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• **Project**

TNT

Towards No

• **Tobacco Use**

Student Workbook

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Tobacco Use**

Student Workbook
Revised Edition



Santa Cruz, California

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Tips for Effective Listening

Pay attention.

Concentrate on what the speaker is saying.

Be responsive.

Let the speaker know you are listening (nod your head, etc.).

Make eye contact.

Look at the person who is speaking.

Let others listen.

Don't distract others from listening.

Ask questions.

Ask the speaker to explain if you don't understand.

Listen to the whole message.

Don't interrupt before the speaker is finished.

● Tobacco Products Information

Cigarettes are made from a light-colored tobacco which is rolled in paper and smoked. Brands include Marlboro, Winston, Camel and Kools. Some cigarette tobacco can be found in a pouch.

Clove cigarettes are made with cloves as well as tobacco, but contain more tobacco than cloves. They are more expensive than regular cigarettes.

Bidis are thin, unfiltered cigarettes that are wrapped in brown leaves and tied with a short length of thread. They come in different flavors. Bidis have a higher percentage of nicotine than cigarettes.

Cigars are made from a darker tobacco wrapped in tobacco leaves. They are brown in color.

● **Pipe tobacco** is usually mixed with other materials and is smoked in a pipe.

Smokeless tobacco is made from dark leaves and comes in 2 main forms: snuff and chewing tobacco.

Snuff is finely cut or powdered tobacco. There is a dry powdered form, such as Levi Garrett, and a slightly damp form called moist snuff, such as Skoal or Copenhagen.

Chewing tobacco is made from large pieces of a tobacco leaf and comes in 3 forms. Loose leaf comes in pouches (Red Man, Mail Pouch, or Beech-nut). Plug comes in plastic-wrapped bars (Day's Work). Twist-and-roll is twisted into a pigtail shape and comes in a wrapper (Mammoth Cave).

The dangerous components of cigarettes, clove cigarettes, bidis, cigars and pipe tobacco include tars and carbon monoxide gas, which are given off when the tobacco is burned. Nicotine, the substance you get addicted to, is in all forms of tobacco. It makes a person's body work harder and faster, which can cause heart disease. All cigarettes, smokeless tobacco, cigars, bidis and pipe tobacco also have huge amounts of cancer-causing materials in them that can cause cancer at places where the tobacco product comes in contact with the body.

TNT Word List

Directions: During Project TNT, write the definition for each word when it is discussed in class.

Consequence _____

Self-Esteem _____

Peer Pressure _____

Direct Pressure _____

Indirect Pressure _____

Communication _____

Assertive _____

Social Image _____

Social Activism _____

5 A person who smokes a pack of cigarettes a day:

"The price of a pack has gone up recently, and I now spend at least \$3.70 per pack. Yesterday I figured that over the course of a year (365 days) I have spent \$1,350.50 on cigarettes. I started thinking about all the other things I could have spent my money on besides having it go up in smoke."

"The other day I had lunch with my aunt. She's only in her thirties but I noticed wrinkles and dryness that make her look older than she is. She's been smoking since she was my age and it's really showing on her face. I guess these cigarettes cost more than just money. They make your skin look older than it really is."

6 A person who's been smoking for quite a while:

"I haven't been able to smoke a cigarette for 3 hours. I feel nervous and uncomfortable. I'm suffering from withdrawal. This isn't fun. I'd like to quit, if only I could."

7 A person who's been using chewing tobacco for quite a while:

"I went to the dentist a few months ago because my gums were bleeding. She told me to stop using tobacco. I tried, but after a few days I started again. I went back to see my dentist today. Now I have these white spots that are called leukoplakia. She says these spots can become cancer over time. I'm risking getting a fatal disease in order to avoid withdrawal. I think I'm too addicted to quit."

8 A person who's been smoking for years:

"I'm suffering from lung and breathing problems because of my years of smoking. I can't jog or play softball as well with my friends, because it becomes too hard for me to catch my breath and my heart starts pounding."

Directions: List the consequences of using tobacco. Circle + if the consequence is positive. Circle – if it's negative.

Circle the choice that has the most positive (+) consequences.

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Building Self-Esteem

Directions: Follow the steps.

Think about the things you like about yourself:

Examples:

- I'm a loyal friend.
- I'm helpful.

Think about the things you do that you are proud of:

Examples:

- I'm good at basketball.
- I'm good at math.

List all of the good things you can think of about yourself in 3 minutes.

I'm Special

Directions: Read the statements, then list important qualities about yourself.

Statements to Raise My Self-Esteem:

"I like myself."

*"I am growing up and
my life is getting better."*

*"It's not important that everyone like me
(we're all too different for everyone to like us)."*

"There are many things I can do well."

My Special Self:

1 Special ability or talent:

2 Special achievement:

3 Positive way I treat others:

4 Positive physical feature or characteristic:

5 Another way I'm special:

● Special Qualities in Friendship

Part 1

Directions: Think about and list the qualities you look for in friends. Then think about and list the qualities that make you a good friend to others, such as being a good listener, patient, kind, etc.

Special Qualities I Look for in a Friend

1. _____
2. _____
3. _____
4. _____

Special Qualities That Make Me a Good Friend

1. _____
2. _____
3. _____
4. _____

Part 2

Directions: Think about and list things that you and your best friends agree and disagree on, such as favorite movies, rock groups, food, etc.

We Agree

We Disagree

What's in My Head?

Cartoon 1

Directions: In the thought bubble, write what you think your friend is thinking about you.



What's in My Head?

Cartoon 2

Directions: In the thought bubble, write what you think your friends are thinking about you.



Understanding Each Other

Directions: Write down the examples discussed in class.

Verbal—the words you use and the tone of voice.

Nonverbal—your actions and body language.

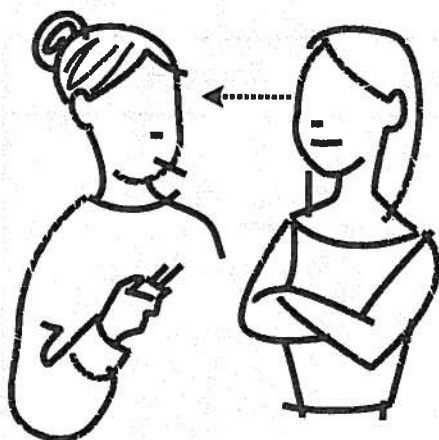
Observe and Listen—making sure your message is understood.

Open-Ended Questions—getting more information.

Response Matrix

	Passive	Aggressive	Assertive
Voice (verbal)	<ul style="list-style-type: none"> ■ soft ■ shaky ■ hesitant ■ unsure ■ weak 	<ul style="list-style-type: none"> ■ pushy ■ loud ■ angry ■ fast 	<ul style="list-style-type: none"> ■ confident ■ certain ■ sure ■ calm
Facial Expression (nonverbal)	<ul style="list-style-type: none"> ■ no eye contact ■ looks around ■ looks down 	<ul style="list-style-type: none"> ■ staring ■ pinched ■ frowning 	<ul style="list-style-type: none"> ■ friendly ■ calm ■ eye contact
Body Language (nonverbal)	<ul style="list-style-type: none"> ■ backing away ■ slouching ■ fidgeting 	<ul style="list-style-type: none"> ■ leaning forward ■ invade other person's space 	<ul style="list-style-type: none"> ■ relaxed ■ good posture ■ standing straight (not leaning forward or invading the other's space)

Being Assertive



Have good posture and make eye contact.

Use body language that shows you mean what you say.

Be friendly but firm.

Be honest, direct and open in your communication.



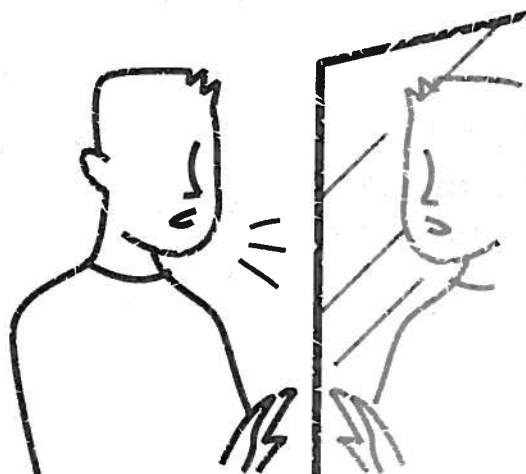
Speak clearly.

Use a strong, clear, confident voice.



Look and sound confident.

Stand up for yourself. Express yourself clearly, with good posture and a strong, clear voice.



Keep practicing.

The more you act and sound assertive, the better you get at it.

Ways to Say "NO"

Avoid the offer

Don't enter a situation where you may be pressured.

Escape the offer

Walk away

- Leave before an offer is made.

Give an excuse

- "I'm supposed to meet my friend."
- "See you later."
- "Gotta run."
- "I forgot my books."

Cold shoulder

- Ignore the offer, or change the subject.
- Talk to someone else in the group.
- Walk away.

Refuse the offer

Simple rejection

- "No."
- "No, thanks."

Self-statements

- "I don't smoke."
- "I have too much going for me to start this habit."
- "I'm not the type of person who smokes."

Consequences

- "Smoking will give me bad breath."
- "Chew will make my teeth yellow."

Broken record

- "No, thanks... No, thanks... No, thanks."
- "I don't want any... I don't want any."

Strength in numbers

- Look for other nonusers. If confronted with an offer, stick together and use "we" statements.
- "We don't want to chew."
- "We don't smoke."

Reversing the pressure

- "No thanks. I thought you were my friend and my friends wouldn't want me to get into trouble."
- "Why are you picking on me?"

Activism

- "I don't smoke, and you shouldn't either."
- "I don't want to be around you when you're smoking."
- "You really should try to quit using snuff."

Other statement

- "I know you are trying to be my friend, but I don't chew."

Exchange statement

- "No thanks, let's go get a pizza instead."
- "I don't smoke, but if you need someone to talk to I'm always here."

Combination

- "I know you are trying to be my friend, but I don't smoke. How about going to get something to eat instead?"

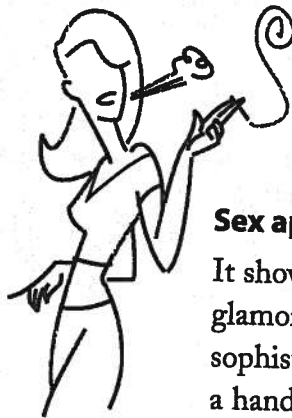
Be assertive when using these ways to say "NO"!

Advertising Pitches



Athletic appeal:

It shows athletes or others involved in sports activities using tobacco.



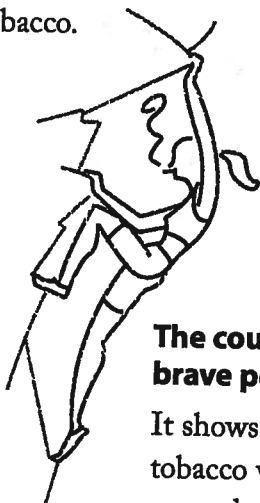
Sex appeal:

It shows a beautiful, glamorous or sophisticated woman or a handsome, macho or "cool" looking man using tobacco.



Having fun:

It shows people enjoying themselves using tobacco.



The courageous/brave person:

It shows a person using tobacco who is doing some deed or activity that takes courage.



Looking older:

It shows young people using tobacco who are dressing or acting in a way that makes them look older.



The hard-working person:

It shows a person who is hardworking in his/her job or life using tobacco.



Appeal to independence:

It shows people who look independent using tobacco. They act on their own and don't seem to need other people.

Writing a Letter

Directions: You probably know someone who uses tobacco. Without naming that person, write a short letter expressing your feelings about his or her tobacco use and try to convince this person to stop using tobacco. Use this worksheet as a guide, and include all of these points in your letter.

- Express your feelings of love or friendship.
- Inform the person about the health consequences associated with using tobacco.
- Tell the person about the negative social images associated with tobacco use (how tobacco use really makes people look).
- Express your feelings about the person's tobacco use (no put-downs).
- Ask the person to change his or her behavior.

Or you may write a letter to a tobacco company, including the following paragraphs:

- Inform them about the health consequences of using tobacco.
- Tell them about the negative social images associated with tobacco use.
- Express your feelings about tobacco use.
- Ask them to change/stop false advertising.

TNT Commitment Certificate

This is to certify that _____ (Student Name)
has successfully completed Project TNT.

I, _____, agree that I:

- ☐ Have learned many techniques to say NO and won't give in to peer pressure.
- ☐ Will consider the physical consequences of using tobacco whenever the topic of tobacco is discussed.
- ☐ Will plan to avoid people when they are smoking and will try to meet nonsmoking friends.
- ☐ Will never use tobacco.



Towards No Tobacco Use

Date _____

Student Signature _____

Teacher Signature _____

Get the Facts!

- ◆ Tobacco use is the number one cause of preventable death in the United States.
- ◆ Young people often feel pressure to start using tobacco.
- ◆ If you use tobacco you can get addicted. It can hurt your health now and in the future.

Learn the Skills!

- ◆ Speak up to say NO to tobacco.
- ◆ Understand how the media tries to get you to use tobacco.
- ◆ Help friends avoid tobacco use.

Make the Commitment!

- ◆ Take a stand against tobacco.
- ◆ Watch your skills improve as you use them in real-life situations.
- ◆ Support your friends in making smart choices.

Project TNT gives you the skills to stay healthy and avoid tobacco use.

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Associates www.etr.org