



Grade 4 Sample Lesson Plan: Tobacco Use

Objectives/Goals

- The student will examine the short and long term consequences of tobacco use
- The student will identify and practice verbal and nonverbal communication skills to resist/refuse tobacco
- The student will describe why individuals choose to use or avoid tobacco
- The student will analyze prevention resources for avoiding tobacco
- The student will discuss the importance of refusal skills in saying no to tobacco

Materials

- PowerPoint: 4th Grade All About Me Tobacco
- Worksheet:

Steps

Step 1

Using the Powerpoint as a guide, begin the lesson by reviewing the topic of the lesson on slide 2

Step 2

Slide 3: Ask student to read the discussion questions and reflect on their answers and personal opinions. Discuss as a class.

Health Smart Virginia Sample Lesson Plan

Step 3

Slide 4: As a class, read the scenario, What Should I Do? Allow students to share their answers.

Step 4

Slide 5: Discuss the short term effects of tobacco.

Step 5

Slide 6: Discuss the long term effects of tobacco.

Step 6

Slide 7: Introduce the topic of responding to peer pressure. Show the video clip. Discuss how peer pressure feels.

Step 7

Slide 8: As a class, read the scenario, What Should I Do? Allow students to share their answers.

Step 8

Slide 9: Discuss why it is important to say no to tobacco. Discuss strategies to responding to peer pressure. Allow students to practice using the examples on Slide 9 with a partner. Allow for volunteers to perform for the class.

Step 9

Slide 10-11: Practice as a class. Allow for all students to think quietly of a response to the pressure line. Then, call on students to respond.

Step 10

Slide 12: Discuss resources available for students if they have questions. Allow students to share a trusted adult (teacher, parent, neighbor, grandparent, school nurse, doctor, etc.) that they would talk to if they had questions or needed help with refusal skills.

Step 11

Slide 13: Pass out the worksheet: What Would You Say. Instruct students to use the strategies from Slide 13 to respond to the pressure lines on the worksheet. Then, students will write a short essay explaining why it is important to say no to smoking a cigarette. Allow time for students to share their answers with a partner or whole class.

Step 12

Slide 14: End the lesson with a classroom energizer.

Sources

Mary McCarley, 2018

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

What Would You Say

Imagine that you are being pressured to smoke a cigarette. Respond to the following scenarios using the refusal skills practice in class.

1. “Check this out. My older brother stole a cigarette from mom for me. I’m going to smoke it after school today. Come over and try it with me.”

2. “I have had the worst day. I failed a test and got in an argument with my parents. I’m going to smoke. Smoke with me? It is seriously not that big of a deal. Lots of people smoke. ”

3. “My uncle smokes cigarettes all the time and he is fine. Just try it?”

Why is it important to say “No” to smoking cigarettes?
