

## Children's Connection Curriculum

Session Topic: Abuse (Effects of Smoking)

Developmental Level: Elementary, Middle

Purpose: To help students learn about the short and long-term effects of smoking, on their health as well as their physical appearance.

### Materials Needed:

- White construction paper
- Pencils
- Crayons / Colored pencils / Markers
- Scissors
- Optional: Pictures of cigarette smokers'/chewers' mouths/body
  - Not included

### Description of Session:

1. Give each child a piece of paper and writing utensils. Ask them to draw a picture of themselves with a noticeable smile. Ask them to include their upper body in the picture so that you can see their neck and shoulders. Allow them time to make their pictures as they really want them to look.
2. Separate the children into three groups: 1, 2, and 3.
3. Then, give directions for certain groups to make changes to their drawings:
  - a. Group 1: color your teeth yellow.
  - b. Group 2: color your teeth yellow
  - c. Group 1: cut a hole in your throat using your scissors
  - d. Group 2: cut a chunk out of your jaw
  - e. Group 1: crumple your paper up into a ball and then unfold it again
  - f. Group 2: use black to color in a few of your teeth.
  - g. Group 2: draw a black and/or red circle near your mouth
4. When they've completed their art work, identify the groups:
  - a. 1: Smokers
  - b. 2: Tobacco chewers
  - c. 3: Non-smokers

### Discussion Questions:

At the end, ask the children who they would most like to look like (i.e. which group of pictures looks the way you'd like to look?).

If you feel comfortable, share some real pictures of people's mouths, bodies, etc. that have smoked and/or chewed tobacco and share them with the children.

### Discuss:

1. Group 1, why did I ask you to do all of those things to your picture? What does this have to do with smoking? Can you think of other consequences of smoking cigarettes?
2. Group 2, why did I ask you to do all of those things to your picture? What does this have to do with chewing tobacco? Can you think of other consequences of chewing tobacco?
3. Why do you think people smoke cigarettes and chew tobacco when it does this to their body?
4. Has anybody ever asked you to smoke or chew tobacco? What did you say? Is it hard to say "No" to somebody who asks you to do this? Why or why not?
5. What would you say to somebody who asked you to smoke or chew now that you know what it can do to your body?