

## Create a Smoke-Free Society for the Future

**NHES Standard 8** Students will demonstrate the ability to advocate for personal, family, and community health.

### Teaching Objectives

- Identify, record, and analyze internal and external influences associated with tobacco use.
- Present a health-enhancing message using relevant information from valid sources.

### Teaching Strategies

- This activity can be done in groups or individually.
- As a class, review factors that can influence the use of tobacco products, such as family, peers, culture, media, and technology.
- Have students complete steps 1 through 3. If possible, allow students time during class to conduct online research about tobacco advertising and ETS.
- Students should develop a persuasive speech calling for laws that would prohibit tobacco use in public buildings.

### Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score.

- ✓ Shows a clear, health-enhancing message
- ✓ Supports the position with relevant information
- ✓ Encourages others to make healthful choices
- ✓ Shows passion and conviction
- ✓ Identifies and analyzes external/internal factors

# Hands-On **HEALTH**



## Creating a Smoke-Free Society for the Future

You have been asked to represent the smoke-free youth of America. Prepare a speech to persuade government officials to create laws prohibiting tobacco use in public buildings and eliminating external factors that influence people to use tobacco.

### What You'll Need

- paper and pencil
- Internet and valid health resources

### What You'll Do

#### Step 1

For two days, record and analyze the external factors that you observe in the media that influence the use of tobacco products (for example, TV and movies). Discuss with your class.

#### Step 2

Research the impact of advertising on tobacco use and what you can do to advocate for a smoke-free America.

#### Step 3

Research the impact of tobacco and environmental tobacco smoke (ETS) on a person's health.

### Apply and Conclude

Present a speech using your observations and research that will persuade government officials to change existing tobacco laws.

### Checklist: Advocacy, Analyzing Influences

- ✓ Shows a clear, health-enhancing message
- ✓ Supports the position with relevant information
- ✓ Encourages others to make healthful choices
- ✓ Shows passion and conviction
- ✓ Identifies and analyzes external/internal factors



## Academic Integration

**Math** Using the average cost of \$4 per pack of cigarettes, have students determine the following for a pack-a-day smoker:

- The cost of buying cigarettes each week ( $\$4 \times 7 = \$28$ )
- The cost of buying cigarettes each month ( $\$4 \times 30 = \$120$ )

- The cost of buying cigarettes each year ( $\$4 \times 365 = \$1,580$ )

Then, ask students how much a pack-a-day smoker would spend in a lifetime, assuming the smoker started smoking at age 15 and smoked for 60 years. ( $\$1,580 \text{ per year} \times 60 \text{ years} = \$94,800$ )