

Smoking



Smoking cigarettes, like drinking alcohol, is viewed by teens as an adult activity - proof of their new status in life. Despite the smoking prevention campaigns waged by the health and education sectors, youth, especially young girls, are smoking tobacco in greater numbers.

Cigarette companies' sponsorship of popular sports and cultural activities, advertising in major magazines, the examples set by media personalities or family members as well as the availability of cigarettes to underage smokers, all contribute to teens' attraction to smoking.

Marijuana is not seen by youth as very different from tobacco. Their reasons for smoking pot are very similar to those for smoking cigarettes: peer pressure, the desire to relax from stress and wanting to identify with popular media symbols. Because of its status as an illegal drug, it continues to provide teens with a way to rebel against the authority of parents and police. Thirty years of debate have not resolved the arguments that continue to erupt in our homes and seats of government over the dangers and merits of smoking pot.

You can help youth make responsible decisions about smoking by:

- challenging the media messages about the positive benefits of smoking tobacco and marijuana
- explaining the risks involved in smoking tobacco and marijuana
- exploring the reasons why youth smoke and what alternatives exist
- supporting those who are trying to quit smoking tobacco or marijuana.

Unit Literacy Objectives:

At the end of the unit, students should:

1. be able to understand most of the story content
2. be able to use several prefixes and suffixes as clues to the meaning of words
3. have increased vocabulary skills.

Unit Health Education Objectives:

At the end of the unit, students should:

1. understand what things around them influence teens to smoke tobacco and/or marijuana
2. understand how smoking tobacco and/or marijuana can affect their mental and physical health
3. be aware of some of the things they could do to reduce or stop smoking tobacco or marijuana
4. be able to identify several local resources that help youth understand, avoid or combat addiction to tobacco and/or marijuana.

Check out these web-sites:

www.canadian-health-network.ca
www.hc-sc.gc.ca/english/youth.htm
www.cdc.gov/tobacco/facts.htm
www.healthtouch.com/levell/leaflets/1_18054/118058.htm
<http://hna.ffi.vic.gov.au/phb/hdev/drug/cover.html>
<http://www.can-th.net/resources/about-alc-coc-mari-smok.html>
<http://209.250.151.141:8080>

Other Resources:

The Quit 4 Life Program

Health Canada is taking steps to help youth stop using tobacco before it becomes a lifetime habit. Quit 4 Life (Q4L) is a self-help kit in a compact disk case for teenage smokers aged 15-19. This resource can be ordered on-line at:
www.hc-sc.gc.ca/hppb/tobaccoreduction/youth.html

How Not to Smoke: A help book for women who want to quit smoking

Council for a Tobacco-Free Metro Toronto. 1997 This resource can be ordered from: The Canadian Public Health Association, 1565 Carling Ave. #400, Ottawa ON K1Z 8R1 Tel: (613) 725-3769, Fax: (613) 725-9826.

Highlight

Life Savings or Saving Lives?

I've been smoking since I was 10. If second-hand smoke counts, like they say it does, I guess I've been smoking since before I was born. Both my parents and my grandparents smoke. Come to think about it, I probably don't know 10 people who don't smoke at all. We're not each 3 pack-a-day smokers. Between the 4 of us, Mom, Dad, my 18-year old sister, Pam, and me, Carl, we probably smoke 2 packs a day.



My parents didn't encourage me to start smoking. In fact, the rule at our house was that kids couldn't smoke at home before we were 15. I think my sister did wait. She's a great one for obeying rules. Not me! I started sneaking cigarettes out of the house and smoking over at the park after supper when I was 10. I have a neighbour who gives me a pack of cigarettes every time I shovel her walk, mow her lawn, or rake her leaves. She's been doing that since I was 12. My parents didn't know until I told them last year, when I turned 16.

My grandpa started letting me light up for him, and take a drag, when I was 13. That made me feel pretty grown-up. He started smoking when he was over in Europe during World War 11. He said it calmed his nerves. Guess it still does, because he smokes a lot.

My parents started smoking when they were in high school. That was before all the fuss about how bad smoking is for you. They grew up with smoking ads in newspapers and magazines and on TV. All the movie and TV stars smoked, and kids would copy how they did it, to look really cool.

Sometimes we talk about stopping. Two months ago, a lady from the Heart and Stroke Foundation came to school and challenged us to go home and figure out how much money we were burning up every year by smoking. When I figured out on my calculator how much my family spends on cigarettes a year, we couldn't believe it. It came up to almost \$ 2,500.00. Now that's a good reason to stop. We know that we'd all have to stop together, and decided we weren't ready. Then we got out my calculator again, and figured out that if we each smoked 13 less cigarettes per week, we'd make a carton last a week. That way, we'd save \$19.50 every week.

We turned an empty coffee can into a bank, and put the money we've saved in it, each Friday. We're saving for a big screen TV. There's a picture of it on the wall, behind the cigarette carton.

I'll give quitting some serious thought when I'm on my own and have to buy my own smokes. I guess there will be other things I'll want to spend my money on. I bet I could get down to a pack a week.

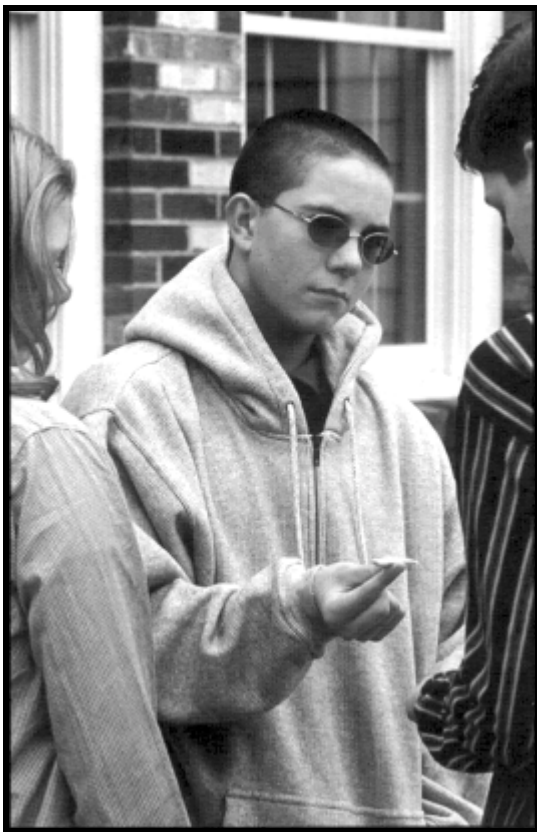
We're probably saving more than money. It may turn out that we're saving our lives.

At school I hear about how bad smoking is for your health, but I know that there is a smoking lounge for the teachers. Whatever.

Highlight

Downhill Thrill

My name is Kyle Mitchell. Everybody calls me Mitch. I'm 16 and have always loved adventure. As a baby, my mom says I'd climb as high as I could before she rescued me from taking a bad fall. Once she found me standing on top of the refrigerator! I rode a 2-wheel bike without training wheels before I was 4. Merry-go-rounds were a bore. Roller coasters and bumper cars were my favourite fair rides.



I broke a lot of rules to satisfy my need for excitement. For example, I would leave our yard to ride my bike down the steep hill in a park about 2 kilometres away from our house. I climbed tall trees in the schoolyard and got suspended for 3 days, and I skated alone on the river even when a thin-ice warning flag was flying.

I tried snowboarding on a Grade 7 ski day and loved it. It is the ultimate thrill. I got a board at a used sports equipment sale for \$50 the next week. I spend my weekends working on my style on a steep hill just out of town. Skateboarding in the summer helps me stay in shape for snowboarding in the winter. I've made new friends, snowboarders like me, who love to live on the edge.

I'm still breaking rules. I've discovered something that makes the physical thrills of speed and danger even more awesome: Dope. Smoking a blunt or two before hitting the slopes makes the rush of putting my life on the line more intense.

I get my supply from a guy in my gym class. He deals from his car in the parking lot of a grocery store near my house. I don't bring dope to

school because you never know when the police will show up with dogs to sniff it out. I keep my stuff hidden in the pocket of a jacket I leave hanging in my clothes closet. My parents are big on respecting privacy, so I know it's safe.

There has been a big debate about marijuana for longer than I've been alive. My dad, like Clinton, swears he never inhaled the stuff. Right. Well I inhale, and enjoy the feeling I get. Anything and everything is possible after a good blunt. That's why I smoke before boarding. I don't mind breaking laws that are stupid smoking pot or going 80 kilometres per hour (kph) in a 60-kph zone, for example. I'm not hurting anybody else, and I'm getting more out of life. How can that be wrong?

Now doctors are talking about using marijuana to help really sick people relax and deal with their pain. That proves the stuff is not really dangerous, right?

I've got an appointment with my dealer later today. He told me he's got free samples of coke for his regular clients. He says it gives a rush unlike anything pot can give. Maybe I'll give it a try.

Explain

Life Savings, Saving Lives

1. When did Carl start smoking?
2. Who else in his family smokes?
3. Who gives Carl cigarettes in exchange for doing chores?
4. Who let Carl light up his cigarettes for him when he was young? How did that make Carl feel?
5. What does Carl's family plan to do with the money they save by smoking less?
6. Why does Carl think he'll probably stop smoking when he's on his own?

Downhill Thrill

1. Give 2 examples that show how much Mitch has always loved adventure.
2. When did Mitch start snowboarding?
3. What does Mitch do in the summer to stay in shape?
4. Why does Mitch smoke dope?
5. Where does Mitch keep his dope?
6. What proves to Mitch that dope is not really dangerous?
7. What might Mitch try next?

Analyze

1. Do you believe that the health warnings printed on cigarette packs? Why? Why not?
2. Why are cigarettes so easy to get for underage smokers?
3. Do you think people get their money's worth from cigarettes?
4. Do you believe that smoking is an effective way to control weight?
5. Do you think that people who smoke in spite of medical evidence should have to pay health care costs related to smoking? Why? Why not?
6. Who or what pressures youth into trying pot?
7. Do you think that smoking pot is linked to trying stronger drugs? Explain.
8. Do you think that marijuana should be legalized for everyone, or just the terminally ill? Explain.

To be effective, discussion groups must be a safe place for youth to share their opinions, experiences, fears and beliefs.

As a group, develop guidelines such as:

- all opinions, stories and ideas expressed will remain private
- one person speaks at a time
- everyone participates
- no one will be mocked or criticized.

Learn

Prefixes and Suffixes

A **prefix** is a group of letters at the beginning of a word that gives you a good idea of what the word means, because of what the prefix means. Here are some prefixes and what they mean.

co-, con- = with, together

non-, un- = not

pre- = before

demo- = people

poly- = many

uni- = one

ex- = out of, from, beyond

bi- = two

dis- do the opposite

1) Choose the correct prefix to complete these words.

1. _____ dense (make denser or more compact)
2. _____ lock (open)
3. _____ patriate (leave one's own country)
4. _____ decease (die first)
5. _____ annual (twice a year)
6. _____ agree (have a different opinion)
7. _____ son (having the same sound)
8. _____ sense (without meaning)
9. _____ glot (speaking many languages)
10. _____ cracy (government by the people)
11. _____ operate (work together)

- 2) Here are other prefixes that are commonly used. Look them up in the dictionary, explain what each means, then give an example of a word having that prefix.

Prefix	Meaning	Example
Anti-		
Dyna-		
Aqua-		
Chrono-		
Extra-		
Hyper-		
Para-		
Micro-		
Ultra-		
Photo		

A **suffix** is a group of letters at the end of a word that gives you a good idea of what the word means, because of what the suffix means. Here are some suffixes and what they mean.

-ous = full of	-plex = having parts or units	-less = without
-ics = a body of facts	-aire = characterized by	-let = a smaller version
-able = able to do, make	-ness = a quality or state	-ward = direction in space/time

- 3) Choose the correct suffix to complete these words.

- Dark _____ (no light)
- Back _____ (going in reverse)
- Million _____ (a rich person)
- Child _____ (having no children)
- Cine _____ (many movie theatres under one roof)
- Glori _____ (awesome)
- Phys _____ (a branch of science)
- Profit _____ (making money)
- Book _____ (a small book)