



Lesson Objectives

Fourth Grade Curriculum

At the end of this curriculum, students will be able to:

Lesson 4.1: Smoking is Gross

Recognize the major components of the respiratory system and identify how smoking affects the lungs.

Lesson 4.2: You Can Decide

Recognize the importance of gathering information and using facts to make decisions.

Lesson 4.3: Refusal Power

Identify characteristics of a good friend.
Perform basic refusal skills.

Lesson 4.4: Grab Your Goal

Identify positive character traits.
Perform the steps for setting and obtaining personal goals.

Fifth Grade Curriculum

At the end of this curriculum, students will be able to:

Lesson 5.1: Cost of Tobacco

Identify the difference between short-term and long-term health effects.
Discover the real cost of smoking (both financial and physical).

Lesson 5.2: Why Do Kids Smoke?

Identify the consequences of nicotine addiction.
Discuss reasons why kids smoke.

Lesson 5.3: The One and Only You

Identify positive character traits they already possess and are proud of.

Lesson 5.4: Making Decisions About Tobacco

Discuss the consequences of tobacco use on personal health and goals.
Recite and Perform refusal skills.

Lesson Objective (continued)

Sixth Grade Curriculum

At the end of this curriculum, students will be able to:

Lesson 6.1: The Trouble with Tobacco

Recall health effects and explain addiction.

Discuss advertising tactics of the tobacco companies.

Lesson 6.2: Decision Making

Identify and practice the skills used to make good decisions.

Lesson 6.3: Nicotine Addiction

Understand history of tobacco use in the United States.

Identify and explain criteria of addiction.

Lesson 6.4: Refusal Power

Practice refusal techniques.

Seventh Grade Curriculum

At the end of this curriculum, students will be able to:

Lesson 7.1: Body Parts

Demonstrate immediate effects of tobacco on the Respiratory System.

Lesson 7.2: The Power of Promotion

Create a tobacco advertising campaign.

Identify important information for consumers to consider.

Lesson 7.3: Who's in Control

Assess personal control and identify techniques to increase personal control.

Practice assertive communication

Lesson 7.4: Decisions, Decisions

Practice good decision-making skills.

Discuss tobacco and peer influence with parents.

Eighth Grade Curriculum

At the end of this curriculum, students will be able to:

Lesson 8.1: Smoking Survey

Identify and discuss myths about tobacco use.

Lesson 8.2: Chemical Facts

Determine various effects of chemicals found in cigarette smoke.

Lesson 8.3: Criteria of Addiction

Discuss effects of addiction on social, mental and physical health.