



Information Fair – Tobacco

Purpose:

The purpose of this activity is to show how addictions can form on everything including tobacco. It illustrates a discussion on how addictions can both be chemical and how addictions can just be “wants”.

Materials:

- A bag of lays potato chips

Instructions

As the students walk in give them one potato chip. Just one potato chip teases the taste buds of the students and serves as foundation for a discussion on addiction.

Discussion questions

Lays chips slogan: “*can’t just have one*”

1. How many of you would like another chip?
2. How do cravings for potato chips differ from cravings for tobacco products? (Nicotine is a physically addictive drug).
3. How might your body react if you stopped eating potato chips today? (No withdrawal symptoms)

Keep asking who wants another chip and as you do that open a discussion on who lasts the longest and who took the chips based on wants or who wanted more because they had a reaction.

Debrief Questions:

How might your body react if you stopped eating potato chips today? (No withdrawal symptoms)

Ask, "How might your body react if you were addicted to nicotine and tried to stop using tobacco? (This includes cigarettes, cigars, and smokeless tobacco.)

Discuss the withdrawal symptoms that people go through when they try to stop smoking.

- Restlessness
- Eating more than usual impatience
- Frustration, anger difficulty concentrating
- Excessive hunger
- Depression loss of energy/fatigue
- Dizziness
- Stomach or bowel problems

- Headaches, sweating
- Insomnia, (not being able to sleep)
- Tremors having a strong desire to smoke again.

Sticky Facts:

- Canadian tobacco industry sold 38.2 billion cigarettes in Canada in 2002. That means 840 packs are sold per second! In fact, it's the number **# 1** preventable cause of death in the nation.
- It causes over 400,000 people to die in the United States every year. It's responsible for more deaths than cocaine, heroin, alcohol, fire, automobile accidents, homicides, suicides, and AIDS combined.

Source: US Environmental Protection Agency (EPA) Report Respiratory Health Effects of Passive Smoking: Lung cancer and Other Disorders, January 1993)

Tobacco:

- dating 8 out of 10 guys and 7 out of 10 girls say they would not date someone who smokes.
- smoking causes premature wrinkling. It makes the skin dry and leathery.
- smoking makes it take longer for acne to heal
- it causes hair loss in some teens
- smoking yellows teeth, causes tooth decay and contributes to oral cancer.

Canadian Children's Rights Council: <http://www.canadiancrc.com/Smoking.aspx>

- From 2000-2009 the percent of youth 12-19 who smoke daily or occasionally decreased by 41%. In 2009 only 11.0% of youth ages 12-19 smoked daily or occasionally.

Physicians for a Smoke-Free Canada: Fact Sheet: <http://www.smoke-free.ca/factsheets/default.htm>