Celebrating Our Schools

Bancroft Middle School

Principal: Valentin del Rio

Bronco Time

Breathe Easy Without Tobacco

By 8th Grade AVID



This lesson was designed by 8th Grade AVID!



Think, pair, share:

What do you know about cigarettes and how they affect your health and life?

Say “It” or Silence

We are now going to play *Say “It” or Silence*. If you think the following statements are true, say true. If you think the statements are false, stay silent. Okay, let’s begin.

Say “True” or Stay Silence:

Tobacco smoking causes inhalation of carbon monoxide, cyanide, and carcinogens that have been proven to result in heart and lung disease, as well as various forms of cancer.

TRUE

There is no such thing as a healthy cigarette.

Say “True” or Stay Silent

Cigarettes contain the following:

- Acetone (Nail Polish Remover)
- Acetic Acid (hair dye)
- Ammonia (Floor and Toilet Cleaner)
- Arsenic (Rat Poison)
- Benzene: rubber cement
- Butane (Cigarette Lighter Fluid)
- Cadmium (Rechargeable Batteries)
- Carbon Monoxide (Car Exhaust Fumes)
- DDT/Dieldrin (Insecticides) banned insecticide
- Formaldehyde (Body, Tissue, and Fabric Preserver)
- Nitrobenzene (Gasoline Additive)
- Nitrous Oxide Phenols (Disinfectant)
- Phenol (used in disinfectants and plastics)
- Vinyl Chloride (ingredients found in garbage bags, plastics)

TRUE

Yes, cigarettes contain rat poison!

Say “True” or Stay Silent

The tobacco industry spends 8.37 billion dollars a year in marketing meant to keep smokers smoking, and to get young people to start.

TRUE

The tobacco industry wants YOU to smoke and will spend $$$ to get you!

Say “True” or Stay Silent

Secondhand smoke may bother people, but it isn’t dangerous.

FALSE, DID YOU STAY SILENT?

According to the CDC tens of thousands of nonsmokers die every year from secondhand smoke.

Activity Time!

Have you ever wondered how smoking cigarettes could affect your health, or your athletic abilities?

Let’s find out! It’s time to exercise...



Ready, get set, go!

Do the following as a class:

- Ten jumping jacks
- Ten high knees
- Run in place for thirty seconds



How do you feel?



Let’s do it again!

Grab your straws (each student gets three) and let’s exercise again. Here’s the catch...you can only breathe through the straws while exercising.

Ready, get set, go!

Do the following as a class:

- Ten jumping jacks
- Ten high knees
- Run in place for thirty seconds



How do you feel?

What was different about completing the exercises as you became limited in your breathing?

Debrief Questions:

If this physical limitation were permanent, what parts of your life would be affected? How?

What do you think the straw symbolize?

The straws symbolize what it is like to breathe when you have lungs damaged by smoking cigarettes.

Every cigarette you smoke damages your breathing and scars your lungs. Smoking causes diseases like:

- Emphysema, where there is limited airflow in and out of the lungs because air passages to the lungs are destroyed by cigarette smoke.
- Emphysema is non-reversible!

Thank you and stay tuned!

In 2018 we will learn more about tobacco and its deadly effects on people.

MEMES, MEMES, MEMES, MEMES


WHO SAID SMOKING KILLS?
VIA 9GAG.COM
I'M 45 AND I FEEL GREAT
MEMEFUL.COM


DON'T SMOKE,
OR YOU'LL END UP LIKE ME
imgflip.com


DON'T
BE
A
BUTTHEAD.
CDC

Not a meme, but pretty creative.



Also not a meme.



Celebrating Our Schools

Thank you

Bancroft Middle School

Principal: Valentin del Rio