

Activity 2: The effects of tobacco use

TOPIC

Tobacco reduction and addictions

OBJECTIVE

Students will review the story *ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ* (*The Narwhal Hunt*) and the reasons presented in the story for avoiding tobacco use. Students will work in pairs and as a class to reflect upon and expand their understanding of the short-term and long-term health risks associated with tobacco use.

MATERIALS

- Copies of *ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ* (*The Narwhal Hunt*)
- Reproducible resource: *ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ* (*The Effects of Tobacco Use*)
- Red and blue markers or pencil crayons
- Chart paper and markers

PRE-ACTIVITY PREPARATION

Make enough copies of the reproducible resource *ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ* (*The Effects of Tobacco Use*) so that there is one sheet for each pair of students.

ACTIVITY STEPS

1. Give students the opportunity to look through *ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ* (*The Narwhal Hunt*) in order to review what happened in the story. Ask students to look for places that tobacco use and its effects were mentioned or implied. Prompt students to think about the reasons that were given in the graphic novel to quit smoking. Answers may include:
 - Saving money
 - Keeping your lungs healthy
 - Being able to do hard work and exercise
 - Honouring your Elders
2. Have students think about what they know regarding the short-term and long-term health effects of tobacco use.

- First, have students explain what they think is meant by “short-term health risk.” Students should mention that short-term health risks affect your immediate well-being and health. They might include an example of a short-term risk associated with using tobacco, such as developing stained or yellow teeth.
- Then, have students explain what they think is meant by a “long-term health risk.” Students should mention that long-term health risks are problems that might arise with your health and well-being in the future. Students might include an example of a long-term risk associated with using tobacco, such as developing oral cancer or lung disease.

3. Hand out a copy of the reproducible resource *ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ* (*The Effects of Tobacco Use*) to pairs of students. Have students discuss in pairs whether each of the health risks in the chart is a short-term health risk or a long-term health risk of using tobacco. Students can then circle all the short-term risks in red and all the long-term risks in blue.

The Effects of Tobacco Use	
Bad breath	ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ
Lung disease, irritation in throat, and difficulty breathing	ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ
Irritation	ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ
Headaches	ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ
Stained teeth	ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ
Coughing	ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ
Addiction	ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ
Weight gain and health risk	ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ
Lung and heart damage	ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ
Mouth cancer	ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ
Heart disease	ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ

Reproducible resource

ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	
ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	Bad breath
ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	Lung disease, irritation in throat, and difficulty breathing
ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	Irritation
ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	Headaches
ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	Stained teeth
ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	Coughing
ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	Addiction
ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	Weight gain and health risk
ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	Lung and heart damage
ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	Mouth cancer
ᑭᓱᓕᓗᓂᑦᑭᓱᓂᑦᑭᓱᓂᑦ	Heart disease

Name: _____

The Effects of Tobacco Use

Bad breath	Shortness of breath when active
Lung disease, also known as chronic obstructive pulmonary disease (COPD)	Bad taste in the mouth
Stained teeth	Birth defects
Stomach ulcers	Smelly hair and clothes
Lung cancer	Breathing problems
Permanent gum and tooth loss	Wrinkled skin
Cough that won't go away	Addiction to nicotine
Shorter lifespan	Tooth decay
Loss or weakened sense of taste	Stained fingers
Heart disease	Get sick more easily

Activity 3: The sponge experiment

TOPIC

Tobacco reduction and addictions

OBJECTIVE

In this activity, students will build on what they learned about the health risks associated with smoking from the graphic novel, ፍጥረት ለሰው ጤን (The Narwhal Hunt). They will focus on smoking and its impact on our lungs through a visual demonstration and writing activity.

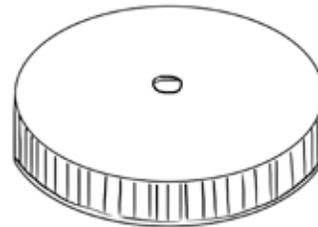
MATERIALS

- Two clear jars (old peanut butter jars work well)
- Two light-coloured sponges, or one large sponge cut in half (each sponge should be large enough that it fills at least 1/3 of the jar)
- 12-inch piece of tubing that is roughly 1/4 inch in diameter
- One cigarette
- Lighter or matches
- X-Acto knife or scissors
- Adhesive putty
- Reproducible resource: ልዩ ልዩ ጥያቄ (The Sponge Experiment)

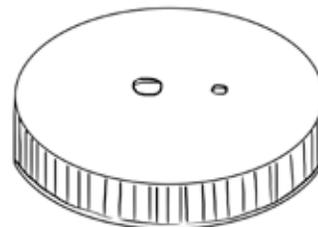
PRE-ACTIVITY PREPARATION

1. To prepare for the demonstration, gather all materials in the list and find a place outdoors where you can conduct the demonstration. Follow your school's guidelines for how far away from the school you need to be in order to light the cigarette. Ask your school administrators for this information if needed.
2. Remove the lids from each jar. Place one sponge in each jar.
3. Make enough copies of the reproducible resource ልዩ ልዩ ጥያቄ (The Sponge Experiment) for each student.

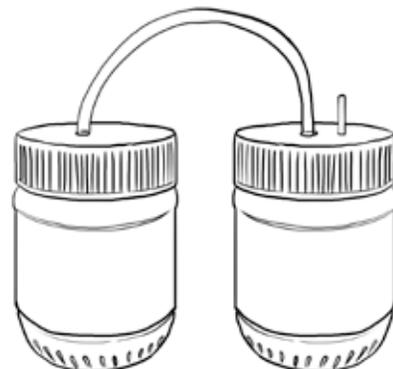
4. In one lid, cut a hole large enough for the tubing to fit without falling through.



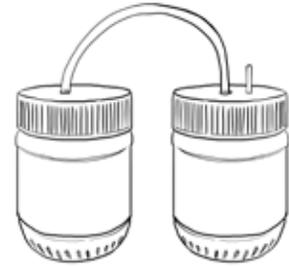
5. In the second lid, cut a hole large enough for the tubing to fit without falling through. Then, cut a second hole that is big enough for the cigarette to fit without falling through. If needed, use the putty to hold the cigarette and tubing in place. Screw the lids back onto the jars.



6. Place one end of the tubing through the hole of the first lid. Place the other end in the hole in the second lid. The jars should be joined by the tubing.



Name: _____



The Sponge Experiment

What was the purpose of the sponge experiment?

What did you learn?

What are three ways that lung disease can affect your life or the lives of people around you?

1. _____

2. _____

3. _____

ᐊᐱᑦ: _____

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ᕐᕐᕐ ᐊᐱᐱᕐᕐᕐ ᐱᕐᕐᕐᕐ ᐊᐱᕐᕐᕐ: \$19

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Names: _____

The Cost of Cigarettes

Cost of one pack of cigarettes: \$19

Number of packs purchased in one week: _____

How much money will be spent on cigarettes in....	Cost	What could this money be used for instead?
1 week		
1 month		
1 year		
5 years		
10 years		
30 years		

Name: _____

Graphic Novel Plan

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