

Activity

Health Inventory

Teens and Tobacco

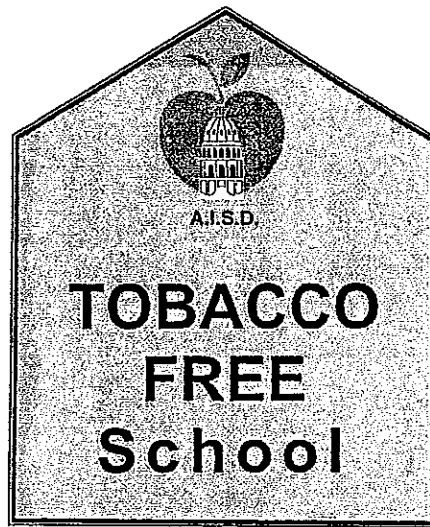
Use the following questions to help you evaluate the health risks that tobacco and tobacco products pose to your health. Read each item, and check the box that represents your answer.

- | yes | no | | |
|--------------------------|--------------------------|---|-----------|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Do you smoke? | 35 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do members of your immediate family smoke? | 15 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Do you have close friends who smoke? | 10 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do family members whom you see less than once a week smoke? | 8 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have acquaintances who smoke? | 5 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Of the people you admire, do any of them smoke cigarettes or use other tobacco products? | 5 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Does cigarette smoking seem glamorous to you? | 6 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Do you feel nervous when you are not holding something in your hands? | 5 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you find yourself sitting in a smoke-filled room at least once a week? | 3 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you find yourself sitting in a smoke-filled room at least once a day? | 8 points |

Add up the points for all of the questions to which you answered yes. Look at the scale to see how much of a problem smoking and tobacco products pose to your health.

SCALE	
70 to 100 points	Tobacco products are a big part of your life and probably pose a significant risk to your health.
50 to 69 points	Tobacco products could become a big part of your life and pose a significant risk to your health.
30 to 49 points	Tobacco products could become part of your life and pose some risk to your health.
10 to 29 points	Tobacco products are unlikely to become a big part of your life or pose a significant risk to your health.
Under 10 points	At this point in your life, your health risks from tobacco products are very low.

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Tobacco-Free School Environment:

- Tobacco use is prohibited by any person on District premises, at school or school-related activities
- Tobacco use is prohibited by AISD employees in District vehicles
- It is illegal for students to possess tobacco products on District premises, at school or school-related activities
- School personnel shall enforce these policies on school property

Senate Bill 1, Texas Education Code, Section 38.006 and AISD Student Code of Conduct

M.I.P – Tobacco Law

Minor in Possession of Tobacco:

- It is illegal for a person under 18 years of age to possess, purchase, consume or accept a cigarette or tobacco product

Health & Safety Code 161.252

Provisions of the Law:

- A person under 18 years of age who possesses, purchases, consumes or accepts a cigarette or tobacco product will be cited for Minor In Possession of Tobacco (M.I.P.)

Penalties for M.I.P. – Tobacco:

- Class C Misdemeanor
- Attend an eight hour Tobacco Awareness Class
- Complete eight to 12 hours of community service
- Six month loss or delay of your driver's license
- \$250 fine

7th

Lesson: Tobacco: Dangerous from the Start

List two negative consequences of smoking.

Lesson: Tobacco Products, Disease, and Death

List as many health problems as you can that may be caused by tobacco products.

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Assessment

Quiz

Lesson: Tobacco: Dangerous from the Start

Write the letter of the correct answer in the space provided.

- _____ 1. Tobacco products
a. contain only natural ingredients.
b. contain harmful additives.
c. have become safer.
d. do not include snuff.
- _____ 2. One additive in tobacco products is
a. tar.
b. carbon monoxide.
c. ammonia.
d. benzene.
- _____ 3. Nicotine is the substance in tobacco that
a. coats your lungs.
b. produces ammonia.
c. causes addiction.
d. is absorbed through skin.

Match the definition with the correct term. Write the letter of the answer in the space provided.

- | | |
|--|--------------------------------|
| _____ 4. exhaled smoke and smoke from burning cigarettes | a. environmental tobacco smoke |
| _____ 5. a gas found in cigarette smoke | b. tar |
| _____ 6. a type of smokeless tobacco | c. nicotine |
| _____ 7. addictive substance in a tobacco product | d. carbon monoxide |
| _____ 8. substance in tobacco products that coats the lungs and blocks breathing | e. chewing tobacco |

7th

