Workbook Preview

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Grade 4 – Health Unit

Substance Use, Addictions, and Related Behaviours

	Curriculum Expectations	Pages
D1.4	Identify substances (e.g., nicotine, carbon monoxide, tar) found in tobacco* and vaping products (e.g., cigarettes, e-cigarettes, cigars, pipe tobacco, chewing tobacco, snuff) and smoke, and describe their effects on health	6-35
D2.3	assertiveness, and refusal skills, considering alternative coping strategies for stressful situations; thinking in advance about values, cultural beliefs, and personal choices; identifying the pros and cons of both making a change and not making a change; being aware of peer pressure; avoiding situations where people will be smoking or vaping; using conversational strategies, such as saying no strongly and clearly, giving reasons, changing the topic, making a joke, asking a question)	36-71
D3.2	Describe the short- and long-term effects of first- and second-hand smoke on smokers and on people around them, and the effects of vaping	72-90

Preview of 70 pages from this product that contains 129 pages total.

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Substance Use, Addictions, and Related Behaviours

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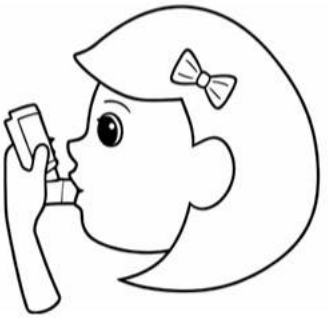
What are the Smoking Health Risks?

What Are the Health Risks of Smoking?

Smoking is a habit that is one of the worst things we can do to our health. Smoking is one of the leading causes of preventable deaths and diseases.

Some of the health risks of smoking are:

- **Increa[illegible]isk of cancer**: Smoking is the leading cause of lung cancer, and it also increa[illegible]isk of cancers of the mouth, throat, esophagus, pancreas, bladder, k[illegible], a[illegible]d and bone marrow.
- **Resp[illegible]atory p[illegible]** moking can cause lung disease (COPD), wh[illegible]es chr[illegible]nchitis and emphysema. It can also aggra[illegible]ast[illegible] wheezing, coughing, and shortness of brea[illegible]



- **Cardiovascular diseases**: Sm[illegible]king [illegible]t and blood vessels, increasing the risk of heart attack and stroke.
- **Reproductive problems**: Smoking can affe[illegible]ity in [illegible]and women, and increase the risk of miscarriage, premature bi[illegible], a[illegible]irth weight in the babies of pregnant women who smoke.
- **Damage to organs**: Smoking can damage the lungs, liver, kidneys, and digestive system leading to ulcers.
- **Poor wound healing**: Smoking weakens the immune system, which can slow down healing and increase the risk of infections.
- **Premature aging**: Smoking can cause premature skin aging, wrinkles, and skin discoloration.



Overall, smoking is not good for your health, and it is important to avoid it. If you have any questions or concerns about smoking, it is a good idea to talk to a trusted adult or healthcare provider.

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D1.4

True or False Is the statement true or false?

1) Very few people get an illness from smoking.	True	False
2) Smoking can have a negative effect on your heart, lungs and liver.	True	False
3) It is alright to smoke if it makes you feel calm.	True	False
4) Smoking has a negative effect on our health and appearance.	True	False
5) Smoking causes you to heal more slowly.	True	False

Question What are some of the respiratory problems caused by smoking?

Matching Draw a line to match each smoking effect with the correct part or health problem.

1. Trouble breathing	❑	❑	Heart
2. Faster heartbeat	❑	❑	Lungs
3. Yellow teeth and bad breath	❑	❑	Immune system
4. Getting sick more often	❑	❑	Mouth
5. Feeling tired easily	❑	❑	Energy level

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Tobacco

Tobacco

Cigarettes, pipe tobacco, and chewing tobacco all contain thousands of chemicals that are dangerous to our health. Here are some of the substances and what they can do:

1) Nicotine: This is the addictive substance in tobacco. It makes you want to keep using tobacco even when you know it is bad for you. Nicotine can also raise your heart rate and blood pressure.
2) Tar: This is a sticky substance that can coat the inside of your lungs and make it harder to breathe. It can also cause cancer.
3) Carbon monoxide: This is a poisonous gas that can reduce the amount of oxygen in your body. It can make you feel tired and dizzy, and it can be very dangerous to breathe in too much of it.
4) Formaldehyde: This is a chemical used to preserve dead bodies. It can cause cancer and other health problems.
5) Benzene: This is a chemical that can cause cancer and other health problems.
6) Lead: This is a toxic metal that can damage your brain and other organs.
7) Ammonia: This is a chemical that can make tobacco taste smoother, but it can also irritate your throat and lungs.





All of these substances can be harmful to your health, especially if you use tobacco for a long time. That is why it is important to stay away from tobacco products and to never start using them.

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True or False

Is the statement true or false?

1) Tobacco contains lots of harmful substances.	True	False
2) The nicotine found is cigarettes and vaping products is addictive.	True	False
3) Cigarettes contain lead and ammonia.	True	False
4) Smoking is a harmless, relaxing habit.	True	False
5) Some ingredients in tobacco products cause cancer.	True	False

Direct

on the statements that show the dangers of smoking.

❑ Causes br problems	❑ M eth h	❑ Harms unborn babies	❑ Can lead to cancer
❑ Makes the heart stronger	ves alt	❑ Damages the gs	❑ Can trigger asthma attacks
❑ Helps you live longer	❑ Raises bl pressure	❑ C tion	❑ Makes you more athletic

Questions

Answer the questions below using e rom t .

1) Why do you think nicotine is the chemical in tobacco product bout the most?

_____

_____

_____

2) What is the ingredient in cigarettes that causes brain damage?

_____

_____

_____

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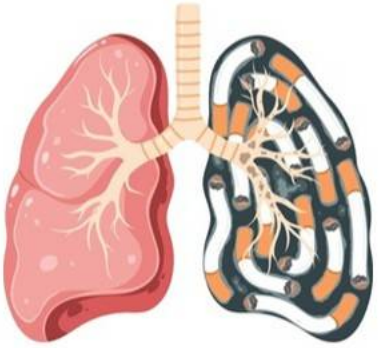
Activity - Healthy vs. Smoker's Lungs

Objective What are we learning more about?

Students will compare healthy lungs and smoker's lungs to understand how tobacco use affects the respiratory system.

Materials What do we need for our activity?

1) Pr ed wor
2) Crayons, penci arkers
3) Pencil



Method How do we mple t?

1) Look carefully at the picture of the lung
2) Notice the difference between Non-Smoker's a d Sm Lungs.
3) Colour the Non-Smoker's Lungs to show healthy lungs.
4) On the Smoker's Lungs, draw the effects of smoking (such as dark spots or damage).
5) Colour the smoker's lungs to make them look unhealthy.
6) Keep your work neat and within the lines.
7) Be ready to explain how smoking affects the lungs.

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Healthy vs. Smoker's Lungs



Non- Smoker's Lungs

Smoker's Lungs

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Tar

Tar in Cigarettes

Tar is a sticky, brown substance that is found in cigarette smoke. When people smoke cigarettes, tar sticks to the inside of their lungs and causes many harmful effects. Here are some negative effects of tar in cigarettes:

- Lung damage: Tar builds up in the lungs and causes damage to the tiny air sacs, which makes it harder to breathe. This can cause a condition called emphysema.

- Cancer: Tar contains many harmful chemicals that can damage the DNA in the cells of a smoker's body. This can lead to the growth of cancerous cells in the lungs or other parts of the body.



- Bad breath: Smoking cigarettes can cause bad breath because the tar in cigarettes sticks to the teeth and gums.

- Yellow teeth and skin: The tar in cigarettes stains the teeth and skin, which can be difficult to remove.

- Heart disease: Tar in cigarettes can also increase the risk of developing heart disease, which can lead to heart attacks or stroke.

It is important for young people to know that smoking cigarettes, and the tar in cigarettes, can cause serious harm to their health. Avoiding smoking is the best way to protect their health and reduce the risk of these negative effects.

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D1.4

True or False

Is the statement true or false?

1) Smoking is not as harmful if you chew breath mints.	True	False
2) Tar in cigarettes can cause emphysema.	True	False
3) Tar in cigarettes sticks to the air sacs in your lungs.	True	False
4) The tar in cigarettes stains your skin and teeth.	True	False
5) Most pe[illegible]o not suffer any ill effects from smoking.	True	False

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M[illegible] Connec[illegible]ns

[illegible]ou think some young people start to smoke when they know [illegible]smoking puts many harmful chemicals into their body?

Draw

Draw and label 3 harmful effects of tar[illegible]ttes.

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Scenarios Circle if the action is Harmful or Not Harmful.

#	Scenario Description	Harmful	Not Harmful
1	Tar builds up inside the lungs.	Harmful	Not Harmful
2	Smoking reduces physical stamina.	Harmful	Not Harmful
3	Smoking causes yellow teeth and stains.	Harmful	Not Harmful
4	Av garettes protects your body.	Harmful	Not Harmful
5	y air sacs in the lungs.	Harmful	Not Harmful
6	Breathi ake harder to breathe.	Harmful	Not Harmful
7	Staying sm ree l isk of disease.	Harmful	Not Harmful
8	Tar can cause bad	Harmful	Not Harmful
9	Healthy lungs make breathing	Harmful	Not Harmful
10	Tar increases the risk of heart disease.	rmful	Not Harmful
11	Smoking can lead to cancer.		Not Harmful
12	Exercising helps keep your lungs strong.	Harm	Not Harmful
13	Tar contains harmful chemicals.	Ha	mful
14	Choosing not to smoke protects your health	Harmful	Not Harmful
15	Tar can damage the DNA in body cells.	Harmful	Not Harmful
16	Drinking water helps your body stay healthy.	Harmful	Not Harmful
17	Smoking causes lung damage.	Harmful	Not Harmful
18	Fresh air supports lung health.	Harmful	Not Harmful
19	Tar buildup can lead to serious illness.	Harmful	Not Harmful
20	Avoiding second-hand smoke is safer.	Harmful	Not Harmful

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D1.4

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class,

Name: _____

Colour the effects caused by tar in cigarettes.

Yellow teeth	Bad breath
Lung damage	Heart disease
Good stamina	Fresh air
Cancer risk	Healthy lungs
Clean tongue	Strong muscles

Name: _____

Colour the effects caused by tar in cigarettes.

Yellow teeth	Bad breath
Lung damage	Heart disease
Good stamina	Fresh air
Cancer risk	Healthy lungs
Clean tongue	Strong muscles

Name: _____

Colour the effects caused by tar in cigarettes.

Yellow teeth	Bad breath
Lung damage	Heart disease
Good stamina	Fresh air
Cancer risk	Healthy lungs
Clean tongue	Strong muscles

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Nicotine

Nicotine

Nicotine is present in all tobacco products. Nicotine is the chemical in tobacco that causes addiction. Kids and teens are especially susceptible to the harmful effects of nicotine because their brain is still developing into early adulthood. The developing brain may be mo[illegible]nsitive to the addictive effects of nicotine compared to adults.

Here are [illegible]f using products with nicotine:

1) **[illegible]**: Nico[illegible]highly addictive substance, which means that using products that contain[illegible] le[illegible] addiction. This can make it difficult to stop using these produ[illegible] when [illegible] wants to stop.
2) **Brain developmen[illegible]** h[illegible] s[illegible]loping during childhood and adolescence. Nicotine can have a neg[illegible]act[illegible]lopment. Using products with nicotine can affect learning, attenti[illegible]emo[illegible]d can even change the way the brain develops.
3) **Health problems**: Using products that cont[illegible]otine [illegible]many health problems, such as lung disease, heart disease, [illegible]d [illegible]hese [illegible] problems can be very serious and even life-threatening.
4) **Bad breath and yellow teeth**: Using products that contain nicotine can cause bad breath and yellow teeth, which can be difficult to remove.
5) **Social and financial problems**: Using products that contain nicotine can also cause social and financial problems, such as difficulty making friends, problems at school or work where smoking is not allowed. The high cost of tobacco products can lead to financial stress.



It is important for young people to know that using products with nicotine can have serious negative effects on their health and well-being. It is best to avoid using these products altogether and to seek help if someone is struggling with nicotine addiction.

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D1.4

True or False Is the statement true or false?

1) Nicotine in tobacco products that causes addiction.	True	False
2) Nicotine is not as harmful for kids as it is for adults.	True	False
3) Using tobacco products can cause life threatening diseases.	True	False
4) It is easy to stop using tobacco products once you start.	True	False
5) Using to[illegible]co only causes damage to your lungs.	True	False

Connecti[illegible] [illegible]t important for young people to not use tobacco products?

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Direction Write ST if the effect is short-term or LT i[illegible]m.

1) Dizziness		7) Lung damage	
2) Cancer		8) Bad breath	
3) Heart disease		9) Yellow teeth	
4) Coughing		10) High blood pressure	
5) Stroke		11) Nausea	
6) Shortness of breath		12) Emphysema	

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Nicotine Addiction

What is Addiction?

An addiction is when a person relies on a drug, chemical, alcohol or on a behaviour, such as gambling, even though they may be causing harm to themselves and others. Addiction is a disease that impacts the way the brain works.



Why Do People Get Addicted To Nicotine?

Nicotine is a chemical found in tobacco products. When a person uses tobacco, the nicotine enters their blood and travels to the brain causing a chemical called dopamine to be released. Dopamine makes the person feel good or even happy.

Although you may feel good because of the dopamine, using tobacco can make you sick and can cause cancer, heart disease, and other illnesses.

Over time, a person's brain and body can become used to the feeling of nicotine and starts to crave it. They need to use tobacco more often to feel good or normal. This is how addiction happens - when someone's brain and body become dependent on nicotine, and they find it hard to stop using tobacco, even when they want to.

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Withdrawal

When a person quits smoking, they go through something called withdrawal because their body is used to having nicotine, and they must adjust to not having it. Withdrawal symptoms can feel bad, but they are a sign that the body is working to heal itself. Some common withdrawal symptoms when quitting smoking include:

- Feeling anxious, irritable, dizzy, lightheaded or sad
- Having trouble sleeping or feeling very tired
- Having headaches or feeling like you have a cold



These symptoms may last for a few days to a few weeks, but they will go away as the body adjusts to not having nicotine. Nicotine addiction can happen to anyone who uses tobacco products, even if they only use it occasionally. That is why it is best to avoid tobacco products altogether.

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True or False

Is the statement true or false?

1) Addiction is a disease that makes people keep doing things when they want to stop.	True	False
2) Dopamine causes addiction.	True	False
3) Dopamine is a chemical our bodies release, that makes us feel good.	True	False
4) Withdra[illegible]the time people take between cigarettes.	True	False
5) Dizzine[illegible]m of withdrawal.	True	False

PREVIEW

Connecting

W[illegible]nk[illegible]t so hard to quit smoking or vaping after you start?

Questions

Answer the questions below using evi[illegible]ro[illegible]

1) Why do people get addicted to tobacco?

2) What is nicotine withdrawal?

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Curriculum Connection
D1.4

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class,

Name: _____

Does this show a risky behaviour?

1) Trying a cigarette because friends are doing it	Yes	No
2) Saying "no" when someone offers you a vape.	Yes	No
3) Using tobacco to deal with stress or emotions.	Yes	No
4) Learning about the dangers of nicotine before making choices.	Yes	No
5) Continuing to vape even after feeling dizzy or sick.	Yes	No

Name: _____

Does this show a risky behaviour?

1) Trying a cigarette because friends are doing it	Yes	No
2) Saying "no" when someone offers you a vape.	Yes	No
3) Using tobacco to deal with stress or emotions.	Yes	No
4) Learning about the dangers of nicotine before making choices.	Yes	No
5) Continuing to vape even after feeling dizzy or sick.	Yes	No

Name: _____

Does this show a risky behaviour?

1) Trying a cigarette because friends are doing it	Yes	No
2) Saying "no" when someone offers you a vape.	Yes	No
3) Using tobacco to deal with stress or emotions.	Yes	No
4) Learning about the dangers of nicotine before making choices.	Yes	No
5) Continuing to vape even after feeling dizzy or sick.	Yes	No

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D1.4

Problems Caused By Smoking

Health Problems Related to Smoking



Smoking can be harmful to your health in many ways including:

1) Lung Disease: Smoking can damage your lungs causing coughing and shortness of breath and making it harder for you to breathe.

2) Increased Illness: Smoking can increase your risk of getting illnesses like bronchitis, pneumonia, and the flu. It can also make you more likely to get certain types of cancer, like lung cancer.

3) Young people who smoke tobacco are more likely to try other drugs.

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Other Problem Caused By Smoking



1) Smoking can cause fires: Cigarettes can start fires

2) Smoking can make things smell bad: Smoke from cigarettes has a strong, unpleasant smell that can cling to people's clothes and hair.

3) Smoking is expensive: People who smoke must keep buying cigarettes to feed their habit. This makes it harder to afford other important things like food and clothing.

4) Bad breath and yellow teeth: Smoking can give you bad breath and yellow teeth. This can make it harder for you to make friends and feel confident around others.

5) Smoking can make people feel isolated: Some people do not like being around smoke, so smokers may have a harder time finding friends. This can make them feel lonely or left out. When young people smoke it often causes arguments with parents.

6) Harmful to others: Smoking is not just harmful to you, but to those around you as well. Secondhand smoke can cause health problems for those who do not smoke, especially children and pets.

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True or False

Is the statement true or false?

1) Smoking only causes health problems.	True	False
2) Smoking can cause you to be socially isolated.	True	False
3) Smoking can cause financial problems.	True	False
4) Smoking makes you more attractive.	True	False
5) Careles[illegible]moking can cause fires.	True	False

How S[illegible] the F[illegible]m?

[illegible]w severe each smoking-related problem is by writing a [illegible]om **1 (Not Very Serious) to 5 (Extremely Serious).**

Lung cancer		Yellow teeth	
Bad breath		[illegible]eathing problems	
Heart disease		[illegible]nd smoke	
Harm to unborn babies		Hous[illegible]	
Financial problems		A[illegible]on	

Questions

Answer the questions below using evid[illegible]m t[illegible]

1) What are the reasons that smoking can make you socially is[illegible]

_____

_____

_____

2) What are the ways that choosing to smoke harms others?

_____

_____

_____

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D1.4

Big- Small Problems Caused By Smoking

Objective What are we learning about?

Students will identify and describe both major and minor problems caused by smoking and understand how these issues affect a person's health and daily life.

Materials What do you need for the activity?

- Worksheet: Big and Small Problems Caused by Smoking
- Pencil
- Crayons or coloured pencils (optional)



Instructions How will you complete the activity?

1. Look at the circles around the picture.
2. Think about the different problems smoking can cause.
3. Write or draw big problems (serious health effects) in the larger circles.
4. Write or draw small problems (less serious but still harmful effects) in the smaller circles.
5. Use words or simple illustrations to show your ideas.
6. Colour your drawings if time allows.
7. Be ready to share one big problem and one small problem with the class.

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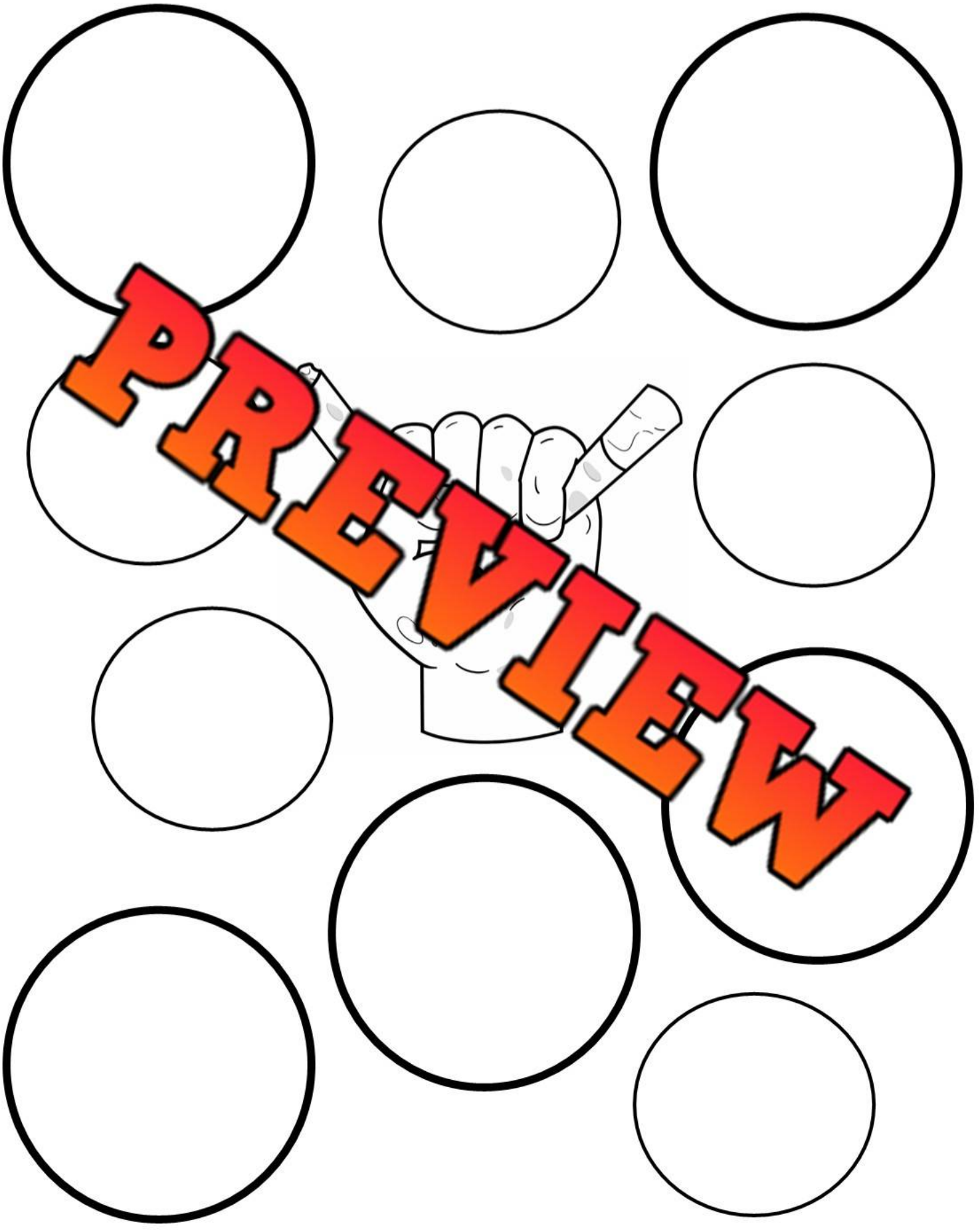

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D1.4

Why Do People Smoke?

Why Do Young People Start Smoking?

Most young people do not smoke. The reasons some kids start smoking, include:

- Peer pressure: Young people may start smoking to fit in with their friends or to be part of a social group. Seeing their friends smoke can make it seem more acceptable. Youth who have family members or friends who smoke are more likely to try smoking.



- Experimentation: Young people may try smoking out of curiosity, or to rebel against authority figures.
- Stress and anxiety: Young people may turn to smoking as a way to cope with stress, anxiety, or other emotional issues.
- Media influence: Tobacco companies have a long history of using advertising and product placement in movies and television to appeal to young people.
- Addiction: Nicotine is a highly addictive substance, and young people may become addicted to smoking after just a few cigarettes.
- Lack of awareness: Some young people may not fully understand the health risks associated with smoking or may believe that they can quit easily if they want to.



Smoking is a complex behavior. There are many factors that can contribute to why a young person may start smoking. Preventing young people from starting to smoke in the first place is important for protecting their health and well-being. This can be accomplished through education about the risks of smoking, strong tobacco control policies, and efforts to reduce the influence of the tobacco industry.

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True or False

Is the statement true or false?

1) Some young people start smoking because of peer pressure.	True	False
2) Smoking a few cigarettes will not lead to addiction.	True	False
3) The media can lead youth to start smoking.	True	False
4) Smoking is a serious health threat.	True	False
5) Education related to the health risks of smoking can help keep youth from starti[illegible]smoke.	True	False

Maki[illegible] Connections

[illegible]cement is a type of advertising where companies pay TV sho[illegible]s or video games to show their product being used by so[illegible]e s[illegible]w or game. Can you think of any media you have s[illegible]a[illegible] with [illegible]e smoking? What was it?

Questions

Answer the questions below using evi[illegible]fro[illegible]

1) What are three reasons youth have for starting to smoke?

2) What are some things that can be done to prevent youth from smoking?

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D1.4

Smoking Prevention Program Match-Up

Instruction Given some reasons why young people start smoking, think about programs, supports, or strategies that could help prevent or reduce smoking. Write your ideas in the space provided.



Peer Pressure



...s and Anxiety



Lack of Awareness

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D1.4

Instruction	Given some reasons why young people start smoking, think about programs, supports, or strategies that could help prevent or reduce smoking. Write your ideas in the space provided.



Media Influence



...ty / Experimentation



Addiction Risk

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D2.3

Influences Affecting Tobacco Use

Social Influences That Affect Tobacco Use

What are some of the things that influence the choices you make? For most of us, family, friends, teachers and the media all affect our choices. Being aware of how you are influenced can help you make better choices.



Media

It is com vision shows and movies where the chara smoke. racters often look strong, cool or more sophis se t smoke. These images give youth the wr a abo They do not show the negative consequen ing, w clude health issues, bad breath, ye n a d hair that smell like stale smoke.

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Peer Pressure

Some teens are influenced to smoke or vape to fit in w r friends are many negative consequences of underage use of tobacco product ns v ne often get into trouble because they become addicted to nicotine qui nst the law for them to buy tobacco products and they cannot afford the cost gular smoking.

This can lead to youth making poor decisions to get cigarettes or vaping products. You can be the positive peer pressure your friends need, so they avoid:

- Getting into trouble with police and parents
- Getting sick
- Getting addicted
- Losing friends who do not want to be around smoking or vaping.
- Losing interest in physical activity because of shortness of breath

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D2.3

True or False

Is the statement true or false?

1) Our friends influence our choices	True	False
2) The media is always a positive influence	True	False
3) Media sometimes shows activities without negative consequences.	True	False
4) Smoking is a great way to relieve stress	True	False
5) If your f[illegible]nd family smoke, you are more likely to smoke	True	False

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Connect[illegible]

Ad[illegible]obacco products is against the law in Canada. Where do v[illegible]kin[illegible]nd vaping?

Direction

Draw or describe 3 influences that m[illegible]e so[illegible] to smoke or vape and write one way they can make a [illegible]hoic[illegible]ead

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Curriculum Connection
D2.3

Activity – Tobacco Influence Role Play

Objective

What are we learning about?

Help students understand how social influences such as media and peer pressure can affect decisions about tobacco use, and encourage them to practise making h[illegible] responsible choices.



Materi[illegible]

What do you need for the activity?

- Scenario c[illegible]owing s[illegible]s involving peer pressure or media influence
- Pencil and pape[illegible]
- Simple props (optiona[illegible] ba[illegible]e advertisement, etc.)
- Space in the classroom for role-[illegible]

Instructions

How will you complete the a[illegible]?

1. Explain that people can be influenced by friend[illegible] and [illegible]s when making choices about smoking or vaping.
2. Read and discuss examples of tobacco influences (peer pr[illegible]su[illegible] advertisements, wanting to fit in).
3. Divide the class into small groups and give each group a scenario card.
4. Ask each group to discuss what influence is shown, how it could affect someone's decision, and what a healthy choice would be.
5. Let groups act out their scenario, showing both the negative influence and a positive way to respond.
6. After each role play, discuss as a class how students can resist pressure and make safe, healthy decisions.

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Curriculum Connection
D2.3

Scenario Cards | Cut out the topics below.

Scenario	Key Moments/Descriptions
Peer Pressure to Try Smoking	You are with friends after school when someone offers a cigarette and says, "Everyone is trying it." Some students encourage you, so you won't feel left out. You notice the pressure and think about what choice you should make.
Seeing Smoking in Movies	…le watching a movie, the main character smokes and …ks c…ident and cool. Some classmates say it makes smoki… harmless. You notice this message and think a… whether … the real consequences.
Social Media Influence	You see posts … show… …ns vaping and having fun. The posts do not mentio… hea… …ks. Some students say it must be safe if … peo… …e … it. You consider how media can influence de…
Wanting to Fit In	A new group of friends smokes during b… …vite you to join them so you can be part of the gr… You feel unsure but want to belong. Think about what a healthy decision would be.
Family Member Who Smokes	Someone at home smokes regularly. You wonder if it is normal or acceptable because an adult is doing it. You think about how family behaviours can influence choices.

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Scenario Cards Cut out the topics below.

Scenario	Key Moments/Descriptions
Misleading Advertisement	You notice an advertisement that makes vaping look modern and safe. It highlights flavours but does not talk about addiction. You question whether the advertisement tells the whole story.
Stress and C[illegible]	[illegible]udent says they want to try smoking because they feel [illegible]ss[illegible]nd think it will help them relax. You hear this and consi[illegible]er ways to handle stress.
Friend Regrets Smoking	A friend who [illegible]d vapi[illegible]ins about feeling short of breath during spor[illegible]finds[illegible]stop. You think about how addiction can [illegible]r[illegible]and[illegible]es.
Curiosity to Try	Some classmates talk about trying a cigar[illegible]ett[illegible]once" to see what it feels like. They say it will not cause harm. You reflect on how one choice can lead to bigger consequences.
Being a Positive Influence	You notice a friend being pressured to smoke. You have the chance to support them and suggest walking away or choosing a healthier activity. Think about how you can be a positive influence.

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Smoke – Free Ontario Act

Why Are There Laws Governing Smoking And Vaping

In Ontario tobacco is the leading cause of preventable death and disease. Every year, in Ontario, it costs over 2 billion dollars to treat and care for people with health problems related to smoking. People who use tobacco are more likely than those who [illegible]nt, to have a hospital stay and to stay in hospital longer.

PREVIEW



Laws [illegible]ntario R[illegible] Smoking and Vaping

In Ontario, the [illegible] **O[illegible]io Act** regulates smoking and vap[illegible]tobac[illegible]nic cigarettes and cannabis to protect [illegible]le in [illegible], especially youth, from the h[illegible]f s[illegible]n, vaping, including harm from second-[illegible]moke and/or third-hand smoke.

What Does the Smoke-Free Ontario Act Say?

The Smoke-Free Ontario Act says it is against the law to:

- Sell tobacco or electronic cigarettes to anyone less than 1[illegible]
- Display tobacco products anywhere where tobacco is sold
- Smoke or vape in enclosed public places, workplaces, and workplace vehicles
- Smoke or vape within 9 meters of an entrance to a long-term care facility
- Smoke tobacco or vape in a motor vehicle when a person less than 16 years of age is present
- Smoke or vape in prohibited places and on school properties
- Smoke or vape on hospital property or recreational facilities



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True or False

Is the statement true or false?

1) The Smoke-Free Ontario Act is a law governing air pollution.	True	False
2) The Smoke-Free Ontario Act says you have to be 18 to buy cigarettes.	True	False
3) The Smoke-Free Ontario Act was passed because smoking is a health risk and costs the province over 2 billion dollars a year.	True	False
4) The Smoke-Free Ontario Act also regulates vaping.	True	False
5) Second-hand smoke is also a health risk.	True	False

Make Connections

Do you think it is a good idea to ban smoking on hospital grounds and recreational facilities? Why or Why not?

Multiple Choice

Circle the letter of the correct answer.

1) Why are smoking laws important?	
A. To protect people's health	B. To encourage smoking
2) What is the legal age to buy tobacco in Ontario?	
A. 19 years old	B. 16 years old
3) Is smoking allowed in enclosed public places?	
A. Yes	B. No
4) Who does the Smoke-Free Ontario Act especially protect?	
A. Youth	B. Tobacco companies
5) Must smoking be at least 9 meters from entrances?	
A. . Yes	B. No

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Activity – Smoke-Free Campaign Poster

Objective What are we learning about?

Help students understand the importance of smoke-free laws and encourage them to promo lthy, tobacco-free choices through a creative campaign poster.

Mater Wh ou need for the activity?

- Worksheet o aper
- Pencil
- Crayons, markers, or col nci
- Ruler (optional)



Instructions How will you complete the a ?

1. Review the Smoke-Free Ontario Act and discuss wh oki laws are important.
2. Think of a strong message that encourages people to stay smok ee.
3. In the box, design a campaign poster that shows the dangers of smoking or the benefits of living tobacco-free.
4. Add a short slogan (example: "Choose Health, Not Smoke!").
5. Include images or symbols that support your message.
6. Make your poster neat, clear, and eye-catching.
7. Be ready to share your poster and explain your message to the class.

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Campaign Ideas | Cut out the topics below.

Dangers of Smoking	Clean Air for Everyone
Benefits of Being Smoke-Free	Youth and Tobacco Risks
ur Lungs	Respecting Smoke-Free Spaces
Say No Pres	Helping Others Quit
Healthy Lifestyle C s	ositive Coping Strategies
Effects of Nicotine	dia on Smoking
Second-Hand Smoke Risks	Choosing ealt
Keeping Friends Smoke-Free	Smoke-Free Schools
Protecting Your Heart	Your Future Without Smoking
Saving Money by Not Smoking	Making Smart Choices

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Smoke-Free Campaign Poster



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Peer Pressure

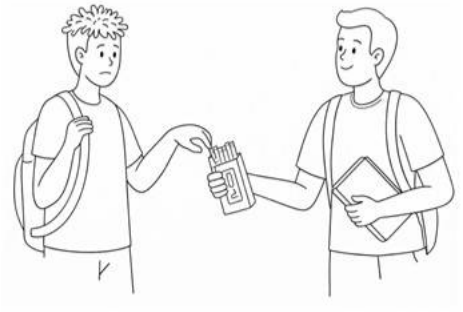
What is Peer Pressure?

Peer pressure is the feeling that you must do the same thing as people who are your peers, so that they will like and include you in their group. Peer pressure can be negative or positive.

An example of positive peer pressure is when you have friends who want to do well in school, [illegible]ays study for tests and have their homework done. In order to fit in, you may f[illegible] harder, and make sure you have your homework done, so you will fit [illegible]th your [illegible]ou can create positive peer pressure by always doing what you know is ri[illegible]

Negative Peer Pressure

Negative peer pressure is whe[illegible] feel [illegible] something you know does not feel right, either because it is dangerous or [illegible]ging t[illegible]elf or others. Examples of negative peer pressure are, pressure to:



- Bully others
- Try cigarettes or vap[illegible]
- Skip school
- Steal
- Try alcohol



How to Avoid Peer Pressure

1) Know what is right. Respect your family values and do the right thing. Pay attention to what your gut is telling you, and trust your feelings by saying no.
2) Be selective about your friendships. Choose friends with shared values.
3) Be confident in yourself. When you say no, mean it.
4) Plan ahead. Think about what you will say and do, if you are being pressured.
5) Get support from a trusted adult.

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Think Is the scenario an example of positive or negative peer pressure?

1) Julia will only be project partners with Hanna if she works hard.	Positive	Negative
2) Dan tells Ben to take a chocolate bar from a store without paying.	Positive	Negative
3) Curtis tells Josh to pull up someone's flowers from their garden.	Positive	Negative
4) Tom hands Sam a device and says, "Try it. Vaping is cool."	Positive	Negative
5) Ken says he can play on his basketball team if he trains with him.	Positive	Negative
6) Mya tells Sophia she has to smoke to hang out with them.	Positive	Negative
7) Jack wants to hang with Spencer and his friends but they only eat healthy food.	Positive	Negative
8) Emma always plays video games after her friends prefer to play outdoors, so she does not play video games much anymore.	Positive	Negative
9) Lyla usually goes to bed at 8:00 pm but tonight she will always stay out until 9:00 pm.	Positive	Negative
10) Dane loves to study but his friends tell him he should play video games instead.	Positive	Negative

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Questions Answer the questions below.

1) Why is it so important to hang around with the right friends? How can friends change your life for the worse?

_____

_____

_____

2) Give examples of times when you have felt positive and negative peer pressure.

_____

_____

_____

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Activity - Peer Pressure Sharing Circle

Objective What are we learning about?

To help students understand peer pressure, recognize positive and negative influences, and practice making safe and responsible choices.

Materials What will you need for the activity?

- Open space large enough for students to sit in a circle
- Scenario cards about peer pressure situations
- Chart paper or whiteboard
- Markers or pencils



Instructions How will you complete the activity?

1. Arrange students in a circle and explain the purpose of the activity: to understand peer pressure and how it affects choices.
2. Introduce the idea of positive vs. negative peer pressure with simple examples.
3. Present a scenario (e.g., being pressured to try cigarettes, skip school, or bully someone).
4. Ask students to share what they would do and how they could respond safely and confidently.
5. Encourage active listening by having students briefly restate a classmate's idea before sharing their own.
6. End with a class reflection on how saying "no," choosing supportive friends, and asking for help can prevent negative peer pressure.

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Scenarios | Cut out the scenarios below

Your friends are playing an online game and start making fun of another player in the chat. They tell you to join in so you don't seem "boring."
You are at a birthday party and your friends want to play a prank on another guest by hiding their shoes. They say it will be funny and want you to help.
At recess, your friends want to leave one student out of a game because they say the student is not good at it. They tell you not to invite them.
A friend wants to copy your homework before school starts and says they will be upset if you don't. You want to help but also know it may not be fair.
Your friends are starting a rumour about someone in your class in a group chat after school and want you to add something so you're part of the conversation.
You are at a friend's house and they start taking extra snacks without asking because "their parents won't notice." They ask if you want to do the same.
Your friends want to play a rough game at the park that you think might lead to someone getting hurt. They say you're no fun if you don't join.
You are riding bikes with friends and they want to go somewhere you know they are not allowed to go. They tell you it will be exciting and ask you to come.
Your friends want to send a silly but slightly mean message to someone from your class using a shared device. They ask you to press send.
A friend asks you to keep a secret from an adult about something that could get someone in trouble. They say if you tell, they won't trust you anymore.
Your team in a game wants to change the rules so you can win more easily. They say it doesn't matter because it's just for fun.
You see a classmate drop money on the ground after school. Your friend suggests keeping it instead of returning it and asks if you agree.

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D2.3

Refusal Skills

Overcoming Peer Pressure

Peer pressure is very common between the ages of 12 and 19 years of age. Youth give in to peer pressure because they want to fit in, they want to be liked or they worry they will be bullied if they do not go along with their peers. Some youth give in to peer pressure because they are curious about the activity they are being pressured to do, even w[illegible]y feel that the activity is wrong.

It is [illegible]rcome peer pressure, so it helps to be prepared for s[illegible] feel pressure. We can all practice refusal skills s[illegible]nd will not give in to peer pressure.



Refusal Skills

Refusal skills are things [illegible]n say [illegible] they will not be swayed by peer pressure. Refu[illegible]kills [illegible]on avoid risky behaviours. If you are dealing wit[illegible]pressu[illegible]an:

1) Say, "No thanks."
2) Give a reason not to do it that gets you away [illegible] the [illegible]s. "I have to go home." or blame your parents, say "I'll be grou[illegible]fe if I [illegible]."
3) Walk away. You do not need to stay and listen to someo[illegible]ying [illegible] to do something that is not right for you. Say no and walk away.
4) Change the subject. You can say, "Let's go play video games instead." [illegible]et's get a snack. I'm hungry."
5) Use humour. You can say, "I need all my brain cells." or "No thanks, that stuff will stunt my growth and give me yellow teeth."
6) Be a broken record, keep saying no until you can think of another way to get away.
7) Cold shoulder or ignore. Turn away and talk to someone else as if you have not heard the suggestion.
8) Avoid going to places at times when you know there will be peer pressure.
9) Surround yourself with friends who make good choices.

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True or False

Is the statement true or false?

1) If you are being pressured by peers there is nothing you can do.	True	False
2) If you want to keep your friends you should give in to peer pressure.	True	False
3) When a situation is making you uncomfortable you should walk away.	True	False
4) We should practice refusal skills to avoid giving in to peer pressure.	True	False
5) It is a go to blame your parents for you not doing something risky.	True	False

Thi eer pressure situations

1)	
2)	
3)	

Questions

For each of the 3 situations ab se sal skill.

1)	
2)	
3)	

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Practicing Refusal Skills

It's unfortunate, but at some point, in your life, you will be asked to do something you do not want to do. Today, you will practice saying no, using 5 different strategies. You will:

- Make a joke saying no – "I'd rather drink pond water than drink that poison"
- Give a reason why it is a bad idea – "No thanks, my brain is still developing"
- Make an excuse for why you can't – "I can't because I have hockey tonight"
- Sugge[illegible]fferent activity – "Why don't we play basketball instead"
- Say [illegible] – "No and don't ask me again!"



Practi[illegible]rent refusal options to say no.

You're at a friend[illegible] and t[illegible] are gone. They decide to get a beer out of the fridge and they ask yo[illegible]you[illegible]

Make a joke	
Give a reason	
Make an excuse	
Suggest a different activity	
Say no assertively	

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Practicing Refusal Skills

Practice | Use different refusal options to say no



While you are at the park, your friend pulls out a cigarette. They want you to try it.	
Make a joke	
Give a reason	
Make an excuse	
Suggest a different activity	
Say no assertively	

A friend at school has a vape pen. They hand it to you at	
Make a joke	
Give a reason	
Make an excuse	
Suggest a different activity	
Say no assertively	

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Assertiveness

What If Someone Is Not Listening When YOU Say NO?

When you are in a situation when you need your refusal skills, you may run into someone who as the saying goes "Won't take no for an answer." This does not mean that it is a time for you to give in. This is a time when you need to be assertive.

Assertiven

Assertiv f communicating in which we express our feelings, thoughts, and n a cle pectful manner. When we are assertive, we are able to stand up for o co icate our boundaries effectively.

For ex , if s thering you, you can tell them politely but firmly to stop, or if you n with s g, you can ask for it in a clear and respectful way.



When you are assertive, you:

- Can speak up for someone else.
- Can ask for what you want.
- Can offer suggestions and ideas.
- Can say no and not feel guilty.
- Can disagree respectfully, without name calling or insulting t n.

Assertiveness and Refusal Skills

Refusal skills are a specific type of assertiveness that helps you say no to things you do not want to do or that are not good for you. For example, if someone offers you cigarettes or alcohol, you can use refusal skills to say no in a way that is assertive, clear, and respectful.

Learning to be assertive and to use refusal skills can help you have healthier relationships, avoid dangerous situations, and build self-confidence. It is an important skill to learn, and with practice, you can get better at it.

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D2.3

True or False

Is the statement true or false?

1) Assertive people say yes all the time.	True	False
2) Assertive people have opinions that they do not state clearly.	True	False
3) Assertive people give in to peer pressure.	True	False
4) Assertive people are respectful.	True	False
5) Being as ve shows you have confidence.	True	False

Conne

aracters from movies, books or television shows that are
asse e the character and explain why they are assertive.

Character	Source

PREVIEW

Questions

Answer the questions below using evi fro

1) How do you disagree respectfully?

_____

_____

_____

2) How do you think being assertive relates to using refusal skills?

_____

_____

_____

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Activity - Refusal Skills Role Play

Refusal Skills Role Play
Role-playing activities can be an effective way to help students practice refusal skills.

Refusal Skills: Refusal skills are different ways students can say no when they are being pressured or urged to do something they do not want to do.

PREVIEW

Materia
- Role Play Skills ca
- Pencils and



Procedure:
1. Divide the class into pairs or sm ps of students.
2. Distribute the sheets with scenarios an s. Cut sheet into 9 playing cards.
3. Read the refusal skills and the scenario cards. Mat refusal skill that would work with a scenario.
4. Have each group choose a scenario to act out. One student should be the "peer" trying to pressure the other student to do something they do not want to do, and the other student is the one practicing their refusal skills.
5. Take some time to rehearse their role-plays giving each student a chance to be the students needing to use a refusal skill.
6. Ask each group to present their role-play in front of the class.





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Discussion | Discuss the questions below

1. After each presentation, the presenters should ask which refusal skills the student used in the scenario.
2. Have the class discuss the effectiveness of each student's refusal skills and give feedback.

Follow-Up | Answer the questions below

1) What [illegible] examples of situations where you might need to use refusal skills?

2) What are some ways you ca[illegible]ay n[illegible]nfidently?

3) What are some alternative activities you can suggest if [illegible]u to do something you don't want to do?

4) How can you use refusal skills to take care of yourself and make good decisions?

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D2.3

Refusal Skills

Avoid going to places at times when you know [illegible] will be pee[illegible]re.	Cold shoulder or ignore. Turn away and talk to someone else as if you have not heard the suggestion.	Surround yourself with friends who make good choices.
Change the subject. You can say, "Let's go play video games instead." or "Let's get a snack. I'm hungry."	[illegible]mour. Yo[illegible] nee[illegible]r[illegible] s." or "No thanks, [illegible]tuff will stunt my g[illegible] and give me yello[illegible] teeth."	Be a broken record, keep saying no until you can think of [illegible]her way to get [illegible]ay.
Say, "No thanks."	Give a reason not to do it that gets you away from the situation such as. "I have to go home." or blame your parents, say "I'll be grounded for life if I do that."	Walk away. You do not need to stay and listen to someone trying to convince you to do something that is not right for you. Say no and walk away.

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Refusal Skills Scenario

Your friend asks if they can co[illegible]rom your te[illegible]r.	Your friend asks you to steal some beer from your house to bring to a classmate's birthday party.	Your friends are going to try vaping for the first time. They say you are a baby if you do not try it too. They tell you to meet them in the park after school.
A group of kids are going to the corner store. You know they will shop lift candy. They want you to distract the clerk by buying something.	A pers[illegible] have a sh[illegible]ey ha[illegible]k c[illegible] cigar[illegible]s they[illegible] from home. Th[illegible]ant you to go to t[illegible]ark with them to try smoking.	A group of popular classmates is excluding and bullying new student. They [illegible]ou to join their gr[illegible]d bully the new [illegible]dent too.
Your friends are getting together to watch a movie that your parents have told you is inappropriate for your age. Your friends tell you to come anyway and lie to your parents about which movie you watched.	The cool kids at school say only ripped jeans are cool so you need to rip your new jeans to fit in. You like your new jeans the way they are, but you want to fit in.	Your new neighbour who is kind of cute invites you over and offers you a puff on a cigarette.

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D2.3

Tobacco Use in First Nations and Métis Culture

Tobacco and First Nations and Metis Culture

The traditional use of tobacco in First Nations and Métis cultures is very different from the recreational use of commercially produced tobacco. When used traditionally, tobacco is grown and prepared by hand, without additives, and is considered a gift from the creator.

Why Is Tob ed in First Nations and Metis Culture?

Tobacco raditionally in First Nations and Métis cultures for centuries. In these es, tob sidered a sacred and spiritual plant that is used in ceremonies an with pirit world. Tobacco is one of 4 sacred medicines, also including, ce e, an

How Is Tobacco Used in First and e

Tobacco may be smoked in a ceremonia part udging, or prayer ritual, or it may be offered as loose tobacco or toba o ties. Th of o in ceremonies is often accompanied by other traditional practices, suc umm and dancing.
The way tobacco is used varies across different comm t it is g ly regarded as a symbol of respect and gratitude. Tobacco is used in a ful way:

- To offer prayers,
- To give thanks,
- To connect with the spirit world,
- It is used with other plants and herbs to treat illness,
- As a symbol of respect in First Nations gatherings.

Traditional tobacco use in ceremonies is generally done in a way that is respectful and mindful of the plant's sacred nature and the health risks that can come from misuse.
The traditional use of tobacco in these cultures is deeply rooted in spirituality and respect for the natural world.

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Curriculum Connection
D2.3

True or False

Is the statement true or false?

1) First Nations and Metis have used tobacco in ceremonies for centuries.	True	False
2)Tobacco, cedar, sage and aloe are used by First Nations as healing plants.	True	False
3) Tobacco is used in ceremonies to show gratitude.	True	False
4) In ceremonies tobacco is sometimes smoked in a ceremonial pipe.	True	False
5) Tobacco is considered to be a gift from the creator.	True	False

PREVIEW

Research

What are tobacco ties? What are they used for? Draw a tobacco tie.

Questions

Answer the questions below using information from the text.

1) Review the reading and list the description words that describe what tobacco means to First Nations and Metis people.

2) How does the tobacco used in traditional ceremonies differ from commercial cigarettes?

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D2.3

Understanding Traditional vs. Commercial Tobacco

Objective

What are we learning about?

Students will understand the difference between traditional tobacco use in First Nations and Métis cultures and recognize the importance of respect for cultural practices.

Materials

What will you need for the activity?

- Ver sheet
- Pe or pen
- Crayons pen tional for drawing)



Instructions

How activity?

1. Carefully read the inform p raditional tobacco and commercial tobacco before star acti
2. Think about how each type of tobacco is who nd why it is used. Pay attention to cultural meaning, healt cts,
3. In the Traditional Tobacco circle, write words or tha ribe its respectful, ceremonial, and cultural uses.
4. In the Commercial Tobacco circle, write words or phrases that products made for sale, recreational use, and possible health ri
5. In the middle section labeled Both, write the characteristics that traditional and commercial tobacco share.
6. Use neat handwriting and try to include at least 3–5 ideas in each section.
7. After completing the diagram, review your work and check that each idea is placed in the correct section.
8. Be prepared to discuss your answers with a partner or the class and explain one important difference you learned from this activity..

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D2.3

True or False | Is the statement true or false?

Traditional Tobacco (First Nations and Métis cultural use)	Commercial Tobacco (store-bought tobacco products)
Used for cultural and spiritual purposes.	Made and sold by companies for people to buy and use.
Used in ceremonies, prayers, and special cultural events.	Used for recreation or because of addiction.
Treated with respect and care.	Often used without cultural or spiritual meaning.
Sometimes offered as a gift or offering to show respect or gratitude.	Bought in stores as products like cigarettes, cigars, or vapes.
Used by some First Nations and Métis people as part of traditions passed down through generations.	Used by people of many ages, even though it can be harmful.
Not used for fun or to fit in with others.	Sometimes used because of peer pressure or advertising.
Usually used in small, meaningful amounts.	Often used regularly or in large amounts.
Focus is on culture, tradition, and respect.	Focus is often on recreation, or habit.
Elders and knowledge keepers teach when and how it should be used respectfully.	Companies create and sell tobacco products to make money.
Part of learning about culture, history, and traditions.	Can cause serious health problems and addiction.
Shared in a respectful and careful way.	Can be misused or overused.
Helps connect people to traditions and community.	Can harm the body, especially lungs and heart.
Not meant for children to use casually.	It is illegal for children to buy or use.
Has important meaning in some Indigenous cultures.	Does not have cultural meaning and can be unsafe.
Used to show respect, thanks, or to pray.	Often used for recreation or because people feel pressure to try it.

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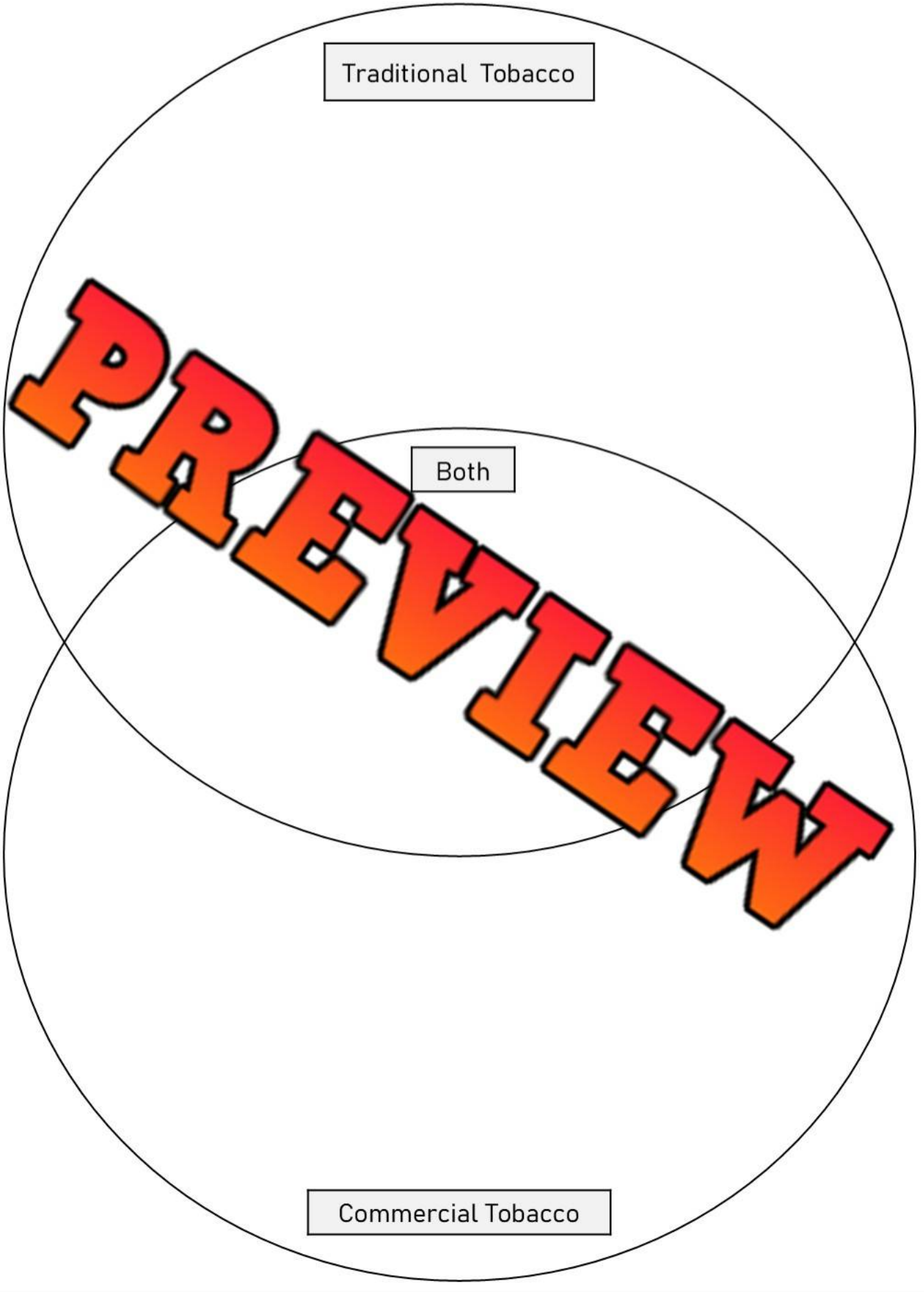
D2.3



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Curriculum Connection
D3.2

Effects of Smoking

Effects of Smoking

The effects of smoking can be classified into three categories: first-hand, second-hand, and third-hand effects.

First-hand Effects of Smoking

First-hand effects of smoking happen to the person who is smoking. These effects include [illegible] coughing, and a higher risk of health problems like lung cancer.

Second-hand Effects of Smoking

Second-hand effects of smoking happen to people who are near someone who is smoking. Second-hand smoke can cause the same health problems as first-hand smoke, such as lung cancer and heart disease. Children who are exposed to second-hand smoke can also develop respiratory problems like asthma.



Third-hand Effects of Smoking

Third-hand effects of smoking are the effects that happen to people who are exposed to the residue of tobacco smoke. This can include things like the smell of smoke on clothing or furniture and can also be harmful. The residue of tobacco smoke can contain harmful chemicals that can be inhaled or absorbed through the skin and can also cause health problems.

It is important to understand the difference between these three types of smoking effects because it shows that smoking does not just affect the person who is smoking, but also the people around them. Avoiding smoking altogether is the best way to protect your own health and the health of those around you.

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Curriculum Connection
D3.2

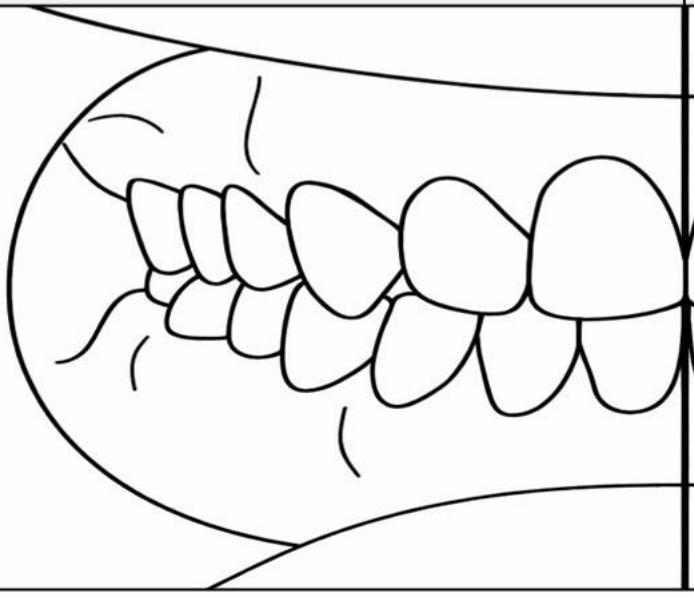
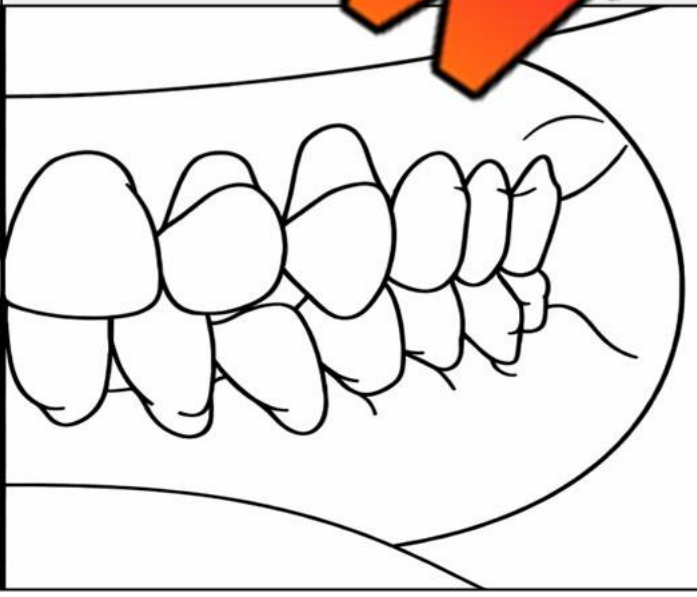
True or False Is the statement true or false?

1) There are 3 ways you can be affected by smoking.	True	False
2) Second-hand smoke is when you share a cigarette with someone.	True	False
3) Third-hand smoking effect is when 3 people share a cigarette.	True	False
4) Second-hand smoke can cause asthma in children.	True	False
5) When y[illegible]ke you get first-hand effects of smoking.	True	False

Making [illegible] you think there are laws about where people can smoke?

PREVIEW

Direction Colour the healthy teeth on the No [illegible] the effects of heavy smoking on the other side.

No Smoking	Heavy
	

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Curriculum Connection
D3.2

Activity - Visible Effects of Smoking

Objective What are we learning about?

Students will demonstrate their understanding of how smoking damages the body by drawing the physical effects that appear when organs are harmed.

Materials What you need for the activity?

- Printed worksheet
- Pencil
- Crayons or coloured pencils
- Eraser



Instructions How will you complete the activity?

1. Look at the cigarette in the centre and think about how smoking harms the body.
2. In each box, draw an organ affected by smoking (such as lungs, heart, brain, teeth, or skin).
3. Show the physical damage in your drawing (example: black lungs, yellow teeth, wrinkles, coughing, or difficulty breathing).
4. Add short labels to describe the effect shown in each drawing.
5. Colour your work to clearly highlight the damage.
6. Review your drawings and be prepared to explain one visible effect of smoking to the class.

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D3.2

Visible Effects of Smoking



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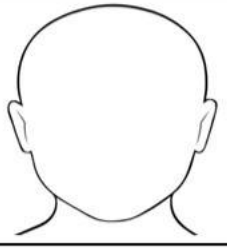
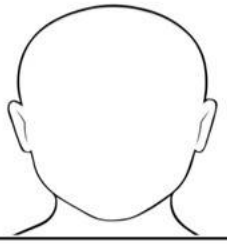
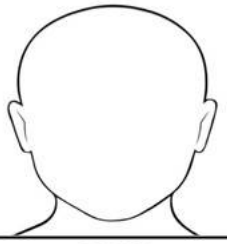
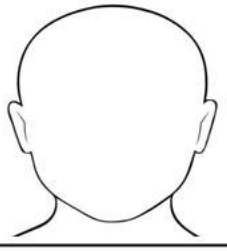
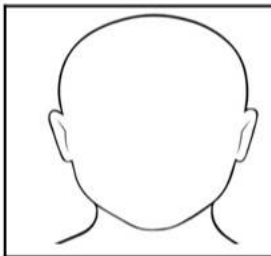
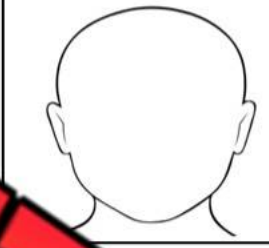
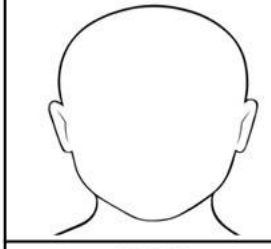
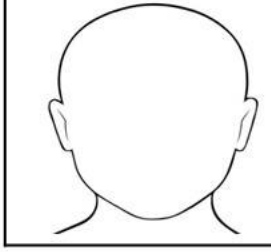
D3.2

Effects of Using Tobacco

Draw Draw the physical effect or emotion that may happen because of each tobacco-related situation. Think about how tobacco affects the body and how a person might feel.

	Breathing second-hand smoke at home
	oking ayin
	Having bad breat from smoking
	Feeling dizzy after trying a cigarette
	Wearing clothes that smell like smoke
	Getting a persistent cough

	Feeling nauseous after vaping
	Experiencing throat irritation
	Developing yellow teeth from tobacco use
	or m
	Feeling tired due to reduced oxygen
	Getting headaches after being around smoke

PREVIEW

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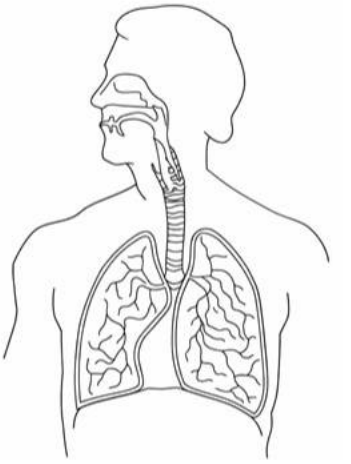
Curriculum Connection
D3.2

Long-term Effects of Smoking

Long-term Effects of Smoking



The long-term effects of smoking can take months or even years to develop and can be life-threatening. There are many long-term effects of smoking. The level of risk depends on how much you smoke. He[illegible] some effects of smoking:

PREVIEW

Health ef[illegible]

- C[illegible] Smokin[illegible]r cause of lung and other cancers.
- Chronic bro[illegible]mph[illegible]ma: Smoking can damage the lungs.
- Heart disease[illegible]g can[illegible]he risk of heart disease and stroke.
- Tooth and gum dise[illegible] st[illegible]h and causes gum disease, and tooth loss.

Social effects:

- Social isolation: Smoking can make[illegible]r to m[illegible]nds or be accepted by others, as many people do not like being around secon[illegible]nd sm[illegible]
- Difficulty finding work: On some jobs it is diffi[illegible]o ge[illegible]n[illegible]f smoke breaks someone addicted to nicotine needs to be comforta[illegible]
- Negative impact on relationships: Smoking can cause pr[illegible]s i[illegible]with parents. It can also cause problems with partners if one smokes[illegible]esn't.

Financial effects:

- High cost of cigarettes: Cigarettes are very expensive in Canada, and smoking can be a financial burden for many people.
- Health care costs: Smoking-related health problems can be very expensive to treat, and taxpayers often foot the bill for these costs.

It is important for young people to know that smoking can have serious negative effects on their health, as well as their social and financial well-being. It is best to avoid smoking altogether to protect your health and avoid these negative consequences.

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D3.2

True or False

Is the statement true or false?

1) Cancer and heart disease are long term effects of smoking.	True	False
2) The long term effects of smoking can be life threatening.	True	False
3) Smoking can be isolating because non-smokers do not like to be exposed to smoke.	True	False
4) Smoking can cause health problems and relationship problems.	True	False
5) Smokin[illegible] expensive addiction.	True	False

Fill in [illegible]

[illegible]rite the missing word.

1)	Smoking [illegible] the ri[illegible] _____.	cancer	energy
2)	Bronchitis and emph[illegible] can da[illegible] the _____.	lungs	muscles
3)	Smoking can cause tooth[illegible] _____[illegible]s	gum	bone
4)	Smoking may lead to social _____.	popularity	isolation
5)	Cigarettes are expensive and create a fi[illegible]l _____[illegible]	ward	burden

Questions

Answer the questions below using [illegible]e f[illegible]t[illegible]

1) Why do you think smoking could lead to financial problems?

_____

_____

_____

2) How could smoking cause relationship problems with your family or friends?

_____

_____

_____

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Curriculum Connection
D3.2

Vaping

What is Vaping

Vaping is known as electronic cigarettes or e-cigarettes. Vapes use a battery, a heating element and a liquid containing cartridge to create a vapour that is inhaled.

Some vapes are disposable and some are reusable. Some vapes look like a cigarette a[illegible]me look like a flash drive. E-cigarettes do not contain tobacco, but they oft[illegible]tine, the addictive component in tobacco.

N[illegible]e is hi[illegible]tive and can harm brain development. Because of the nicotine in e-[illegible]eop[illegible]t addicted to them very quickly. Vaping may lead young people to s[illegible]g to[illegible]annabis.

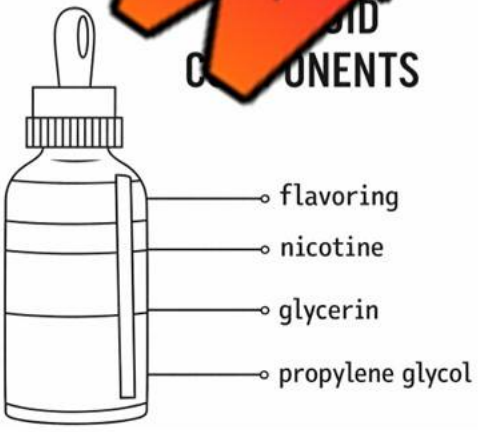
Vape devices appea[illegible] beca[illegible]colourful packaging and fruit and candy flavours. In Ontario, yo[illegible]st b[illegible]d to purchase products that have nicotine.

PREVIEW

Effects of Nicotine

When someone takes nicotine, it gets absorbed in t[illegible]g[illegible]s wher[illegible]s into the bloodstream. It can take as little as 10 seconds to reach[illegible] br[illegible]f nicotine include:

- Causes you to feel good, energized and calm
- It increases your blood pressure
- It increases heart rate
- It changes brain waves and relaxes muscles
- Coughing, dizziness and dry irritated throat
- Nausea, weakness, stomach cramps and headache
- It kills the cilia in the lungs that clean dirt and germs. This makes you get more colds, flu, bronchitis and other diseases.



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Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) Vaping is harmless.	True	False
2) Fruit and candy flavoured vaping products are marketed to youth.	True	False
3) Most vaping products contain nicotine.	True	False
4) Vaping is not addictive.	True	False
5) Vaping [illegible] your brain develop because it makes you alert.	True	False

Refl

[illegible]think manufacturers add nicotine to e-cigarettes? Do you think [illegible]?

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Write

What are some of the effects of using nicotine?

1	
2	
3	
4	
5	

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Curriculum Connection
D3.2

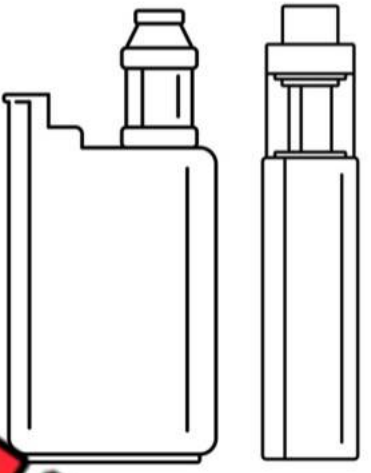
Effects of Vaping

Effects of Vaping

There are short-term effects as well as long-term effects of vaping. You will feel short-term effects right away. Long-term effects will hurt you when you're older.

Short-term effects of vaping include:

- Cough
- Dry [illegible] nose
- So[illegible]roat
- Headache[illegible]
- Irritation of the [illegible] and [illegible]t
- Nausea and vomiting
- Increased heart rate and [illegible]pre[illegible]
- Nicotine addiction
- May lead to cigarette smoking



Long-term effects of vaping:

- Increased risk of respiratory problems, such as chron[illegible]nch[illegible]a
- Reduced lung function
- Increased risk of lung cancer and other types of cancer
- Cardiovascular disease
- Impaired immune function
- Reduced fertility and reproductive health
- Impaired brain development in adolescents



Vaping is a newer technology. The first vapes were sold in 2003. Therefore, there are not as many studies on the long-term effects. We may find out more long-term effects in the near future.

PREVIEW

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Curriculum Connection
D3.2

True or False

Is the statement true or false?

1) The negative effects of smoking and vaping only affect the product user.	True	False
2) We know the long term effects of vaping.	True	False
3) Increased chance of getting lung cancer is an effect of vaping.	True	False
4) Headaches are a symptom of vaping.	True	False
5) Impaired development is a side effect of vaping.	True	False

Reflection

Write reasons you have for choosing not to smoke or vape.

1)	
2)	
3)	

PREVIEW

Questions

Answer the questions below using evidence from the text.

1) What are the long-term effects of smoking?

_____

_____

_____

2) Why are the long-term effects of vaping not known?

_____

_____

_____

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Activities – Substance and Addiction

Word Search Find the word bank words in the puzzle



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Word Bank

- ❑ Tobacco
- ❑ Cigarettes
- ❑ Vaping
- ❑ Tar
- ❑ Nicotine
- ❑ Addiction
- ❑ Smoking
- ❑ Cedar
- ❑ Sage
- ❑ Sweetgrass
- ❑ Cigars
- ❑ Assertive
- ❑ Media
- ❑ Cancer
- ❑ Emphysema
- ❑ Coughing
- ❑ Nausea
- ❑ [illegible]ve
- ❑ [illegible]essure
- ❑ Stroke
- ❑ Chemicals

Word Scramble Read the clue and then unscramble the word

ECRACN		IVGPAN	
TARTECIGSE		ADRCE	
ESAG		RSAGIC	
VENPEXESI		BAOOCCT	
SSRPUEER		EREP	
RTA		ONGHUCGI	

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Unit Test – Substance Use

Multiple Choice Circle the best answer. Only choose 1 answer!

1) What are the health risks of smoking tobacco? a) Respiratory problems b) Reprod[illegible] problems c) Heart a[illegible] d) All [illegible]	2) Tobacco has many harmful chemicals including: a) Nicotine and benzene b) Tar and formaldehyde c) Ammonia and lead d) All of the above
3) The [illegible] cigare[illegible]: a) Bad breath [illegible]in b) Psoriasis c) Impetigo d) All of the Above	4) Carbon Monoxide in cigarettes causes: a) Heart disease b) Reduced athletic performance c) Brain damage d) [illegible]f the above
5) Nicotine in cigarettes a) is addictive but not harmful b) is highly addictive c) is what gives vape liquid its flavour d) All of the above	[illegible]) Your[illegible]le who smoke tobacco a) ar[illegible]re li[illegible]try other drugs b[illegible]t risk [illegible]amage c) are m[illegible]e[illegible] to get[illegible] d) All of the
7) The Smoke-Free Ontario Act... a) Tries to protect people from second-hand smoke b) Says you cannot smoke at the hospital. c) Governs tobacco sales d) All of the above	8) First Nations use t[illegible] a) To offer prayers b) To connect with the spirit world c) To give thanks d) All of the above
9) Second-hand smoke is when you a) Take a puff from someone's cigarette b) Are near someone who is smoking c) Are exposed to smoke on furniture d) All of the above	10) Vaping products have nicotine a) Which is naturally in the tobacco flavour b) Which is added by the manufacturer c) That is non addictive d) All of the above

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Define What do the terms below mean?

Term	Definition – What does it mean?
Assertiveness	
Refusal S	
Peer Pressure	

Short Answer Answer [illegible]tion [illegible]Each question is worth 3 marks.

1) Give 3 short-term effects of smoki

2) Give 3 short-term effects of vaping ?

3) What are 3 things that influence young people to start smoking?

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Long Answer Answer the questions below – Each question is worth 5 marks.

1) What are 5 long-term effects of smoking?

2) What are 5 refusal skills you could use to say no to smoking or vaping?

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