

Talking Points – Listen Up and Kick Butt

Slide 1 – Title

Slide 2 – What is Tobacco?

Talking Points

1. 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 makers add many other ingredients to their products, many of which are harmful to your health.

Slide 3 – Warning: Tobacco is Harmful to Your Health

Talking Points

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 if they try tobacco even one time they can become hooked).

Slide 4 – Warning: Tobacco is Harmful to Your Health – (Diagram) What's in a Cigarette?

Slide 5 – Death Toll from Tobacco

Talking Points

1. (Mention how many people die every year from smoking).
2. (Click slide again to introduce visual representation of the number of deaths due to tobacco use).

Slide 6 – Cigarettes, Cigarillos and Cigars

Talking Points

1. (Point out the various types of smoked tobacco products on the slide).
2. (Ask the students what they know about these smoked tobacco products. Ask if they have been around anyone using these products. Allow for 2 – 3 minutes of discussion).

Slide 7 – Harmful Effects of Cigarettes, Cigarillos and Cigars

Talking Points

1. (Discuss the harmful effects of smoke tobacco 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 were on cigarette packages? (Ask students if they would think twice before starting smoking).

3. (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.
4. (Compare this with the lung on the right, which is a smoker's lung). Smoker's lungs are dark due to the tar 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 activity such as walking or climbing stairs.

Slide 8 – Chew, Snus and Dissolvable Tobacco

Talking Points

1. These are several forms of smokeless tobacco, and they are just as dangerous and addictive as regular smoke tobacco.
2. Chew contains more nicotine than smoke tobacco.

Slide 9 – Harmful Effects of Chew, Snus and Dissolvable Tobacco

Talking Points

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

Slide 10 – E-cigarettes, Vaping and Hookah

Talking Points

1. The liquid used in e-cigarettes may contain some of the same chemicals used in smoked tobacco. The vapors contain many chemicals, some of which are dangerous to inhale.
3. (Remind students that scientists have not proven that e-cigarettes are safer than regular smoked tobacco).
4. Stay away from all tobacco and e-cigarettes.

Slide 11 – Harmful Effects of E-cigarettes, Vaping and Hookah

Talking Points

1. Some of the same dangerous chemicals in smoke tobacco are also in e-cigarettes.
2. Although some people use e-cigarettes to quit smoking, they may be just as addictive and harmful.
3. Prolonged use of e-cigarettes/ vaping can cause *Popcorn Lung*. Popcorn lung is an irreversible lung disease that can cause scarring in the lungs.
4. Hookah users often share a mouth piece, which can lead to the spread of nasty germs and diseases.

Slide 12 – Tobacco Companies Are Targeting You!

Talking Points

1. Tobacco companies target youth because they need to replace the older adult smokers who have died.
2. (The picture on the top demonstrates a “power wall”. Often times tobacco companies will display candy by tobacco products to expose youth to tobacco).
3. Tobacco companies use the same flavors, colors, fonts, and packaging as candy to fool youth into using their products.

Slide 13 – Tobacco Companies Are Targeting You!

Talking Points

1. (Camel is one of the more popular tobacco brands. Ask the students what they notice about the two pictures).
2. Tobacco makers associate popular activities with tobacco use to make smoking look like the cool thing to do.
3. (Remind the students, using the pictures, that smoking indeed is NOT the cool thing to do).

Slide 14 – Be a Hero and Kick Some Butt

Talking Points

1. Don't experiment or use tobacco products.
2. Don't allow others to pressure you or your friends to use tobacco products. Learn to say NO!
3. If someone is smoking around you, walk away or ask them nicely to put it out.
4. If you know someone who uses tobacco, talk to them about quitting in a caring, concerned, and supportive way.

Slide 15 – Thank You!