



Botvin Life Skills

Lesson 3: Smoking Information



Many people in this country smoke. Often they begin smoking just to see what it feels like or just for fun. Unfortunately, smoking quickly turns into a habit that is hard to break. Smoking causes many illnesses that can harm a person's body. Today we will look at a few things that happen when a person smokes.

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No mentioning specific people,

Raise your hand if you know someone who smokes or vapes.

Does anyone know what some of the effects of smoking are?

Some effects of smoking happen immediately after smoking, like increased heart rate. Other effects are long-term and can take many years to develop, like cancer or heart disease.

Page 14 has a list, what questions do you have about any of those effects?

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1

Activity 1

Nicotine Is a Stimulant

What is the addictive Ingredient in Tobacco?

- ◊ Nicotine

Write the definition on page 39:

- ◊ **Stimulant:** A drug that speeds up the body.

5

Take your pulse - Resting heart rate

We are going to see what your BPM (Beats per minute) are.

Page 15

Find your pulse and when I say go, start counting. At 10 seconds I'll tell you to stop. Then take the number of beats you counted and multiply that by 6.



6

Heart Rate Data

	Under 50	51-60	61-70	71-80	81-90	91-100	101-110	111-120	Over 121
Resting Heart rates									

7

Pretend you have just smoked

Remember nicotine is a stimulant and it speeds up the body. What is a natural way to speed up your body?



Jog in place, jumping jacks, twists, punches, etc.

8

Take your pulse - Smoking heart rate

We are going to see what your BPM (Beats per minute) are.

Page 15

Find your pulse and when I say go, start counting. At 10 seconds I'll tell you to stop. Then take the number of beats you counted and multiply that by 6.



9

Heart Rate Data

	Under 50	51-60	61-70	71-80	81-90	91-100	101-110	111-120	Over 121
Resting Heart rates									
Smoking Heart rates									

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The heart is a muscle and exercise is a healthy way to strengthen that muscle, just like if you were doing biceps curls to strengthen that muscle. Nicotine is an artificial, chemical product that speeds up the heart rate. It is not healthy. Also when people exercise, they only do it for part of the day, giving the heart a chance to rest in between.

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2

Activity 2

Simulated Emphysema

Two Sponges

Soft

Is like healthy lung tissue.

Hard

Is like lung tissue that has been hardened by tar.

Alveoli are little air sacs in the lungs that hold oxygen when we breathe. When the alveoli get hard, they pop.

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Emphysema

A disease primarily caused by smoking where the alveoli “pop” and make it harder and harder for a person to breathe.

Write this definition on page 37.

14

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Alveoli are the air sacs in the lungs. If a person smokes, their nice soft lung tissue becomes hard and dry. When this happens the alveoli can pop, making it harder to breathe. When a person’s alveoli pop, they can get a disease called emphysema.

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Activity 3

Tar in Your Lungs

Molasses Demonstration

How much tar would be in a person’s lungs if they smoked a pack of cigarettes a day?

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According to the American Cancer Society, about a full glass of tar would pass through a person’s lungs if they smoked a pack a day. That is why a person’s lungs turn black when they smoke - the tar makes them black.

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Journal Topic

Turn to Worksheet 7 on page 16 and complete the journal page.

Remember to try to use some of the ideas discussed today in class in your response.

You are sitting in the no-smoking section of a restaurant. The people at the table next to you ignore the no-smoking sign and light up cigarettes. You just finished learning about the effects of smoking in class and do not want to breathe in their smoke. What do you do and say to these people? Use the space below to explain what happens.