



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 4 – Alcohol, Tobacco and Drug Use Prevention

Unit 3

SOLs:

- 4.1.L Compare the short- and long-term consequences of alcohol, tobacco, inhalant, and other drug use.
- 4.2.E Describe why individuals choose to use or avoid alcohol, tobacco, inhalants, and other drugs.

Title: Tobacco Yucks

Objectives/ Goals:

- The student will be able to...
 - list and describe the negative side effects of tobacco use on the human body
 - illustrate the short- and long-term effects of tobacco use by drawing a character depicting the results of use
 - encourage others to avoid tobacco use

Materials:

- Poster paper per student or per 2 students
- Coloring supplies
- [Tobacco Yucks Slides/Presentation](#)
- Speakers
- [Tobacco Yucks Notes](#)

Procedure:

Intro.	<ul style="list-style-type: none">● Ask the students “What’s so ‘yucky’ about tobacco?” Guide them in the direction on the negative side effects on the body.
Step 1	<ul style="list-style-type: none">● Slide 2 Show them the “Myth or Fact” video on YouTube.● Ask the students if they believed any of the myths?
Step 2	<ul style="list-style-type: none">● Slide 3 Before viewing each of the three videos ask them:<ul style="list-style-type: none">○ What makes someone healthy or unhealthy? Does smoking cause a person to be more or less healthy?○ What happens to the lungs when someone smokes? Where does the smoke go when someone inhales smoke from a cigarette? What chemical causes most of the dark coloration inside the body?<ul style="list-style-type: none">■ ***WARNING*** the LUNGS video could be considered graphic in nature as it shows pigs lungs affected by smoke. Please view the videos prior to class to determine if it is age/maturity level appropriate.○ What is addiction? What can you be addicted to that isn’t illegal?
Step 3	<ul style="list-style-type: none">● Slide 4 Discuss some of the major side effects of using tobacco. As you go through the list have students take notes on the “Tobacco Yucks Notes” page.● Explain that some of the negative side effects come more from smoking/chewing tobacco. Ask why they think that is? Example: Chewing tobacco soaks through the mouth and gums and may affect that area more than just smoking. Or smoking a cigarette may be bad for you lungs because of inhaling the actual chemical filled smoke.●
Step 4	<ul style="list-style-type: none">● Slide 5 Go through the pictures of effects on the body from smoking/chewing tobacco.<ul style="list-style-type: none">■ ***WARNING*** again this may be too graphic for some students and age levels. View them prior to class and use what will aid in understanding.
Step 5	<ul style="list-style-type: none">● Slide 6 and Slide 7 “Tobacco Yucks Project”● Explain that they will depict the negative side effects of tobacco by drawing a character and listing what happens to the body.

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| | <ul style="list-style-type: none">● They should include a title or name, a description of what happens, and make it neat.● Point out the examples of Tobacco Tim and Berta the Bad – they are drawn large and are colorful. They also didn't draw "pretty/perfect" characters but drew something that showed what would happen if a person or minion smoked/used tobacco products. |
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Assessments, References, & Sources:

- YouTube; 5 Smoking Effects on the Body Facts vs Myths <https://youtu.be/X0-mPM50TWE>
- YouTube; Smoking and its effects on Health! <https://youtu.be/IW6hwmdZbmE>
- YouTube; The DeNoble Files: Earmuffs <https://youtu.be/uFX9F-KD7co>
- Stacy Adams, Shaler Area Elementary School

TOBACCO YUCKS – EFFECTS ON THE BODY



Directions: Complete the blanks below with the negative side effects on the body from tobacco use.

1. BRAIN – addiction

2. HAIR –

3. EYES –

4. EARS –

5. MOUTH –

6. TEETH –

7. THROAT –

8. SKIN –

9. MUSCLES –

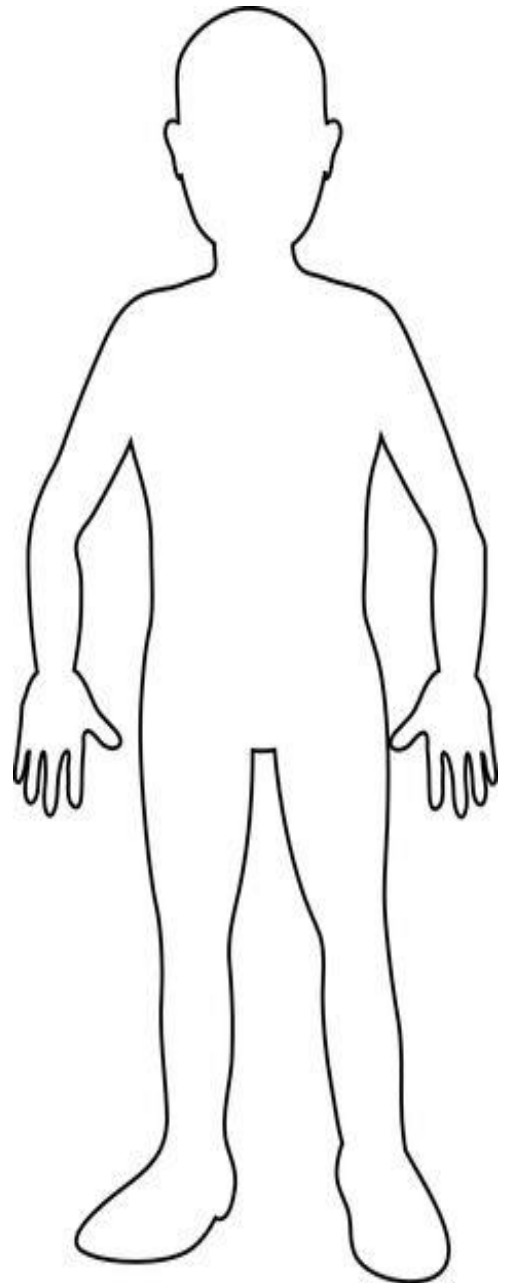
10. BLOOD VESSELS –

11. LUNGS –

12. HEART –

13. FINGERS –

14. STOMACH –

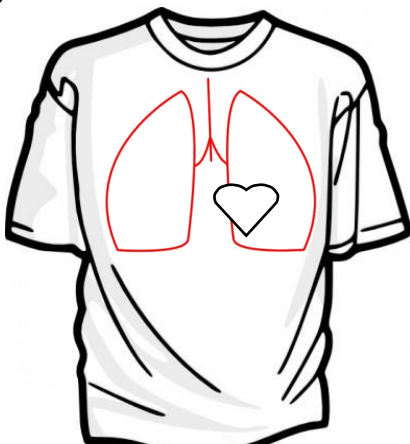


TOBACCO YUCKS – EFFECTS ON THE BODY



Directions: In your small group, create a drawing of a person/cartoon that has been negatively affected by tobacco use. Use the checklist on the rubric to make sure you've met all project requirements.

PROJECT REQUIREMENTS & RUBRIC		POINTS	CHECK
1. DRAWING	Your drawing should be large, of a person or cartoon and should be of the whole body.	10	<input type="checkbox"/>
2. LABELS	Label each body part negatively affected by tobacco use. Use the previous page for all of the labels needed.	5	<input type="checkbox"/>
3. DESCRIPTION	Next to <u>each</u> label, explain what happens to this body part if someone used tobacco products. (Ex: Ears=hearing loss)	10	<input type="checkbox"/>
4. DESIGN	Make it neat, colorful, and interesting to look at.	5	<input type="checkbox"/>
5. TITLE	Give your poster a catchy title or name.	3	<input type="checkbox"/>
6. STUDENT NAMES	Place group member names on the bottom right hand corner.	2	<input type="checkbox"/>
Total Points:		35	



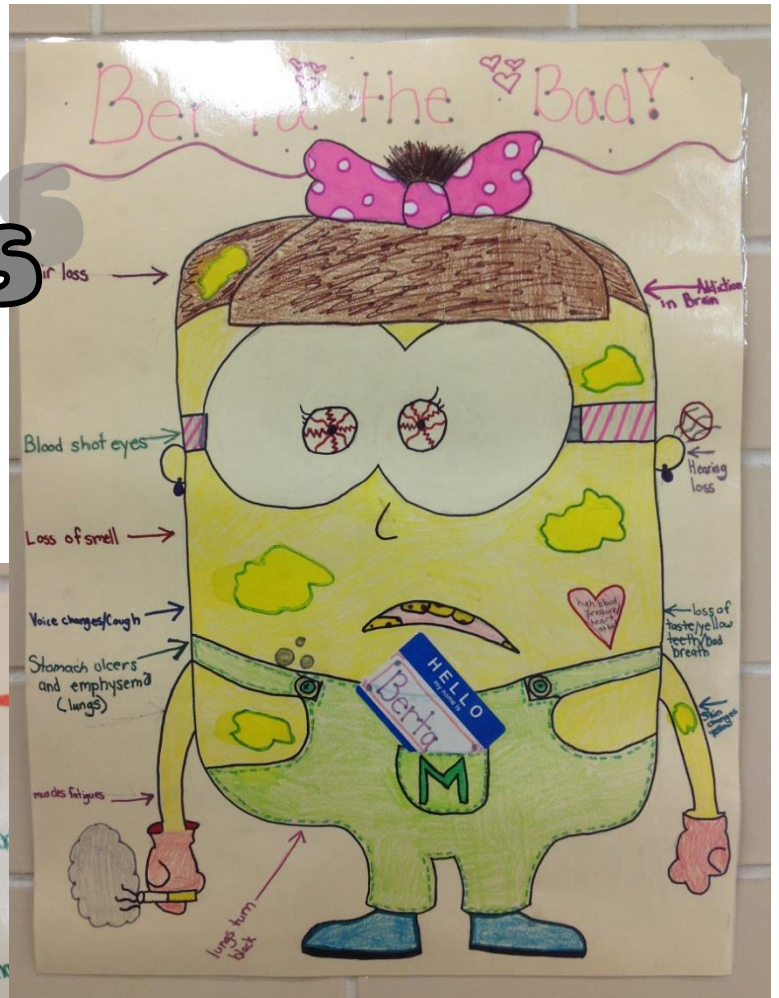
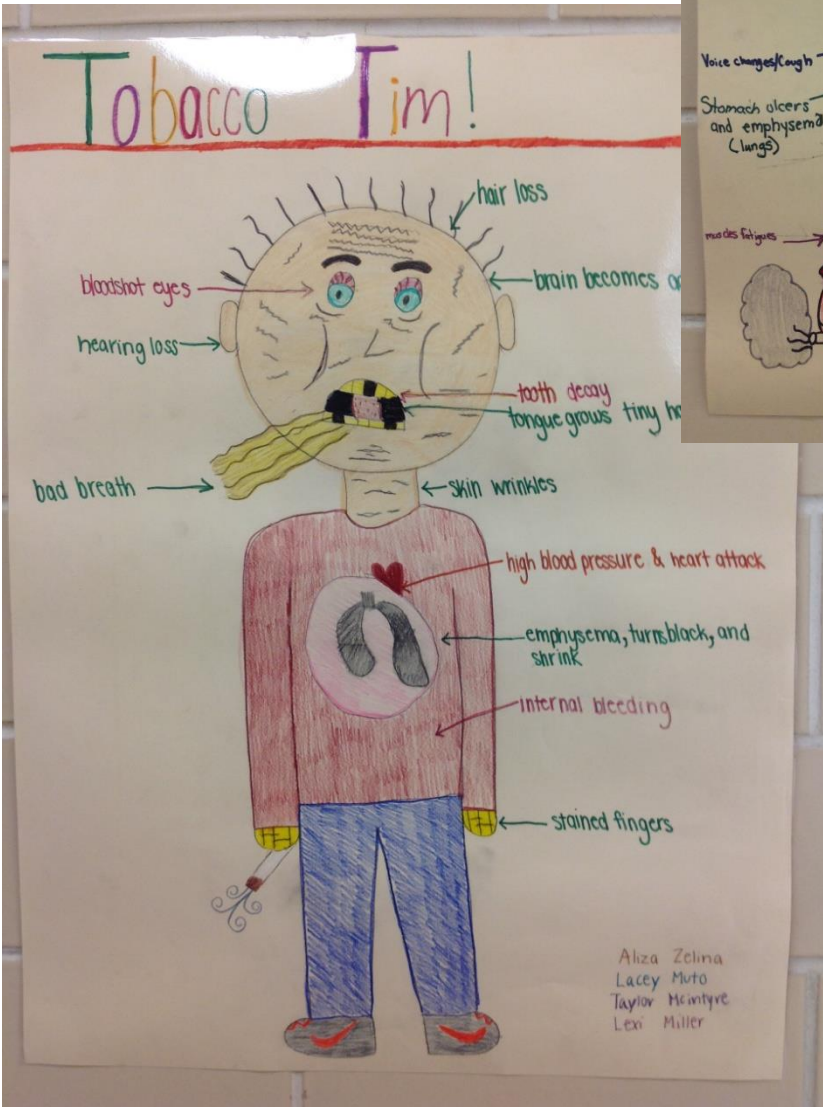
You can layer parts over the clothing like drawing lungs & a heart. Be creative & add a tongue sticking or bad breath that looks like 'smoke' coming out of their mouth.



TOBACCO YUCKS - EFFECTS ON THE BODY



examples



tobacco yucks