

## General Description

**Student Health Force - Tobacco & Lung Health** promotes lung health by providing students with education and resources to analyze issues involving tobacco and secondhand smoke. Intended to stop future tobacco use, reduce tobacco use, and to prevent exposure to secondhand smoke, Tobacco & Lung Health is a multidisciplinary, multimedia, researched-based curricula aligned to national health education standards, and appropriate for classroom and non-classroom settings.

- This program encourages youth ages 12 to 18 to begin the process of behavior change toward healthy and active living.
  - The carefully researched materials are free to download.
  - Pre- and post- assessment tools are included.
  - The online, interactive lessons have audio and video and promote health-related vocabulary development, life skills, reading and listening practice, and provide critical health information.
  - This program is appropriate for use in community-based health education programs.
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## Objectives

**Student Health Force - Tobacco & Lung Health** learning outcomes meet the following standards:

- National Health Education Standards for Students - Standards 1, 2, 3, 4, 5, 6, 7, and 8

**Student Health Force - Tobacco & Lung Health** encourages healthy and active living behaviors in youth ages 12 to 18. As a result of this program, participants will be able to:

- Explain why tobacco use is the number one cause of preventable disease and death in the world.
  - Summarize knowledge of consequences of substance use/abuse.
  - Define tobacco dependence and describe usage patterns.
  - Elaborate accurate information about tobacco addiction and related diseases.
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## Methodology

**How do I use the lessons?** There are many ways to use the lessons. You can integrate it as a unit on nutrition, teach it as a whole-class (with a projector) lesson, assign it as practice in a computer lab, or for students with Internet access at home, as homework.

**How do I begin?** Review the course material; then go to Documents and review the lesson plans. There is a lesson plan, student worksheet and knowledge assessment for each of the ten units. Documents contains folders with knowledge assessments and student worksheets for each unit.

**Who can use the online lessons?** Intermediate level and above students with basic computer skills (using a mouse, navigating within a website, minimal keyboarding skills), computer, Internet access, and headsets.

**Why are the lesson plans so long and detailed?** The lesson plans were written to be used in classroom and non-classroom settings by both educators as well as nonprofessionals.

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## Course material

	Learn It	Live It	Share It
<b>Circulatory System</b>	<p>Describes how the human circulatory system works.</p> <p>Summarizes the components of the circulatory system.</p> <p>Details the ramifications of tobacco use on this organ system.</p>		
<b>Respiratory System</b>	<p>Describes how the respiratory system works. Identifies how breathing occurs.</p> <p>Summarizes the components of the respiratory system.</p> <p>Details the ramifications of tobacco use on the respiratory system and identifies respiratory diseases associated with smoking.</p>	<p>Activities</p> <ul style="list-style-type: none"> <li>Virtual Lung Fly Through</li> </ul>	
<b>Tobacco Facts</b>	<p>Details some of the 4,000 toxic chemicals found in tobacco smoke.</p> <p>Identifies diseases that are caused by tobacco use.</p> <p>Reinforces the benefits of quitting tobacco.</p>	<p>Activities</p> <ul style="list-style-type: none"> <li>Smoke Detective</li> <li>Addiction Prediction</li> <li>Are you ready to quit?</li> </ul> <p>Determine financial, social, legal, and health issues regarding tobacco use.</p>	<p>Prepare a tobacco prevention/cessation messages to share with peers. Analyze/critique messages.</p>
		<p>Identify resources for tobacco cessation.</p>	<p>Identify ways to positively communicate concern to those who use tobacco. Analyze/critique communications.</p>