

Talking Points – Listen Up and Kick Butt

Slide 1 – Listen Up and Kick Butt (title page)

Slide 2 – What is Tobacco?

1. Tell students that tobacco is a plant that is grown on a farm. The large tobacco leaves are picked and dried. Once the leaves are dried, they are ground up and used in cigarettes, pipe tobacco, and chew tobacco. Tobacco manufacturers add many other ingredients to their products, many of which are harmful to your health.

Slide 3 – Why is Tobacco Dangerous?

1. Tobacco contains a chemical called nicotine. It is very addictive. Addictive means that tobacco is habit-forming and can be very hard to quit once you start.
2. Emphasize to students that they can become addicted to tobacco and smoking after trying it just once.

Slide 4 – Warning: Tobacco is Harmful to Your Health

1. Tobacco contains nicotine, which makes it very addictive.
2. Addictive means that tobacco and smoking are habit-forming and it is very hard to quit using tobacco or smoking once you start.

Slide 5 – E-cigarettes

1. E-cigarettes are electric devices that heat up liquids containing nicotine, which means they can be addictive. The liquid used in e-cigarettes can contain some of the same chemicals used in cigarettes.
2. Remind students that scientists have not proven that e-cigarettes are safer than regular cigarettes. The vapors contain many chemicals, some of which are dangerous to inhale. The vapors inhaled from e-cigarettes contain so many chemicals that they are classified as “aerosols”.
3. Stay away from all tobacco and e-cigarettes.

Slide 6 – Harmful Effects of Smoking

1. Point out the healthy lungs on the left side of the diagram. Healthy lungs are pink and can expand and contract easily, making it easy to breathe.
2. Compare this with the lung on the right, which is a smoker’s lung. Smoker’s lungs are dark due to the tar deposits from smoking cigarettes. The lung is shriveled and does not

expand and contract very well. This makes it a lot harder for smokers to breathe, especially during strenuous activity such as exercise.

- a. Diseases of the lungs caused by smoking include bronchitis and emphysema. Both of these diseases affect a person's lungs for the rest of their life. They will have problems breathing and may experience shortness of breath.
- b. Ask the students how they would feel if they were not being able to play sports or run around for the rest of their lives.

Slide 7 – What Smoking Does to Your Body

1. Discuss the harmful effects of smoking with students. Ask them if they would avoid smoking so that they could have healthy lungs and healthy teeth and gums.
2. What if these pictures of the harmful effects of smoking were on cigarette packages? Ask students if they would think twice before starting smoking.

Slide 8 – Smoking-related Deaths

1. Let students know that almost half a million people in the United States die every year from smoking-related causes. Think of how many people this represents.

Slide 9 – Smokeless Tobacco

1. There are several forms of smokeless tobacco. Smokeless tobacco is just as dangerous and addictive as smoke tobacco.

Slide 10 – Effects of Smokeless Tobacco

1. Smokeless tobacco has many harmful effects.
 - a. Yellowing of teeth and brown stains on teeth.
 - b. Receding gums.
 - c. Mouth sores and gum sores.
 - d. Oral cancer including cancer of the mouth, jaw, and throat.
2. When cancerous tumors are removed, doctors may have to remove large sections of the jaw and throat (like the persons shown on the slide).

Slide 11 – Pima County Health Dept. and ASHLine Contact Info

1. If students know of anyone who wants to quit smoking or using tobacco, they can have the smoker or tobacco user contact PCHD or ASHLine.