, heart attacks, heart disease)</li> <li>2. Do worse in sports</li> <li>3. Breath, clothes, and hair smell bad</li> <li>4. Addicting</li> <li>5. Trouble with family, at school</li> <li>6. Harms others</li> <li>7. Yellow teeth</li> </ol>	<p><b>Reasons Not to Use Marijuana</b></p> <ol style="list-style-type: none"> <li>✓1. Hurts your health</li> <li>✓2. Do worse in sports</li> <li>✓3. Can't think clearly</li> <li>✓4. Lose control of actions, thoughts</li> <li>✓5. Can't drive safely</li> <li>✓6. May cause dependence/addiction</li> <li>✓7. Paranoid</li> <li>✓8. Problems remain</li> <li>✓9. Trouble with family, at school</li> <li>✓10. Illegal</li> </ol>

✓Also true for alcohol

# MYTHS AND FACTS ABOUT CIGARETTES

1. **Myth:** Cigarettes help you think clearly.

**Fact:** It may seem like you are thinking more clearly, but smoking has no effect on the reasoning process. Nicotine is the substance in tobacco that is highly addictive. It is both a stimulant and a sedative to the central nervous system. The initial nicotine "kick," which stimulates the central nervous system and causes a sudden release of glucose, is followed by depression and fatigue, leading the smoker to seek more nicotine.

2. **Myth:** Cigarettes calm you down.

**Fact:** Many people believe this, but they really feel better only because they are addicted to nicotine. As with other addictive drugs, you begin to feel jittery if the level of nicotine in your body drops. If you are not addicted, cigarettes actually make you feel nervous.

3. **Myth:** Smoking keeps you thin.

**Fact:** Smoking stimulates the central nervous system, which can suppress appetite, but it doesn't change eating habits. Overall, this is not an effective way to lose weight.

4. **Myth:** It's easy to quit later.

**Fact:** Only 3% of daily smokers in high school think they will be smoking in 5 years. But over 60% are still regular smokers up to 9 years later. Usually people make three or more attempts before finally being able to quit.

# MYTHS AND FACTS ABOUT MARIJUANA

1. **Myth:** Marijuana makes uncomfortable feelings go away (fear, anger, depression).

**Fact:** You may feel less scared, angry, or depressed because marijuana temporarily covers up feelings; it doesn't make them go away. Some people actually get more depressed or anxious when they have used marijuana.

2. **Myth:** Marijuana makes you creative.

**Fact:** Sometimes marijuana makes a person feel creative while high, but actual performance is not better and is often worse. Marijuana can't make you become something you aren't. After the marijuana wears off, people often say that what seemed creative when they were high no longer makes sense.

3. **Myth:** Marijuana makes your problems go away (trouble with parents, school, or friends).

**Fact:** You may feel you have escaped your problems by getting high, but when the marijuana wears off, the problems are still there.

4. **Myth:** You can't get addicted to marijuana.

**Fact:** Increasingly, research is showing that long-term use of marijuana produces changes in the brain similar to those seen after long-term use of cocaine, heroin and alcohol. Chronic users can experience "withdrawal" symptoms (agitation, sleep problems) after stopping heavy use suddenly, as well as "tolerance" (needing larger doses of a drug to get the same desired effects once produced by smaller amounts).

5. **Myth:** Marijuana makes you a better dancer, talker.

**Fact:** Marijuana can create this illusion, which has been termed "magical thinking," but it can't make you be anything you aren't. If anything, you become less competent because marijuana interferes with memory, perception and coordination.

6. **Myth:** It is safe to drive after using marijuana.

**Fact:** Marijuana use makes driving more dangerous. It affects important skills needed for safe driving. The ability to concentrate diminishes and reflexes slow down, making it hard to respond to sudden, unexpected events. It also impairs coordination and the ability to judge distances and react to signals and sounds.

7. **Myth:** Since marijuana is "natural," it is much safer than other drugs.

**Fact:** Many "natural" substances also have toxic properties (poisonous mushrooms, mistletoe, tobacco). Heavy use of marijuana can adversely affect hormones in both males and females. Young men can have delayed puberty and young women can find that the drug disturbs their monthly cycle (ovulation and menstrual period). It can also damage the immune system causing greater risk of disease.

# MYTHS AND FACTS ABOUT ALCOHOL

1. **Myth:** A can of beer will not have as much effect as a mixed drink (or a shot of liquor).

**Fact:** A can of beer, a glass of wine, a mixed drink, and a shot of liquor all have about the same amount of alcohol and will have about the same effect.

2. **Myth:** Alcohol is not a drug.

**Fact:** Alcohol is a drug that affects the brain. It slows down the brain area that controls judgment, thought, and muscular coordination.

3. **Myth:** Alcohol is not as dangerous as other drugs.

**Fact:** Alcohol can be deadly. Drinking a quart of vodka in one sitting can kill you. Even one drink can affect your judgment and cause you to lose control. Auto crashes are the leading cause of death among teenagers, and of these fatalities, over one third are alcohol-related.

4. **Myth:** Black coffee and a cold shower can sober you up quickly.

**Fact:** Only time sobers you. The liver needs one hour to burn up one ounce of pure alcohol (the amount contained in a can of beer, glass of wine, or mixed drink). Coffee and cold water may make a person less sleepy, but neither improves judgment or coordination.

5. **Myth:** Drinking makes your problems disappear.

**Fact:** You may feel you have escaped your problems by drinking, but when you get sober, the problems are still there.

6. **Myth:** Drinking makes uncomfortable feelings go away (anger, shyness, loneliness, frustration).

**Fact:** Alcohol may cover up uncomfortable feelings for a while, but they come back when you are sober again. Drinking isn't always a reprieve from uncomfortable feelings. The fact is that alcohol just as often has the opposite effect and intensifies feelings with sometimes catastrophic results: sadness (poor choices, crying jags, suicide) or anger (domestic violence, rage).

# REASONS WHY PEOPLE USE DRUGS

(Typical Student Answers, 2 pages)

## ALL DRUGS

1. Friends do it (peer pressure).
  - You don't want to be different than your friends.
  - Others at a party are smoking or drinking.
2. To look cool, older, sophisticated.
  - To be more independent.
  - To be more mature.
  - To impress someone.
3. Parents say "Don't do it" (rebellion).
4. Parents do it.
5. To relax.
  - To relieve stress.
  - To have fun.
6. Curiosity.
  - Because you're bored.
  - Because it's there.

## CIGARETTES

- †1. To think clearly.
2. You feel bad when you stop (addiction).
3. Something to do with your hands (nervous).
- †4. They calm you down.



## MARIJUANA

- †1. It makes uncomfortable feelings go away (fear, anger, depression).
- †2. It makes you creative.
- †3. It makes problems go away.
- †4. It makes you a better dancer, talker.
- 5. It makes you high.
- 6. It makes things seem funny.
- 7. It helps you sleep.

## ALCOHOL

- †1. To make uncomfortable feelings go away (anger, shyness, loneliness, frustration).
- 2. To get high/drunk.
- †3. To make problems go away.
- 4. Advertisements make drinking look cool, glamorous.
- 5. It's more accessible, seems more acceptable.

†A widely held myth. The statement is untrue. See *Myths and Facts for Cigarettes, Marijuana, and Alcohol* (pages 1.10-1.12)

# REASONS NOT TO USE DRUGS

(Typical Student Answers, 2 pages)

## ALL DRUGS

1. It's bad for your health.
2. You can't play sports as well (cigarettes shorten breath, marijuana slows you down, alcohol interferes with coordination).
3. You can get into trouble.
4. It will hurt your parents (upset them).
5. It's a bad habit.
6. It might get you into the wrong crowd.
7. It's expensive.

## CIGARETTES

1. Your breath (clothes, hair) smells bad.
2. Smoking causes cancer.
3. It's hard to stop once you start (cigarettes are addicting).
4. Smoking causes heart attack, heart disease.
5. Your teeth get yellow.
6. Your skin gets wrinkled.
7. Smoking harms others (secondhand smoke).
8. It's illegal for minors.

## **MARIJUANA**

1. It interferes with your ability to learn (makes it hard to remember something you just read or heard; reduces your ability to think clearly and concentrate).
2. It can make you do things you wouldn't do if you weren't high (lose control).
3. It slows you down, distorts your perceptions, and reduces your coordination (bad for driving; bad for sports).
4. It can make you feel anxious or panicked.
5. It's illegal.
6. It can harm your reproductive health.
7. You can become dependent or addicted.
8. You don't really solve your problems (depression, anxiety) when you smoke. As soon as the marijuana wears off, you're back where you started.

## **ALCOHOL**

1. You can't think clearly, might do something you don't want to do.
2. You lose control, are out of it.
3. It slows driving reaction time and distorts perceptions.
4. You can become addicted.
5. It interferes with communication.
6. It doesn't help solve your problems.
7. It's illegal for minors.
8. You can overdose.

# FACTS ON OTHER FORMS OF TOBACCO AND SMOKING BLENDS

## CIGARS

- People who smoke cigars regularly get serious diseases and die from them. In fact, long term cigar smoking doubles your chance of dying from heart disease. The risk of lung cancer and death from cancer of the esophagus is 2-5 times higher in cigar smokers than in nonsmokers; death from cancer of the oral cavity is 3-8 times more likely, and the risk of death from cancer of the larynx is 10 times higher.
- Consumption of cigars has jumped 92% since 1993 after declining steadily for the previous 30 years, according to the U.S. Department of Agriculture. A *Youth Risk Behavior Survey* released by the Centers for Disease Control reported that 15% of middle grade students and 42% of high school students have smoked cigars. Boys were more likely to use cigars than girls.
- Cigar smoke contains more carbon monoxide, ammonia and nitrogen oxides than cigarette smoke. And, a stogie has as much nicotine as several cigarettes. (Nicotine is the drug found in tobacco that causes addiction.) When cigar smokers inhale, nicotine is absorbed as rapidly as it is with cigarettes. For those who don't inhale, it is absorbed more rapidly through the lining of the mouth.

## SECONDHAND SMOKE

- Secondhand smoke, also known as passive smoking or environmental tobacco smoke, comes from two places: smoke breathed out by the person who smokes, and smoke from the end of a burning cigarette, cigar or pipe.
- More than 4,000 chemical compounds have been identified in tobacco and tobacco smoke. Tobacco smoke includes at least 43 different carcinogenic substances. Some of these compounds are tar, carbon monoxide, hydrogen cyanide, ammonia, benzene, formaldehyde, phenols and nicotine.
- Nonsmokers who are exposed to secondhand smoke absorb all of these chemicals just as smokers do. Because they are unfiltered, the concentrations of carcinogens in secondhand smoke are up to 100 times higher than in smoke inhaled directly through cigarettes and cigars.
- Exposure to secondhand smoke causes over 3,000 deaths from lung cancer among nonsmokers in the United States each year, and is linked to as many as 60,000 fatal heart attacks annually.

- Compared with the children of nonsmoking parents, those children of parents who smoke have more respiratory infections (bronchitis and pneumonia), increased respiratory irritation, cough, phlegm production, wheezing, and middle ear infections; increased episodes and severity of asthma in children who already have the disease and increased numbers of new cases of asthma.
- Secondhand smoke exposure in utero and in infancy can alter lung functions and structure and create other changes that are known to expose children to long-term pulmonary risks. Low birth weight and low gestational age are associated with exposure to secondhand smoke. And, there is growing evidence that secondhand smoke exposure is an independent risk factor in Sudden Infant Death Syndrome (SIDS).
- Cigars are a major source of secondhand smoke and because of the kind of tobacco and the manufacturing process of cigars, many of the concentrations of carcinogens are higher than for cigarette smoke.
- Consider that it can take as long as forty-five minutes to an hour to smoke a cigar, compared with just a few minutes for a cigarette. Now, the exposure to secondhand smoke both for the smoker and those around the smoker becomes very significant.

## **SMOKELESS TOBACCO**

- Smokeless tobacco is chewed or sucked on. Its four primary forms are plug tobacco, loose-leaf tobacco, twist tobacco, and snuff.
- Smokeless tobacco users face an increased risk of cancers of the mouth, esophagus, lung, liver, and pancreas.
- Nicotine is the drug in smokeless tobacco that causes addiction.
- All forms of smokeless tobacco are addictive.
- The physiological and psychological processes that determine nicotine addiction are similar to those that determine addiction to such drugs as heroin or cocaine.
- Smokeless tobacco products are not a safe alternative to cigarettes.
- Smokeless tobacco users experience higher rates of such dental problems as receding gums, tooth enamel erosion and discoloration, tooth decay, and loss of both the senses of taste and smell.
- Smokeless tobacco manufacturers are actively and aggressively promoting starters, products that feature pouches and cherry flavoring, in order to expand the use of, and addiction to, products that used to be used only by older men. Nearly 16% of high school boys are current smokeless tobacco users.

# CIGARETTE FACTS

## BIGGEST DANGERS WITH CIGARETTES

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### SMOKING CIGARETTES

1. Is addicting
  2. Damages your heart
  3. Damages your lungs
  4. Over time, can cause:
    - death
    - lung diseases
    - cancer
    - heart disease
- 

### SMOKING CIGARETTES

#### 1. Is addicting

Nicotine, a substance found in cigarettes, is highly addicting. Even a few cigarettes every day for a week may make your body crave cigarettes. If you are addicted and a cigarette is not available, you may experience jitters, headaches, dizziness, and depression. Nicotine is toxic in large quantities.

- More than a third of all kids who ever try smoking a cigarette will become regular, daily smokers before leaving high school.
- While only 3% of daily smokers in high school think that they will be smoking at all in 5 years, over 60% are still regular daily smokers 7-9 years later.
- Symptoms of addiction – such as having strong urges to smoke, feeling anxious or irritable and having unsuccessfully tried not to smoke – can appear in young kids within weeks or only days after occasional smoking first begins, and well before daily smoking has even started.
- Cigarette smoke is a collection of over 4,000 chemicals, including fingernail polish remover, cyanide (a poisonous gas), formaldehyde (a chemical preservative), 401 poisons, and at least 63 distinct cancer causing chemicals. It also contains tar, a conglomeration of solid particles that combine to form a sticky brown substance that can stain teeth and clog lungs.

#### 2. Damages your heart

Even if you smoke only one or two cigarettes, you will experience an increase in heart rate. Your blood pressure will rise, your blood vessels will constrict, and the bloodstream level of carbon monoxide increases.

### **3. Damages your lungs**

Each cigarette you smoke breaks down lung tissue and diminishes lung capacity. Smoking even one or two cigarettes causes lung tissue to break down. Even if you are a moderate smoker (less than a pack a day), your ability to breathe in deeply without hurting your lungs is greatly diminished.

### **4. Over time, can cause**

- **Death:**

- Smoking is the number one preventable cause of death in the nation. It kills an estimated 430,700 Americans every year.
- More people die from cigarette smoking and related illness than die from AIDS, alcohol, traffic crashes, illicit drugs, murder, suicide and fires combined.
- Smoking is responsible for one of every five deaths in the United States.
- On average, someone who smokes a pack or more of cigarettes each day lives 7 years less than someone who never smoked.
- Each day more than 3,000 kids become regular smokers, more than 1 million kids a year. Roughly one-third of them will eventually die from a tobacco-related disease.

- **Lung diseases:**

- Smokers are far more likely to get pneumonia, chronic bronchitis and emphysema.

- **Cancer:**

- Over 85% of lung cancers are caused by smoking, and each year over 150,000 people die from lung cancer.
- Smoking is associated with cancers of the mouth, pharynx, larynx, esophagus, pancreas, uterus, cervix, kidney, stomach, bladder and some leukemias.
- Tobacco is the single biggest cause of cancer and accounts for more than half of all cancer deaths in smokers.

- **Heart disease:**

- Smokers' risk of heart attack is more than two times that of nonsmokers.
- Smokers who have a heart attack are more likely to die suddenly from that heart attack - within an hour - than nonsmokers. No cigarettes are safe. Scientists have found no evidence that smoking low-tar and low-nicotine cigarettes reduces the risk of coronary heart disease.

- **Wrinkles:**

- A 1996 study at the University of Utah, Department of Dermatology found that smokers' faces show more wrinkling at an earlier age than those of non-smokers. Researchers have found evidence that an underlying biochemical process interferes with the body's ability to break down old skin and renew it.

### **5. Can Get You into Trouble**

All states have laws prohibiting the sale of tobacco to youth under the age of 18. Smoking at school violates school rules on most campuses.

## MATERIALS NEEDED Lesson 1

Assemble the following materials:

- Video player and video: *Let's Talk About Marijuana 2004*
- 6 thick, felt-tip, nontoxic markers (including 2 red and 2 blue), masking tape, poster board, chart paper, 3" x 5" index cards

Prepare the following materials:

- Partial visual (title only) on poster board: *Ground Rules: Students*
- Completed visual on poster board: *Ground Rules: Teacher (Activity 2B)*
- Partial *Reasons Lists* (Activity 3), titles only, each on a separate sheet of chart paper

Write each title on a separate sheet:

*Reasons Why People Smoke Cigarettes* (blue marker)

*Reasons Not to Smoke Cigarettes* (red marker)

*Reasons Why People Use Marijuana* (blue marker)

*Reasons Not to Use Marijuana* (red marker)

- Adapt and copy *Sample Letter to Parent/Guardian* (Student Handout) for each student
- Copy *Test Your Drug IQ and Answer Key* (Student Handout) for each student on colored paper.



## ANSWER KEY

(To be distributed after students and parents complete *Test Your Drug IQ.*)

1. True
2. True
3. False. It is just as dangerous to drive when you're high.
4. True
5. a and c
6. False. One or two cigarettes each day for a week can make you addicted. Nearly one-third of people who try a single cigarette eventually develop dependence on tobacco.
7. True
8. True
9. True. Alcohol depresses the nerves that control involuntary actions such as breathing, heart beat, and the gag reflex that prevents choking. A fatal dose of alcohol (too high a level of blood alcohol content) will eventually stop these functions.
10. True. According to the Surgeon General, these symptoms can be triggered with your first cigarette.
11. True
12. False. In all states you must be 18 or older to legally purchase cigarettes.
13. True. Marijuana has been shown to damage the bronchial airways. In addition, the same cancer-causing tars in cigarettes are also in marijuana.
14. True
15. False. Each cigarette you smoke makes your body less relaxed. It increases your heart rate, constricts your blood vessels, and raises your blood pressure.
16. a and d
17. True
18. a and c
19. True
20. True
21. True
22. True. This is called genetic alcoholism.
23. a, b, c, and d
24. False. Marijuana is a drug. Many naturally occurring substances can be dangerous if ingested (poisonous mushrooms).
25. a, b, c, and d
26. a, b, c, and d



# LESSON TWO

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## ● CONSEQUENCES OF SMOKING CIGARETTES AND MARIJUANA

### GOALS

1. To increase students' perception that using cigarettes or marijuana has serious consequences that can immediately affect their daily lives and social relationships
2. To motivate students to resist pressures to use cigarettes and marijuana by helping them identify the social, psychological, and physical consequences of using those substances

### SUMMARY OF ACTIVITIES

1. Introduce Lesson (4 min.)
2. Discuss Immediate and Later Consequences of Smoking Cigarettes (8 min.)
3. Compare Cigarettes and Smokeless Tobacco (1 min.)
4. Discuss Immediate and Later Consequences of Using Marijuana (8 min.)
5. Review Consequences (4 min.)
6. Show Video: *Pot: The Party Crasher* (9 min.)
7. Discuss Video (8 min.)
8. Wrap-up (3 min.)

### DESCRIPTION

This lesson focuses on expanding students' understanding about smoking cigarettes and marijuana, and builds on information learned in Lesson One. Activity 2 increases awareness that smoking cigarettes has serious immediate and later consequences, and Activity 3 compares cigarettes and other forms of tobacco. In Activity 4, students discuss immediate and later consequences of using marijuana. This lesson stresses information about short-term social, psychological and physical effects of smoking cigarettes and marijuana, and discusses issues related to attractiveness.

This participatory approach increases student motivation. The purpose of *Pot: The Party Crasher* (Activity 6) and the subsequent discussion (Activity 7) is to focus on the short-term consequences of smoking marijuana and challenge the perception that drugs at parties are fun. As in Lesson 1, information is elicited from students, not told to them.

In your wrap-up (Activity 8), you'll be given an opportunity to reinforce key information previously elicited from students. The homework assignment (*What Teenagers Want to Know About Alcohol*) is preparation for Lesson 3 and stresses both short-term (injuries) and long-term (alcoholism, dependence) problems.

## PREPARATION

- Review the Lesson Plan
- Read Teacher Reference material:
  - Biggest Dangers with Cigarettes* (pages 2.10-2.11)
  - Smoking Facts* (pages 2.12-2.13)
  - Facts on Other Forms of Tobacco and Smoking Blends* (pages 2.14-2.16)
  - Biggest Dangers with Marijuana* (pages 2.17-2.19)
  - Marijuana Facts* (pages 2.20-2.21)
- Optional: you may want to prepare 3" x 5" reference cards listing key effects for Activities 2, 3 and 4
- Preview video: *Pot: The Party Crasher*
- Collect and prepare materials, as indicated below

## MATERIALS NEEDED

Assemble the following materials:

- Completed visual: *Ground Rules: Students* (saved from Lesson 1)
- Video player and video: *Pot: The Party Crasher*
- Chart paper, masking tape, and thick, felt-tip, nontoxic markers (if using chart paper visuals versus writing on the board)
- Posters:\*
  - Poster 1: *Smoking Makes You Less Attractive*
  - Poster 2: *Smoking Is Addicting*
  - Poster 3: *Smoking Affects Your Heart and Lungs*
  - Poster 4: *Marijuana Can Affect You Right Away*
  - Poster 5: *Marijuana Can Damage You in the Long Run*

Prepare the following materials:

- Partial visuals (Activities 2 and 4) on chart paper or on the board (title with headings): *What Can Happen to You When You Smoke Cigarettes?* and *What Can Happen to You When You Use Marijuana?* The headings under each title are: "First Time," "After a While," and "After a Long Time," with space between each (see Teacher Reference, page 2.8).
- Copy *What Teenagers Want to Know About Alcohol* (Student Handout, pages 2.22-2.23) for each student.

\*Poster - one of the twelve visual aids accompanying the curriculum. Note: the bottom right hand corner of each poster indicates the lesson(s) in which it is used.

## ACTIVITIES

### 1. Introduce Lesson (4 min.)

- A. Display visual: *Ground Rules: Students*.
- B. "Today you'll learn more about how cigarettes and marijuana affect people. We'll talk about exactly what happens when you smoke a cigarette or a joint."

### 2. Discuss Immediate and Later Consequences of Smoking Cigarettes (8 min.)

- A. Show visual or write on the board (title with headings): *What Can Happen to You When You Smoke Cigarettes?* Include the headings "First Time," "After a While," and "After a Long Time," with space between each.
- B. Conduct a discussion of effects for each time period (see sample visual, Teacher Reference, page 2.6). Be sure the starred items shown in the sample visual are on the completed visual – use statistics at your discretion to amplify points. Include *Cigarette Smoking Consequences: Additional Questions* (Teacher Reference, page 2.7), asking starred questions first, and other questions as time permits.
  - 1. "What can happen when you smoke a cigarette for the first time?"
  - 2. Write in the correct student responses (cough, choke, heart beats faster, headache, breath smells) under the "First Time" heading. Write any longer-term responses (get cancer) under the appropriate headings.
  - 3. "What can happen to you after you've smoked cigarettes for a while, like for a few weeks or months?"
  - 4. Write in the correct student answers (addicted, can't breathe as well, lung capacity decreases, smell all the time, teeth get yellow, cough more) under the appropriate headings (if "addicted" is mentioned, ask for a definition).
  - 5. "What can happen after you've smoked a long time?"
  - 6. Write in the correct student responses (lung cancer, heart attacks, heart disease, respiratory diseases like bronchitis and emphysema, other cancers, wrinkles). Amplify as appropriate with statistics from the *Smoking Facts* sheet (Teacher Reference, pages 2.12-2.13).
  - 7. Ask students the starred questions (Teacher Reference, page 2.7) now, if not asked earlier. If time permits, ask other questions.

**3. Compare Cigarettes and Smokeless Tobacco (See sample visual, Teacher Reference, page 2.6)**

- A. Point to students' consequences of smoking list. Ask, "*Which of these effects are also true for smokeless tobacco?*" Check mark these effects on students' list (see Teacher Reference, page 2.15, for facts about smokeless tobacco).

**4. Discuss Immediate and Later Consequences of Using Marijuana (8 min.)**

- A. Reinforce students' knowledge of the effects of cigarettes. Say, "*Now let's try the same thing for marijuana.*"
- B. Show visual or write on the board: *What Can Happen to You When You Use Marijuana?* Include the headings "First Time," "After a While," and "After a Long Time," with space between each heading (see sample visual, Teacher Reference, page 2.8).
- C. Conduct a discussion of effects for each time period, asking additional questions from page 2.9, as appropriate. Be sure the starred items from page 2.8 are on the completed visual.
1. "*What can happen when you use marijuana for the first time?*"
  2. Write in the correct student responses (can't concentrate, red eyes, slow down, feel anxious or panicked, hard to communicate) under the "First Time" heading. Write longer-term responses (dependence, addiction) under the appropriate heading. Validate any incorrect responses ("*Many people think that happens.*") and supply the correct information.
  3. "*What can happen after you've used marijuana for a while (regularly at parties)?*"
  4. Write in the correct student responses (trouble with parents, you have less money, dependence, don't experience emotions) under the appropriate heading.
  5. "*What can happen after you've used for a long time?*"
  6. Write in the correct student responses (dependence/addiction, loss of interest in activities except drug use, possible lung damage). Emphasize that psychological dependence may be just as powerful as addiction.
  7. Ask students the additional questions on page 2.9 now, if not asked earlier.

**5. Review Consequences (4 min.)**

- A. Summarize the cigarette consequences, using the three cigarette posters: *Smoking Makes You Less Attractive*, *Smoking Is Addicting*, and *Smoking Affects Your Heart and Lungs*.

- B. Summarize the marijuana consequences, using the two marijuana posters: *Marijuana Can Affect You Right Away* and *Marijuana Can Damage You in the Long Run*.

**6. Show Video: *Pot: The Party Crasher* (9 min.)**

- A. "Here's a question that many young people ask: 'Can marijuana hurt you if you use it just once?' Now we'll see a video that answers that question."
- B. Show the video.

**7. Discuss Video (8 min.)**

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**Discussion Goals**

1. To emphasize immediate consequences of marijuana use
  2. To reinforce the idea that using marijuana just once can have serious consequences
- 

- A. "How did Colleen look at the end of the video? Why? What do you think happened when her parents arrived home?"
- B. "What did the video show about what can happen when you use marijuana just one time?" Or, "What happened when the kids at the party got high?" (lost control, broke things, acted stupid, couldn't communicate, shouldn't drive, got the munchies, risked trouble with parents and/or the law)
- C. "Who didn't smoke marijuana in the video and what was their reason?" (Rich (athletics), A.J. ("It isn't my scene."), Angela ("It's illegal," and her uncle's health.), Kim ("It's not cool."), Colleen, Lori, Kelley) "How did they say 'no?'" (A.J. and Lori left the party, Rich gave a reason, Colleen, Angela and Kim tried to persuade others not to do it.)
- D. "Why was Angela so upset when Frank took a hit?" (uncle became dependent on marijuana, potential trouble with dad)
- E. "Why was Kim concerned about the marijuana?" (illegality)
- F. "What did A.J. and Lori do after the marijuana was passed around?" (left) "What did Rich do?" (Said "no," because of sports) "What about Jim?" (took a hit and then stopped) "What do you think of how each reacted?"
- G. "What could they have said or done that might have prevented what happened?"

## 8. Wrap-up (3 min.)

- A. Reinforce students' ideas. (*"You really know what happens when you smoke a cigarette or a joint."*)
- B. Tell students that in the next lesson they will talk about what happens when you drink.
- C. Homework:
  - 1. *"For the next lesson read What Teenagers Want to Know About Alcohol." Hand out copies. "This information will help you in a game we'll be playing in the next lesson."*



# WHAT CAN HAPPEN TO YOU WHEN YOU SMOKE CIGARETTES? (SAMPLE VISUAL)

	Smokeless Tobacco
<b>First Time</b>	
* Heart beats faster/works harder	✓
* Breath smells	✓
Coughing	
Dizziness	✓
Trouble at home or school	✓
 <b>After a While</b>	
* Addicted	✓
* Harder to breathe	
* Yellow teeth	✓
Less money	✓
 <b>After a Long Time</b>	
* Death	✓
- As long as you smoke, each cigarette takes ten minutes off your life.	
* Lung cancer, other cancers	
- Smoking is associated with cancers of the mouth, larynx, esophagus, pancreas, cervix, kidney and bladder.	
- Over 85% of lung cancers are caused by smoking.	
* Heart disease	✓
- Smokers risk of heart attack is more than twice that of nonsmokers, and they are more likely to die as a result of the heart attack within the hour.	
* Chronic Obstructive Pulmonary (Lung) Disease (COPD) Primarily emphysema and chronic bronchitis	
- Approximately 80-90% of COPD is caused by smoking. A smoker is 10 times more likely than a non-smoker to die of COPD.	
Wrinkles	
Can hurt others	

\*Should be included on students' lists.

# **CIGARETTE SMOKING CONSEQUENCES: ADDITIONAL QUESTIONS**

**\*1. What is addiction?**

It is when the body physically needs nicotine to feel okay. If you smoke one or two cigarettes a day for four or five days in a row, you can become addicted. Nearly one-third of people who try a single cigarette eventually develop dependence on tobacco.

**\*2. Why does smoking cause your heart to beat faster?**

Nicotine is a stimulant - it elevates blood pressure, central nervous system functions, breathing and heart rate.

**\*3. Does it help to stop smoking?**

Yes - and right away.

At 24 hours after quitting: the chance of a heart attack decreases.

After 48 hours: nerve endings start regrowing. The ability to taste and smell is enhanced.

After 1-9 months: coughing, sinus congestion, fatigue and shortness of breath decrease.

After one year: risk of heart disease decreases to half that of a smoker.

After 5-15 years: stroke risk is reduced to that of people who have never smoked.

After 10 years: risk of lung cancer is half that of smokers.

After 15 years: risk of heart disease decreases to that of those who have never smoked.

**\*4. Is it harmful to be around people who smoke (secondhand smoke)?**

Yes. It causes lung cancer and heart disease. Young children are especially at risk. It can cause respiratory and ear infections and make children with asthma sicker.

**5. How can you tell if someone is addicted to cigarettes?**

He or she can't get through a day without smoking a cigarette.

**6. Why does smoking make you dizzy?**

When you smoke, you inhale the carbon monoxide in the smoke. Carbon monoxide replaces oxygen in the blood. The blood then contains a lower level of oxygen, which is what makes you dizzy. This process is how people die in closed garages with a car engine running.

**7. Name two long-term respiratory problems caused by smoking.**

Chronic bronchitis and emphysema.

**8. What is emphysema?**

In a healthy lung, small bag-like clusters fill with air. Emphysema causes these bags to break down, so that your lungs cannot hold as much air.

\*Ask these questions first

# WHAT CAN HAPPEN TO YOU WHEN YOU USE MARIJUANA? (SAMPLE VISUAL)

## First Time

- \* Can't concentrate, think
- \* Can't remember (loss of short-term memory)
- \* Slow down
- \* Can't drive safely (it's as dangerous as alcohol)
- \* Do something you might regret
- \* Feel anxious or panicked
- \* Hard to communicate
- \* Feel out of control

Sick, dizzy

Get in trouble with the law/parents

Appetite increases

Red eyes

Nothing

## After a While

- \* Dependence (need marijuana to feel okay)
  - \* Don't experience emotions or solve problems
- Trouble with parents
- Have less money
- Trouble at school (grades go down, sent out of class)

## After a Long Time

- \* Loss of interest in activities except drug use
  - \* Severe dependence and addiction
  - \* Possible lung damage (marijuana has many of the same lung-damaging substances as tobacco, and more of some of them)
  - \* Possible damage to reproductive health (delay the onset of puberty, lower sperm production for males, disrupt menstrual cycle and affect ovulation for females)
- Damage to the immune system (cells that protect people from disease)

\*Should be included on students' lists.

# MARIJUANA CONSEQUENCES:

## ADDITIONAL QUESTIONS

1. What is dependence?

Dependence is a state in which a person needs a drug to cope with everyday life and continues using even when problems resulting from its use keep happening. It can, but does not have to, involve physical dependence (often called addiction) where the user either has tolerance (needing more of a drug to achieve the same effects once achieved with less of the drug) or withdrawal symptoms.

2. Does marijuana make your problems go away?

No. After the marijuana wears off, the problems are still there.

3. Is it safe to drive after using marijuana?

No. Marijuana slows your reaction time, distorts your perception, and makes it difficult to respond safely to unexpected events.

4. How does using marijuana affect your mind?

Marijuana makes concentration harder, slows down thinking, and makes it difficult to remember what happened a few minutes ago.

5. How can you tell what you're getting when you use an illegal street drug like marijuana?

You can't. There is no ingredient list on illegal drugs. Marijuana may be laced with PCP or other dangerous substances.

# BIGGEST DANGERS WITH CIGARETTES

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## SMOKING CIGARETTES

1. Is addicting
  2. Damages your heart
  3. Damages your lungs
  4. Over time, can cause
    - death
    - lung diseases
    - cancer
    - heart disease and stroke
- 

## SMOKING CIGARETTES

### 1. Is addicting

Nicotine, a substance found in cigarettes, is highly addicting. Even a few cigarettes every day for a week may make your body crave cigarettes. If you are addicted and a cigarette is not available, you may experience jitters, headaches, dizziness, and depression. Nicotine is toxic in large quantities.

### 2. Damages your heart

Even if you smoke only one or two cigarettes, you will experience an increase in heart rate. Your blood pressure will rise, your blood vessels will constrict, and the bloodstream level of carbon monoxide increases.

### 3. Damages your lungs

Each cigarette you smoke breaks down lung tissue and diminishes lung capacity. Smoking even one or two cigarettes causes lung tissue to break down. Even if you are a moderate smoker (less than a pack a day), your ability to breathe in deeply without hurting your lungs is greatly diminished.

### 4. Over time, can cause

- **Death:** Smoking is the number one preventable cause of death in the nation. It kills an estimated 430,700 Americans every year. More people die from cigarette smoking and related illness than die from AIDS, alcohol, traffic crashes, illicit drugs, murder, suicide and fires combined.
- Each day more than 3,000 kids become regular smokers, more than one million kids a year. Roughly one-third of them will eventually die from a tobacco-related disease.

- **Lung diseases:** Smokers are far more likely to get pneumonia, chronic bronchitis and emphysema. Over 85% of lung cancers are caused by smoking, and each year over 150,000 people die from lung cancer.
- **Cancer:** In addition to being responsible for over 85% of lung cancers, smoking is also associated with cancers of the mouth, pharynx, larynx, esophagus, pancreas, uterus, cervix, kidney, stomach, bladder and some leukemias.
- **Heart disease:** Smokers' risk of heart attack is more than two times that of nonsmokers. Smokers who have a heart attack are more likely to die suddenly from that heart attack - within an hour - than nonsmokers. No cigarettes are safe. Scientists have found no evidence that smoking low-tar and low-nicotine cigarettes reduces the risk of coronary heart disease.
- **Wrinkles:** Smokers' faces show more wrinkling at an earlier age than those of non-smokers. Researchers have found evidence that an underlying biochemical process interferes with the body's ability to break down old skin and renew it.

## 5. Can Get You into Trouble

All states have laws prohibiting the sale of tobacco to youth under the age of 18. Smoking at school violates school rules on most campuses.

# SMOKING FACTS

## SMOKING IS ADDICTIVE AND DAMAGING

- More than a third of all kids who ever try smoking a cigarette will become regular, daily smokers before leaving high school.
- While only 3% of daily smokers in high school think that they will be smoking at all in 5 years, over 60% are still regular daily smokers 7-9 years later.
- Symptoms of addiction – such as having strong urges to smoke, feeling anxious or irritable, having unsuccessfully tried not to smoke – can appear in young kids within weeks or only days after occasional smoking first begins, and well before daily smoking has even started.
- Cigarette smoke is a collection of over 4,000 chemicals, including fingernail polish remover, cyanide (a poisonous gas), formaldehyde (a chemical preservative), 401 poisons, and at least 63 distinct cancer causing chemicals. It also contains tar, a conglomeration of solid particles that combine to form a sticky brown substance that can stain teeth and clog lungs.

## SMOKERS DIE YOUNGER

- Smoking is the single most important preventable cause of premature death in the United States.
- Smoking is responsible for one out of every five deaths in the United States.
- On average, someone who smokes a pack or more of cigarettes each day lives 7 years less than someone who never smoked.

## SMOKERS DIE FROM CANCER, HEART ATTACK, AND RESPIRATORY DISEASES

- About 87% of lung cancers are caused by smoking.
- Tobacco is the single biggest cause of cancer and accounts for more than half of all cancer deaths in smokers.
- Smoking is the main cause of chronic bronchitis and emphysema.
- Smoking is also associated with cancers of the mouth, pharynx, larynx, esophagus, pancreas, uterus, cervix, kidney and bladder.

## **SMOKING HAS IMMEDIATE EFFECTS ON YOUR BODY**

- It increases your pulse rate and makes your blood pressure rise.
- It lowers your skin temperature.
- It lowers your physical endurance.

## **SMOKERS' BABIES WEIGH LESS AND MORE OF THEM DIE**

- Smoking during pregnancy accounts for an estimated 20-30% of low-birth weight babies, up to 14% of pre-term deliveries, and 10% of all infant deaths.
- Even apparently healthy, full-term babies of smokers have been found to be born with narrowed airways and decreased lung function.

## **SMOKERS BECOME DISABLED MORE OFTEN THAN DO NONSMOKERS**

- Smokers become ill more often and lose more days from work than do nonsmokers.
- Smokers are more apt than nonsmokers to suffer from chronic conditions that limit their activity.

## **ADVERTISERS SPEND BILLIONS TO GET YOU TO SMOKE**

- An American Legacy Foundation study found that magazine ads for 8 of the 10 top selling brands reached 70% or more kids 5 or more times in 1999.
- In 1999 (the first year after the tobacco settlement), the tobacco industry spent \$8.24 billion on advertising, up 22% from the previous year, according to the Federal Trade Commission.

## **SMOKERS WHO QUIT GET IMMEDIATE HEALTH BENEFITS**

- The carbon monoxide level in the bloodstream declines within twelve hours.
- Headaches and stomach aches caused by smoking disappear.
- Stamina and vigor improve. Food tastes and smells better.

## **SMOKERS WHO QUIT GET LONG-TERM HEALTH BENEFITS**

- Giving up cigarettes reduces the excess risk of dying prematurely.
- Twenty years after stopping, the ex-smoker's risk of dying prematurely from lung cancer is close to that of someone who has never smoked.
- Three years after quitting, the risk of death from heart attack is about the same as someone who has never smoked.
- Women who stop smoking before pregnancy or during the first three to four months of pregnancy reduce their risk of having low birthweight babies to that of women who never smoked.



# FACTS ON OTHER FORMS OF TOBACCO AND SMOKING BLENDS

## CIGARS

- People who smoke cigars regularly get serious diseases and die from them. In fact, long term cigar smoking doubles your chance of dying from cancer or heart disease. The risk of lung cancer and death from cancer of the esophagus is 2-5 times higher in cigar smokers than in nonsmokers; death from cancer of the oral cavity is 3-8 times more likely, and the risk of death from cancer of the larynx is 10 times higher.
- Consumption of cigars has jumped 92% since 1993 after declining steadily for the previous 30 years, according to the U.S. Department of Agriculture. A *Youth Risk Behavior Survey* released by the Centers for Disease Control reported that 15% of middle grade students and 42% of high school students have smoked cigars. Boys were more likely to use cigars than girls.
- Cigar smoke contains more carbon monoxide, ammonia and nitrogen oxides than cigarette smoke. And, a stogie has as much nicotine as several cigarettes. (Nicotine is the drug found in tobacco that causes addiction.) When cigar smokers inhale, nicotine is absorbed as rapidly as it is with cigarettes. For those who don't inhale, it is absorbed more rapidly through the lining of the mouth.

## SECONDHAND SMOKE

- Secondhand smoke, also known as passive smoking or environmental tobacco smoke, comes from two places: smoke breathed out by the person who smokes, and smoke from the end of a burning cigarette, cigar or pipe.
- More than 4,000 chemical compounds have been identified in tobacco and tobacco smoke. Tobacco smoke includes at least 43 different carcinogenic substances. Some of these compounds are tar, carbon monoxide, hydrogen cyanide, ammonia, benzene, formaldehyde, phenols and nicotine.
- Nonsmokers who are exposed to secondhand smoke absorb all of these chemicals just as smokers do. Because they are unfiltered, the concentrations of carcinogens in secondhand smoke are up to 100 times higher than in smoke inhaled directly through cigarettes and cigars.
- Exposure to secondhand smoke causes over 3,000 deaths from lung cancer among nonsmokers in the United States each year, and is linked to as many as 60,000 fatal heart attacks annually.

- Compared with the children of nonsmoking parents, those children of parents who smoke have more respiratory infections (bronchitis and pneumonia), increased respiratory irritation, cough, phlegm production, wheezing, and middle ear infections; increased episodes and severity of asthma in children who already have the disease and increased numbers of new cases of asthma.
- Secondhand smoke exposure in utero and in infancy can alter lung functions and structure and create other changes that are known to expose children to long-term pulmonary risks. Low birth weight and low gestational age are associated with exposure to secondhand smoke. And, there is growing evidence that secondhand smoke exposure is an independent risk factor in Sudden Infant Death Syndrome (SIDS).
- Cigars are a major source of secondhand smoke and because of the kind of tobacco and the manufacturing process of cigars, many of the concentrations of carcinogens are higher than for cigarette smoke.
- Consider that it can take as long as forty-five minutes to an hour to smoke a cigar, compared with just a few minutes for a cigarette. Now, the exposure to secondhand smoke both for the smoker and those around the smoker becomes very significant.

## **SMOKELESS TOBACCO**

- Smokeless tobacco is chewed or sucked on. Its four primary forms are plug tobacco, loose-leaf tobacco, twist tobacco, and snuff.
- Smokeless tobacco users face an increased risk of cancers of the mouth, esophagus, lung, liver, and pancreas.
- Nicotine is the drug in smokeless tobacco that causes addiction.
- All forms of smokeless tobacco are addictive.
- The physiological and psychological processes that determine nicotine addiction are similar to those that determine addiction to such drugs as heroin or cocaine.
- Smokeless tobacco products are not a safe alternative to cigarettes.
- Smokeless tobacco users experience higher rates of such dental problems as receding gums, tooth enamel erosion and discoloration, tooth decay, and loss of both the senses of taste and smell.
- Smokeless tobacco manufacturers are actively and aggressively promoting starters, products that feature pouches and cherry flavoring, in order to expand the use of, and addiction to, products that used to be used only by older men. Nearly 16% of high school boys are current smokeless tobacco users.

## HERBAL CIGARETTES AND SMOKING BLENDS

- Alternatives to cigarettes have become popular among teens and adults who are trying to quit cigarettes.
- Herbal cigarettes have been marketed since 1997 and are gaining in sales. Instead of tobacco and nicotine they contain catnip, wild lettuce, damiana, passion flower and marshmallow.
- Herbal cigarettes are often promoted as a safe alternative to tobacco smoking. However, a 2000 ruling by the Federal Trade Commission required makers of tobacco-free herbal cigarettes to stop making claims that “no additives” means a safer cigarette unless they had scientific proof that it was true. Manufacturers are required to prominently disclose on packages and ads that: “Herbal cigarettes are dangerous to your health. They produce tar and carbon monoxide.”
- Bidis are unfiltered, flavored (strawberry, vanilla, chocolate, cherry, raspberry and mango) cigarettes from India. They look like marijuana joints and contain higher levels of tar, nicotine and carbon monoxide than regular cigarettes.
- Bidis are hand-rolled by women and children and, according to a report by Human Rights Watch of New York, Indian bidi manufacturers employ several hundred thousand children as underpaid “bondage slaves,” some earning as little as 15 cents a day to roll 1,000 bidis.
- Kreteks are Indonesian cigarettes containing approximately 60% tobacco and 40% shredded clove buds. Exposure to tar, nicotine, and carbon monoxide is higher from clove cigarettes than from regular cigarettes.
- Eugenol, the major active ingredient in cloves, has been used as a dental anesthetic for years. It has been associated with severe illnesses of the lungs and symptoms related to the respiratory tract. Because the backs of smokers’ throats may be anesthetized by eugenol, smokers may inhale more deeply and may not feel the harshness.

# BIGGEST DANGERS WITH MARIJUANA

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## USING MARIJUANA

1. Increases risk of accidents
  2. Causes loss of control (judgment, coordination)
  3. Makes it hard to concentrate, learn, and remember
  4. Interferes with your ability to experience or cope with emotions
  5. Interferes with communication
  6. Over time, can cause
    - physical and psychological dependence
    - immune system damage
    - reproductive system problems
    - loss of interest in activities except drug use
    - lung damage
- 

## USING MARIJUANA

### 1. Increases risk of accidents

Because marijuana impairs both your judgment and your coordination, using marijuana increases the likelihood that you will get in an accident or cause one.

Teenagers who are high on marijuana have drowned, died in automobile crashes and bicycle crashes, and accidentally set things on fire.

Examples:

- Driving a car when stoned. Marijuana use makes driving more dangerous because it affects many skills needed for safe driving. It slows thinking and reflexes, making it hard to respond to sudden, unexpected events. It makes it more difficult to stay in the driving lane, to maintain speed, and to keep the proper distance between cars. If you use both marijuana and alcohol, the risk of a crash increases greatly.
- Riding a bike or swimming when stoned. Marijuana use makes bicycling and swimming more dangerous for the same reasons - it slows thinking and reaction time, makes you more likely to swim out too far or dive too deep, and makes it harder for you to track your movements.
- Accidentally causing a fire or getting into a car crash. Teenagers who are high on marijuana have started fires without realizing it or caused other drivers to have a crash because they are trying to avoid the car driven by someone who is stoned.

## **2. Causes loss of control (judgment, coordination)**

If you are high on marijuana, you might also do something you wouldn't do if you had not been using.

Examples:

- Get in a car with a driver who is stoned or drunk
- Jump off a high wall or fence without thinking, accidentally fall out of a window
- Forget to be responsible (call home, be some place on time)
- Make a fool of yourself in front of your friends

## **3. Makes it hard to concentrate, learn and remember**

Marijuana use interferes with learning and short-term memory.

Examples:

- Getting stoned before taking a test and not being able to remember anything you studied
- Getting stoned and not remembering where you put your wallet
- Getting stoned and writing lyrics or verses you think are terrific until you look at them later and realize they don't make any sense
- Getting stoned and forgetting you promised to go to the movies with your friends

## **4. Interferes with your ability to experience or cope with emotions**

Examples:

- Getting stoned every time you feel bored (you don't learn to handle boredom in your life)
- Getting stoned every time you feel angry with your friends or your parents (you don't learn how to handle your anger or how to tell people you are angry with them)
- Getting stoned every time you feel nervous in a social situation - on dates, at parties (you don't learn how to feel less nervous without the aid of marijuana). Marijuana doesn't make uncomfortable feelings go away. In fact, marijuana tends to increase whatever feelings you had before you smoked it. So if you smoke it when you're worried or anxious, getting high may make you more so. Even if your unpleasant feelings seem to go away, eventually they return. To learn how to get over these feelings, you have to experience them. Marijuana doesn't allow you to experience feelings, so you can't learn how to cope with them.

Even if you use marijuana just when you feel good, you can become dependent on it and lose the ability to feel good or get high without marijuana. If you use marijuana to avoid feeling depressed or bad, those feelings are still there when you come down.

#### 5. Interferes with communication

- Since marijuana affects short-term memory, it is often difficult to maintain a conversation when you are stoned. You may forget what you are trying to say or what someone just said to you. You may have a bad "high" and withdraw. Then you don't want to - or can't - talk to anyone else.

#### 6. Over time, can cause

- **Physical and psychological dependence:** the need to use marijuana in order to feel okay. Increasingly, research is showing that long-term use of marijuana produces changes in the brain similar to those seen after long-term use of cocaine, heroin and alcohol. Chronic users can experience "withdrawal symptoms" (agitation, sleep problems) after stopping heavy use suddenly, as well as "tolerance" (needing larger doses of a drug to get the same desired effects once produced by smaller amounts).
- **Immune system damage:** animal studies have found that THC (the active chemical in marijuana) can damage the cells and tissues that help protect people from disease.
- **Reproductive system problems:** heavy use of marijuana can affect both male and female hormones. Young men can have delayed puberty and young women can find that the drug disturbs their monthly cycle (ovulation and menstrual periods).
- **Lung damage:** heavy marijuana smoking - like heavy tobacco smoking - harms the lungs and respiratory system. Smoking three to four marijuana cigarettes a day is associated with the same type of bronchitis and cell damage to the lungs as smoking twenty tobacco cigarettes.

#### 7. Other problems with marijuana

- Marijuana can get you into legal trouble: In all states, it is illegal for minors to possess or sell any amount of marijuana.
- Some studies have found that babies born to marijuana smokers weighed less and had smaller head sizes than those born to mothers who did not use the drug.

# MARIJUANA FACTS

## MARIJUANA USE AFFECTS YOUR BEHAVIOR

### Right Away

- It interferes with your ability to drive safely.
- Driving under the influence of marijuana is especially dangerous. Marijuana impairs driving skills for at least four to six hours after smoking a single cigarette. When marijuana is used in combination with alcohol, driving skills become even more impaired.
- It interferes with your performance in sports (affects coordination, timing, and heart function).
- It slows down your reaction time.
- It impairs tracking ability (ability to follow a moving stimulus), which is important for driving, bike-riding, and flying.
- It impairs muscle coordination (decreases hand steadiness, increases body sway, and inhibits accuracy when executing movements).

### Over Time

- Regular use of marijuana may lead to lower achievement, increased tolerance of deviance, more deviant behavior, and greater rebelliousness.
- When people withdraw from heavy marijuana smoking, they may experience sleep problems, irritability, and anxiety that may verge on panic.

## MARIJUANA USE AFFECTS YOUR MIND

### Right Away

- It makes it hard to concentrate and to remember (impairs short-term memory).
- It makes learning more difficult (impairs logical thinking, reading comprehension, and verbal and math skills).
- It interferes with communication. People who are high on marijuana often do not remember what they said a few minutes ago.
- It causes some users to panic and feel paranoid and other users to feel euphoric.
- It distorts the sense of time, making it seem to slow down.
- It reduces alertness (so that a person pays less attention and has a slower reaction time).

### **Over Time**

- People may become psychologically dependent upon marijuana.
- Heavy marijuana use may lead to a loss of interest in all activities except drug use. Heavy users may become unmotivated, slow moving, and apathetic.

## **MARIJUANA USE AFFECTS YOUR BODY**

### **Right Away**

- It increases the heart rate by as much as 50%. Making the heart work harder is a threat to individuals with high blood pressure, coronary vessel disease, and cerebrovascular disease.
- It causes a feeling of hunger and stimulates the appetite, especially for sweets.
- It causes a decrease in peak exercise performance.
- It causes reddening of the eyes. (This is not an effect of the smoke.)

### **Over Time**

- Heavy marijuana smoking can cause addiction or create physical dependence (increased tolerance, withdrawal symptoms if use stops suddenly).
- Heavy marijuana smoking - like heavy tobacco smoking - harms the lungs and respiratory system. Smoking three to four marijuana cigarettes a day is associated with the same type of bronchitis and cell damage to the lungs as smoking twenty tobacco cigarettes.
- Regular marijuana use can obstruct both the large and small airways in the lungs.
- Its use by pregnant females may result in smaller and lower weight babies.
- In males, its use contributes to a decline in sperm concentration, count, and movement, and to lower testosterone levels (male sex hormone).
- In females, its use can lead to decreased hormone levels, which can disrupt the monthly ovulatory and menstrual cycle. However, these effects cannot be considered reliable birth control methods.



# WHAT TEENAGERS WANT TO KNOW ABOUT ALCOHOL

## DID YOU KNOW?

- Alcohol can be deadly. If you drink a quart of vodka at one sitting, it can kill you (drinking games).
- Alcohol is a powerful depressant. It slows breathing and heart rate and lowers blood pressure.
- Once you drink, nothing sobers you up but time, one hour for each ounce of alcohol consumed (whether a mixed drink, a can of beer, or a glass of wine).
- Alcohol-related car crashes are a leading cause of death to teenagers.

## WHAT HAPPENS WHEN A PERSON DRINKS ALCOHOL?

The first thing that happens is *loss of judgment*. (This can happen with only one drink.) It could mean:

- Drinking and deciding to drive, or getting into a car with someone who has been drinking.
- Drinking and deciding to do something you later regret (have sex, do something physically dangerous, steal).

The next thing that happens when you drink is *loss of coordination*. (This can happen with two or three beers.) It could mean:

- Getting into a car crash and hurting yourself or other people.
- Losing your balance and falling, or going swimming and drowning.

If you drink regularly (like partying on weekends), drinking may *interfere with your ability to cope with emotions*. This means:

- Drinking every time you feel nervous in social situations (party, date). Result: you don't learn how to feel less nervous without drinking.
- Drinking every time you feel angry, depressed, bored, or lonely. Result: you don't learn how to cope with these feelings without the aid of alcohol.

## WHAT CAN HAPPEN IF YOU DRINK REGULARLY OVER TIME?

- Addiction. Alcohol is mentally and physically addicting. This means that you need to drink in order to feel okay. *Alcoholism* is the word used for addiction to alcohol.
- Liver damage, nerve damage, brain damage.
- Death.

## **WHO DRINKS? WHO BECOMES AN ALCOHOLIC?**

- Many adults don't drink alcohol at all.
- Of the adults who drink alcohol, three out of every ten drink regularly and one out of ten will become an alcoholic.
- The more a teenager drinks over time, the *more likely it is that he or she will become an alcoholic*.
- Even if you are not an alcoholic, heavy drinking can hurt your family, your life at school, and your friendships.
- Teenagers who come from families in which a family member is an alcoholic are twice as likely to become alcoholics themselves.

## **WHAT ARE THE SIGNS THAT A TEENAGER COULD BE DEPENDENT ON ALCOHOL?**

- Drinking every day.
- Drinking regularly to relieve shyness, anger, fear.
- Drinking in the morning.
- Drinking alone regularly.
- Needing a drink at a certain time every day.
- Having a loss of memory during or after drinking.
- Becoming more moody or irritable after drinking.

Even if only one of these signs applies to you, you could be in danger of becoming alcohol dependent.

## **IF A PREGNANT WOMAN DRINKS ALCOHOL, HER BABY MAY BE BORN WITH BIRTH DEFECTS OR NERVE DAMAGE.**

- Doctors advise pregnant women not to drink.
- Even women who are planning to become pregnant should not drink. By the time women find out they are pregnant, they may already be 6-8 weeks or more pregnant.