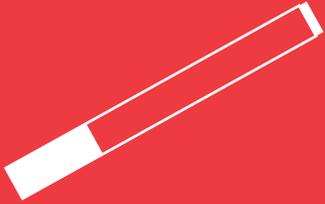


Talking About...

TOBACCO



The Talking About Series is an educational resource addressing **cannabis, tobacco, vaping, and waterpipes**. The series includes a set of activity guides, one for each topic, to help facilitate critical discussion with young people in a fun and informative manner.

Each activity guide is divided into three levels:

- **Level 1** aims to establish foundational knowledge about a specific lung health issue using a fun and interactive true or false activity.
- **Level 2** explores different perspectives and/or opinions on a specific lung health issue using a small group activity to establish the arguments from each side of the issue.
- **Level 3** provides an opportunity for youth to demonstrate the ability to apply appropriate skills and strategies in making decisions about their health through role play/discussion of different scenarios.

All three levels are intended to engage young people, using interactive activities, while inspiring critical thinking and reflection.

Each level is approximately 40-45 minutes and consists of an introduction, core activity, and debrief. We have provided sample energizers and debriefing activities, however, we encourage you to mix and match and/or incorporate your own activities, if needed, to best meet the needs of your group.

LEVEL 1
“THE WHAT”40-45
MINUTES

Level 1 is intended to provide context and a brief overview of the topic. Some questions that might arise include: What is it? What do we already know? What can I expect? What are the facts?

*Norms and Agreements Activity (Optional) – See Appendix A

1.2 INTRO ACTIVITY**POWER WORDS**

Objective : To establish existing knowledge about tobacco/smoking among youth.

TIME: 10 minutes

MATERIALS:

- Flip Chart Paper or White Board
- Markers
- Post-it Notes
- Pens

PREPARATION:

- Prepare a flipchart with the question “What Do We Know?”

INSTRUCTIONS:

- Hand out a post-it note to every participant and ask them to write down the first thing that comes to mind when they think about (commercial) tobacco
- Have participants post their notes on the flipchart/white board
- After everyone has posted their post-it notes, have participants gather around the flipchart to look at all of the responses
- Have group reflect on the questions/responses

REFLECTION QUESTIONS:

- How hard/easy was it to answer the question?
- What patterns/trends do you see emerging when you look at everyone’s response?

1.2 CORE ACTIVITY**TOBACCO/SMOKING | TRUE OR FALSE**

Objective: To gain foundational knowledge about smoking/ tobacco use among youth.

TIME: 20 minutes

MATERIALS:

- Masking Tape
- Signs for “True” “False”
- True or False Questions

PREPARATION:

- Rearrange the room so there is enough space for participants to move back and forth between the different sides of the room.
- Hang “True” and “False” signs on wall.

INSTRUCTIONS:

1. Explain to participants that they are going to spend the next couple of minutes looking at some important facts about tobacco use among youth.
2. Advise participants that this is not a group activity (They will be working in a big group but each person is encouraged to make an individual decision).
3. Say first statement on True or False script and invite participant's to move under the 'True' sign if they believe the statement to be true or under the 'False' sign if they believe the statement to be false.
4. Ask the questions to the group as a whole and allow participants 5 seconds to choose a side of the room.
5. Repeat questions when necessary.
6. Advise participants of the correct answer and follow-up statements, and move on to the next question.
7. At the end, ask participants to come back into a larger group to debrief.

**Facilitator Note: Depending on the size of your group and how much time is needed to debrief each answer, you may have time for only one of the two questions.*

DEBRIEF:

- What surprised you?
- What facts do you think are most important/relevant?

TOBACCO/SMOKING - TRUE OR FALSE**1. THERE ARE AT LEAST 50 CANCER CAUSING CHEMICALS IN A CIGARETTE**

- ✓ **TRUE** - There are approximately 600 ingredients in cigarettes. When burned, they create more than 4,000 chemicals. At least 50 of these chemicals are known to cause cancer, and many are poisonous.

2. THIS INGREDIENT IS FOUND IN CIGARETTES (RAT POISON)

- ✓ **TRUE** - Arsenic, also found in rat poison, can be found in cigarettes. Tobacco smoke also contains over 4,000 chemicals, many of which are known causes of cancer.

SOME OF THE OTHER CHEMICALS ARE:

Carbon Monoxide (found in car exhaust), Ammonia (found in window cleaner), Acetone (found in nail polish remover), Hydrogen Cyanide (gas chamber poison), Naphthalene (found in mothballs), Sulphur Compounds (found in matches), Lead, Volatile Alcohol, Formaldehyde (used as embalming fluid), Butane (lighter fluid)

3. YOUR BODY IS DESIGNED TO KEEP YOUR LUNGS CLEAN. THE CHEMICALS FROM SMOKING COME TOGETHER TO FORM TAR, WHICH PREVENTS YOUR BODY FROM DOING ITS JOB.

- ✓ **TRUE** - When you smoke, all of the over 4000 chemicals mix together and form a sticky tar. The tar sticks to clothing, skin, and to the cilia (tiny hairs) that line the insides of your lungs. The cilia help to clean out dirt and germs from your lungs. If the cilia are covered in tar, they can't do their job properly, and germs, chemicals and dirt can stay in your lungs and cause diseases.

4. USING SNUS OR CHEW IS SAFE BECAUSE IT IS SMOKELESS

- ✗ **FALSE** - Smokeless tobacco also carries significant health risks. Smokeless tobacco contains the same addictive chemical (nicotine) that is in cigarettes, which can lead to dependence. Smokeless tobacco use has been linked to several different types of cancer, including cancer of the mouth, esophagus and pancreas.

5. CIGARETTES ARE A PRODUCT THAT ARE DESIGNED TO KILL THEIR USERS

- ✓ **TRUE** - A cigarette is the only product that when used as intended kills one in two of its users. In Ontario alone, 13,000 people are killed annually by smoking, which translates to 36 people a day. Nationwide, this accounts for 37,000 Canadian deaths. Second-hand smoke can be just as harmful, and evidence shows that third-hand smoke, such as fumes trapped in furniture, carpet and fabric, is also dangerous.

Draw a comparison to other products such as baby food, lettuce, meats. Imagine if we allowed similar products that we knew were highly harmful to stay on the shelves?

6. NICOTINE IS THE HIGHLY ADDICTIVE DRUG FOUND IN TOBACCO PRODUCTS

- ✓ **TRUE** - Nicotine has been shown to be as addictive as heroin or cocaine. It is the reason that two thirds of people who smoke a cigarette will go onto smoke more regularly and why people on average take 30 tries to quit smoking. It is not a habit, but a real addiction.

7. THERE ARE 13,000 DEATHS PER YEAR IN CANADA CAUSED BY SMOKING CIGARETTES

- ✗ **FALSE** - In Ontario alone, 13,000 people are killed annually by smoking, which translates to 36 people a day. Nationwide, this accounts for 37,000 Canadian deaths.

8. TOBACCO INDUSTRY CALLED KIDS “REPLACEMENT SMOKERS”

- ✓ **TRUE** - The tobacco industry is an industry that preys on potential customers/clients. Its market dynamics demand that it recruits young people. It does this by spending vast amounts of money to create, communicate and glamorize a set of positive values associated with the product. Once people become addicted it is incredibly hard to quit. Ultimately 1 in 2 will die from the use of these products, so to sustain 'buyers' the tobacco industry must recruit new users. In Industry documents released from court cases in the US it was revealed that targeted approaches were being used to recruit kids, whom the industry called 'replacement smokers'.

9. SMOKING CIGARETTES IS THE #3 PREVENTABLE CAUSE OF DISEASE/DEATH IN CANADA

- ✗ **FALSE** - Smoking is the #1 cause and by far the most preventable cause of breathing breakdown. Tobacco use not only ups the risk of lung cancer, it leads to COPD, and contributes to the early deaths of more than 37,000 Canadians every year.

10. YOUR HEALTH IMPROVES WITHIN 20 MINUTES OF QUITTING SMOKING.

- ✓ **TRUE** - Here's some quick facts about the benefits of quitting smoking:

AFTER

- **20 minutes:** Health improves - heart rate and blood pressure drop
- **8 hours:** carbon monoxide levels drop and oxygen level resumes to normal level (carbon monoxide causes shortness of breath and increased heart rate)
- **48 hours:** chance of heart attack decreases. Sense of smell and taste improve. Airways relax
- **2-3 months:** lung functioning increases by up to 30%
- **1 year:** risk of smoking related heart attack cut in half
- **10 years:** risk of dying from lung cancer is cut in half
- **15 years:** risk of heart disease drops to that of a non-smoker. Risk of dying from heart attack is same as someone who has never smoked.

1.3 DEBRIEF - HOW ARE YOU FEELING ABOUT THE ISSUE?

TIME: 10 minutes

MATERIALS:

- 4 or 5 emojis printed on 8.5 x 11 paper (copy and paste from the internet or you can draw by hand)
- Masking Tape

PREPARATION:

- Rearrange the room so there is enough space for participants to move back and forth between the different sides of the room.
- Hang emoji signs on the wall around the room

INSTRUCTIONS:

- Invite participants to move under the emoji sign that best represents how they are feeling about Tobacco/smoking (after the main activity)
- Encourage each emoji group to share with each other why they feel that way
- Ask for one person from each emoji group to share back with the whole group the general sentiments that were expressed

LEVEL 2
“THE SO WHAT”


Level 2 is intended to establish why we care about this topic and why it matters. Some questions that might arise include: What are the implications and/or consequences to our health?

*Norms and Agreements Activity (Optional) – See Appendix A

2.1 INTRO ACTIVITY
NUMBER CLUSTER BRAINSTORM

Objective : A quick activity to re-cap and assess the learnings from **Level 1**.

TIME: 10 minutes

MATERIALS:

- List of Questions

PREPARATION:

- Rearrange the room so there is enough space for participants to move around the room.

INSTRUCTIONS:

- Facilitator will call out a number between 2 and 5 while participants are moving around the room
- Participants will then have to quickly form groups based on the number that is called out (if there is an odd number, remaining participants can join the group closest to them)
- In their groups, participants must answer the question that the facilitator reads out (i.e. what concerns you most about the smoking tobacco?)

2.2 CORE ACTIVITY
TOBACCO FROM 4 PERSPECTIVES | 4 SIDES OF TOBACCO

Objective : To explore the (commercial) tobacco issue from different perspectives

TIME: 20 minutes

MATERIALS:

- Flipchart Paper
- Markers
- Fact Sheets (1 per group) *See page 10

PREPARATION:

- 4 pieces of flipchart paper with one perspective written on each (i.e. Industry, Health, Youth Who smoke, Youth Who Don't smoke)
- Set-up room so there is the appropriate space for small group work

INSTRUCTIONS:

- Divide group into 4 smaller teams, 1 group per perspective
- Small groups will have 7-8 minutes to brainstorm their perspective on tobacco/smoking based on their assigned role (i.e. Industry)
- Groups must record their ideas on flipchart provided
- Facilitator will then hand out one fact sheet per group and groups will have a chance to fact check their arguments and add anything to their flipchart
- Groups then hang up their flipchart and participants can walk around the room to see other perspectives about tobacco
- Ask each group to find a creative way to present their argument to the whole team.

2.3 DEBRIEF - INSIDE/OUTSIDE

TIME: 10 minutes

MATERIALS:

- None

PREPARATION:

- Prepare the room so there is space for participants to move around the room.

INSTRUCTIONS:

- Number participants "1" or "2"
- Ask number 1s to form a circle facing outward
- Ask number 2s to then form a second circle on the outside of the first circle (the inner and outer circles should be facing each other)
- Make sure participants are lined up facing someone from the opposite circle
- The facilitator will then say a random number between 1 and 6. If it's an even number the outside circle moves to the right. If it's an odd number, the inside circle moves to the right.
- The facilitator will then pose a question ("What was the biggest surprise or learning during the 4 perspectives activity? What was the most convincing argument? What was something new you learned, etc.?)

LEVEL 3
“THE NOW WHAT”

Level 3 is intended to ask the question “What do we do now?” and to provide an opportunity to think critically about how to apply what we have learned.

*Norms and Agreements Activity (Optional) – See Appendix A

3.1 INTRO ACTIVITY
PRESSURE’S ON!

Objective : A quick and fun activity to promote critical thinking and to test your ability to form a strong argument in a short period of time.

TIME: 10 minutes

MATERIALS:

- Post it notes
- Pens/pencils
- Timer

PREPARATION:

- None

INSTRUCTIONS:

- Divide the group into pairs (number participants “1” or “2”)
- You have 1 minute to take notes on a (random) topic that your partner/teacher gives you
- After 1 minute is up, you will then have to speak for 1 minute on that topic using your notes if need be.
- Switch partners after you have presented and repeat the process.

3.2 CORE ACTIVITY
ROLE PLAY SCENARIOS

Objective : Participants will demonstrate the ability to apply appropriate skills and strategies in making decisions about their health. Demonstrate the ability to apply these strategies through role play/discussion of hypothetical scenarios.

TIME: 20 minutes

MATERIALS:

- Scenarios (printed)
- Costumes/props

PREPARATION:

- Print out scenarios

INSTRUCTIONS:

- Divide group into 4-5 smaller teams
- Hand-out 1 scenario per team
- Give teams 10 minutes to read over their scenario and prepare a role play
- Each will have a chance to perform their role play

SCENARIOS

SCENARIO 1

Kara has a crush on someone that smokes cigarettes. She doesn't smoke but believes if she starts smoking she could get closer to her crush because they would have something in common. What could Kara do in this situation and what are the risks for each?

SCENARIO 2

Markio has a severe case of asthma and is triggered by smoke. One of Markio's classmates who smokes has asked him to come to his party this weekend. However, he is embarrassed to say he can't attend because of his asthma. What should Markio do in this situation?

SCENARIO 3

Esteban has a part-time job and has noticed that several of his co-workers spend a lot of their breaks smoking together. He feels excluded when they go for smoke breaks and is starting to think about whether smoking would be a good way for him to make more friends. What could Esteban do in this situation?

SCENARIO 4

Flavia has smoked for over a year now and is hoping to quit. The only problem is she is addicted and feels overwhelmed by the idea of quitting on her own. What could Flavia do in this situation?

SCENARIO 5

Ingrid's brother quit smoking 3 months ago but recently Ingrid has started to smell smoke again and wonders if her brother has started again. What could Ingrid say to encourage his brother to try to quit again?

3.3 DEBRIEF - SNOWBALL

TIME: 10 minutes

MATERIALS:

- Post-it notes
- Pens/Paper

PREPARATION:

- Prepare the room so there is enough space for participants to move around
- Hand out one post-it note and a writing utensil per participant

INSTRUCTIONS:

- Form a big circle
- Ask participants to write down their biggest take-away/learning from the activity
- Once they have finished writing down their response ask participants to scrunch their post-it note into a (snow) ball and at the count of 3, everyone will toss their paper ball across the circle
- Each person will then pick up one of the paper balls (closest to them) and share what was written

APPENDIX A: NORMS AND AGREEMENTS

TIME: 5 minutes

MATERIALS:

- Chart paper
- Markers
- Masking tape

PREPARATION:

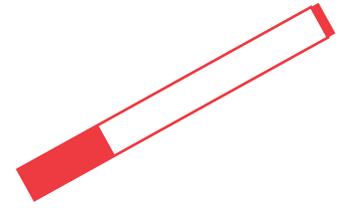
- On flipchart write 'Norms and Agreements'

INSTRUCTIONS:

- Explain to the group that we are going to brainstorm a list of group norms or agreements that will help create the atmosphere for the day.
- Note that the research suggests that when people create their own sets of norms and regulations they are more likely to both follow and enforce those agreements.
- Record suggestions on flip chart.
- Ideas to suggest include:
 - o Agree to disagree
 - o Silence the technology
 - o Trust the process
 - o Take the concepts, leave the details
 - o Be present
 - o Have fun
- Post in a visual place in the room.
- Revisit as necessary.

2.2 CORE ACTIVITY

TOBACCO FROM 4 PERSPECTIVES



1 Cigarettes and other forms of tobacco contain a powerful, addictive drug - nicotine.

2 Tobacco smoke contains nicotine that can cause addiction. The body and brain get used to the nicotine and develop a dependency, which means it needs more and more.

3 After you finish a cigarette, the nicotine levels in your blood drop. This can significantly increase your desire to smoke.

6 Your health improves within 20 minutes of quitting smoking, as your heart rate and blood pressure drop.

8 Smoke, from the burning of tobacco, can cause cancer and heart disease, as well as worsen existing lung conditions such as asthma. Smoke gets everywhere inside a home, and can last for long time even after smoking has stopped.

9 Symptoms of lung damage include feeling out of breath when walking up a short flight of stairs, coughing, coughing up mucous and repeated chest infections.

4 Tobacco smoke contains at least 4,000 chemicals and at least 50 are known causes of cancer.

5 Smoking harms nearly every organ in the human body and can permanently damage the alveoli (air sacs) in the lungs, making it harder to breathe.

7 Long-term health effects of smoking include decreased lung capacity, coronary heart disease, stroke, chronic obstructive pulmonary disease (COPD), lung cancer and other cancers and diseases.

10 Youth that begin smoking at a young age are more likely to become addicted and develop smoking related diseases.

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The Lung Health Foundation is dedicated to ending gaps in the prevention, diagnosis, and care of lung disease in Canada. We invest in the future by driving groundbreaking research, and we give patients and their families the programs and support they need today. Lung health starts now!

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