

## Teen Health Course 3

### Chapter 13 Tobacco

#### VIDEO SUMMARY

In the video, you saw how smoking affects the lives of two teens. The teens in the video do not have the energy or the stamina to keep up with their friends who do not smoke. Greg mentions that his doctor has warned him of the future health consequences of smoking. Louis and Kendra offer to support their friends in their efforts to quit, and they offer suggestions to make the process of quitting easier.

[Click here to watch video; 00:06:32](#)



#### Discussion Questions

1. What are the physical effects of smoking?  
*Answers will vary but may include: shortness of breath, increased fatigue, coughing, and emphysema.*
2. What resources do Kendra and Louis suggest to help their friends quit smoking?  
*Kendra and Louis suggest setting a quit date, cutting back on cigarette consumption, and finding a tobacco cessation program.*
3. According to the video, how long after quitting smoking does lung capacity start to improve?  
*Lung capacity begins to improve within three days of quitting smoking; however, the ill effects of smoking may remain for months and years.*

## Activity

### OBJECTIVE

Students will calculate the financial and health costs associated with maintaining a tobacco habit.

*Skill Summary:* Practicing Healthful Behaviors; Analyzing Influences; Advocacy

### MATERIALS

- Internet access for price checking
- Calculator

### PROCEDURES

1. Have students research to find out the price of a pack of cigarettes in several states.
2. Ask groups to calculate the financial cost of smoking one pack of cigarettes per day weekly, monthly, and annually.
3. Chart the costs of smoking and compare them to common teen expenses, such as the cost of a movie ticket or a CD.

### EXTENSION

Have students compare the financial cost of smoking to the cost of more expensive items like a flat screen TV or a car. Have student make flyers to share with adult family members who smoke.

### WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

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



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

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

1. What are the physical effects of smoking?

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2. What resources do Kendra and Louis suggest to help their friends quit smoking?

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3. According to the video, how long after quitting smoking does lung capacity start to improve?

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