



Activity

# Health Inventory

## Tobacco

Use the following questions to help you evaluate the risk that you might use tobacco.

yes no

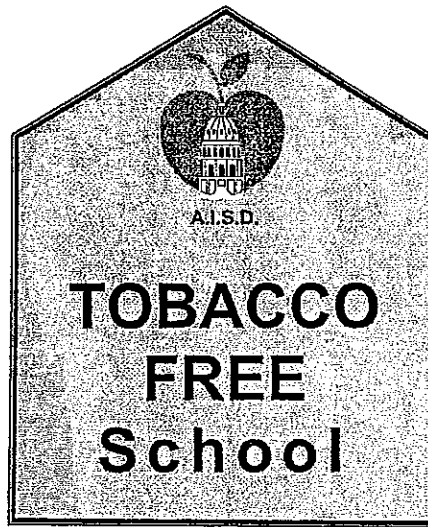
- |                          |                          |  |           |
|--------------------------|--------------------------|--|-----------|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Have you made a firm decision to avoid tobacco?   | 30 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Have you practiced refusal skills?  | 30 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Do you avoid places where there is environmental tobacco smoke?                             | 10 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you think about the true risks of tobacco use when you see advertisements about tobacco? | 10 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you feel good about your ability to make decisions for yourself?                         | 8 points  |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Do you support friends or family members who are trying to quit smoking?                    | 8 points  |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you think about the benefits of staying tobacco free?                                    | 5 points  |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Do you feel good about your ability to say no and stick to it even if people pressure you?  | 5 points  |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you have healthy outlets for taking risks, such as sports, games, and debating?          | 5 points  |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you have close friends who are committed to a tobacco-free lifestyle?                   | 5 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 tobacco poses to your health.

SCALE	
90 to 116 points	You have a strong commitment to staying tobacco free and some personal skills to help you keep your commitment.
40 to 90 points	Thinking through your values and goals for your life and making a firm decision about tobacco use will help you stay away from it.
20 to 40 points	You have some risk of being vulnerable to society's pressure to use tobacco.
10 to 20 points	You might benefit from learning more about the risks of tobacco and strengthening your refusal skills.
Under 10 points	You may want to reevaluate your understanding of what tobacco is and what dangers it poses for you.

8<sup>th</sup>



## **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

**Lesson: Tobacco Products: An Overview**

List as many different tobacco products as you can.

**Lesson: Tobacco's Effects**

Draw a picture of someone who uses tobacco products. Label the parts of his or her body where he or she would notice the effects of the tobacco use.

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Assessment

**Quiz**

**Lesson: Tobacco's Effects**

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

- \_\_\_\_\_ 1. Nonsmokers who are often around people who smoke have a higher risk of what diseases than nonsmokers who avoid environmental tobacco smoke?
- a. mouth sores and tumors
  - b. fungus and skin irritations
  - c. depression and schizophrenia
  - d. lung cancer and heart disease
- \_\_\_\_\_ 2. Why have laws been passed against smoking in public places?
- a. to reduce people's exposure to ETS
  - b. to make smokers want to quit
  - c. to send a message that smoking is bad
  - d. to get more people outside in fresh air
- \_\_\_\_\_ 3. Shortness of breath, persistent coughing, discolored teeth, and bad breath are what kind of effects of smoking?
- a. respiratory effects
  - b. environmental tobacco smoke effects
  - c. chronic effects
  - d. effects that disappear soon

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

- |   |                        |
|---|------------------------|
| _____ 4. one chronic effect of chewing tobacco      | a. ETS                 |
| _____ 5. the smoke in the air around smokers        | b. chronic effect      |
| _____ 6. a consequence that remains for a long time | c. shortness of breath |
| _____ 7. one chronic effect of smoking cigarettes   | d. mouth sores         |

*8th*

Activity

# Life Skills: Evaluating Media Messages

## Lesson: Tobacco Products: An Overview

### TOBACCO MESSAGES

Find three advertisements promoting tobacco products or promoting a tobacco-free lifestyle. For each advertisement, give a brief summary of the ad, explain the ways the ad is trying to influence you, and give your reaction to the ad.

1. Summary \_\_\_\_\_

\_\_\_\_\_

How ad tries to influence you \_\_\_\_\_

\_\_\_\_\_

Reaction \_\_\_\_\_

\_\_\_\_\_

2. Summary \_\_\_\_\_

\_\_\_\_\_

How ad tries to influence you \_\_\_\_\_

\_\_\_\_\_

Reaction \_\_\_\_\_

\_\_\_\_\_

3. Summary \_\_\_\_\_

\_\_\_\_\_

How ad tries to influence you \_\_\_\_\_

\_\_\_\_\_

Reaction \_\_\_\_\_

\_\_\_\_\_