

Secondhand Smoke: Just Say Know

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Program Guide



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SUGGESTIONS FOR VIDEO PRESENTERS



This Presenter's Resource Guide will facilitate effective presentation of the video *Secondhand Smoke: Just Say Know*. The guide is designed for use with presentations ranging in length from 30 minutes to multiple class periods.

The Resource Guide begins with sections for the presenter: Introduction, Program Goals, and the Video Script.

The Resource Guide continues with materials to share with students. The Pre-Screening True or False quiz challenges students' preconceived notions about the material and stimulates their minds before viewing the video. The Glossary may be photocopied and used both before and after the screening to expand students' vocabulary on the topic. The Post-Screening True or False quiz, along with the Matching, and Fill in the Blank sections review information in the video and expand upon it. The Student Activities What Do You Think? and Role-plays challenge students to reflect and respond to "real-life" situations they may encounter; the Crossword Puzzle and Word Search reinforce new vocabulary. Worksheets such as Personal Choices and Setting Goals encourage students to consider their life goals and how to pursue them.

The following suggestions for using this guide are based on how many class periods you have for your presentation. After reviewing our suggestions below, select and photocopy the material you will need for your customized presentation. Parent/Teacher Handouts are provided for students to take home, and the Resources List can be used for additional information and guidance.

One Class Period Presentation

1. Show *Secondhand Smoke: Just Say Know* video (11 minutes).
2. When the video ends, pass out the Post-Screening True or False quiz, followed by the Matching, and Fill in the Blank worksheets. After students have completed the three activities, use the answer key to review correct answers with students.
3. Use either the What Do You Think? or Role-plays from the Student Activities section to interact with the students. Photocopy and pass out the Crossword Puzzle, and Word Search for students to complete during the remaining class time.
4. Photocopy and distribute additional Student Activities for students to take home. Encourage them to talk to their parents about what they've learned from *Secondhand Smoke: Just Say Know*.

SUGGESTIONS FOR VIDEO PRESENTERS

(Continued)

Two Class Period Presentation

First Class Period:

1. Before you show the videotape, give each student the Pre-Screening True or False quiz to complete. Collect completed quizzes for use during the next class period.
2. Show *Secondhand Smoke: Just Say Know* video (11 minutes).
3. When the video ends, pass out the Post-Screening True or False quiz, followed by the Matching, and Fill in the Blank worksheets. After students have completed the three activities, use the answer key to review correct answers with students.
4. Photocopy and pass out the Crossword Puzzle and Word Search for students to complete.

Second Class Period:

1. Give each student the Pre-Screening True or False quiz they completed in the first class period.
2. Distribute the Answer Key for the Pre-Screening True or False quiz. Call on students to give the answer they had chosen for one of the quiz questions and then have them read aloud the correct answer with its explanation.
3. Divide the class up into three groups and assign each group one of the Role-plays to act out for the class.
4. Photocopy and distribute the *What Do You Think?*, *How Can You Say No to Secondhand Smoke?*, *Personal Choices*, *Setting Goals* or *Reviewing Goals* worksheets from the Student Activities section. If there is sufficient class time remaining, have students also work on these in class. If there's not enough class time, assign one or more of these as homework for review on the following day. Encourage students to talk to their parents about what they've learned from *Secondhand Smoke: Just Say Know*.

INTRODUCTION



Most students may be aware that smoking is hazardous to their health and that secondhand smoke isn't good for them, but few know how serious secondhand smoke actually is. Young people are exposed to secondhand smoke every day. Many of them are unaware of the short- and long-term effects of such cumulative exposure. Every time they enter an environment where smoking is condoned, they are exposed to toxic air. *Secondhand Smoke: Just Say Know* gives students the facts, to help them stay away from smoking cigarettes and steer clear of other people's smoke.

Recent studies prove that secondhand smoke, also known as environmental tobacco smoke (ETS), is as dangerous as the smoke inhaled by a smoker. Long thought of as rather benign, secondhand smoke is increasingly recognized as hazardous, particularly for children. In *Secondhand Smoke: Just Say Know* high school students explain to middle school students that children are at risk to secondhand smoke, because their lung tissues are still developing. Regular exposure to ETS can cause chronic ear infections, bronchitis, and even pneumonias. Dr. Tracey Wallace explains that these problems become increasingly challenging to treat and could persist throughout a lifetime. The older students act out methods for asking peers and older people who are lighting up to keep smoke away from them.

More and more people are trying to make indoor tobacco smoking a thing of the past. This movement has historical precedent. Years ago, widespread recognition of the toxic nature of asbestos led to the systematic removal of this poisonous, but widely used building material. Deadly lead paint was also systematically removed from buildings. This same phenomenon of prohibiting and regulating a recognized poison is occurring with tobacco smoke. As a result of studies about the toxicity of secondhand smoke, more and more states are creating legislation to outlaw smoke in public spaces and buildings. Smokers can be seen clumped outside office buildings and restaurants. Campaigns to "Butt out the cigarette butts!" are on. Tobacco smoke will one day become a poison of the past.

Showing *Secondhand Smoke: Just Say Know* to your students informs them with up-to-date facts, gives them a stronger understanding of how dangerous secondhand smoke is to their health, and teaches them polite ways to escape from it. Help your students make the healthy choice to steer clear of cigarette smoke. Help them to ask others not to smoke in their presence. The more that young people KNOW, the more likely they are to ask, "Please, keep your smoke away from me."

PROGRAM GOALS



After watching the video and completing the student activities,
your students will know:

- √ Secondhand smoke-also known as environmental tobacco smoke (ETS)-is the smoke that exists in the area around a smoker.
- √ Secondhand smoke is a combination of mainstream smoke (the smoke exhaled by a smoker) and sidestream smoke (unfiltered smoke that is emitted from a burning cigarette.)
- √ Chemical toxins and carcinogens found in tobacco smoke are inhaled by smokers and nonsmokers alike.
- √ Secondhand smoke is actually as toxic as the smoke inhaled by the smoker.
- √ Medical consequences associated with secondhand smoke are serious, deadly, and preventable.
- √ ETS, or secondhand smoke, can lead to serious health conditions such as cancer and, eventually, death.
- √ Young people and children are particularly susceptible to the dangers of ETS.
- √ The majority of people choose a clean environment by staying away from cigarette smoke.
- √ How to ask ALL smokers not to smoke around them.
- √ How to persuade people around them to try and quit smoking al together-for everyone's sake.

GLOSSARY



ACETONE Colorless, flammable liquid, widely used as a paint solvent, fiberglass cleaner and as nail polish remover. One of the more than 4,000 chemicals in cigarettes.

ACRID ODOR A sharp, bitter smell caused by smoking that clings to your breath, hair, and clothing.

ADDICT A person who suffers from a drug addiction. Someone who has developed a dependency on a drug from increasing tolerance of a substance and must use it over and over to feel normal. An addict is someone addicted to tobacco, alcohol, and other drugs.

ADDICTION A state of dependence on a drug, usually with a harmful and often with a deadly effect.

AMMONIA A colorless gas with a pungent odor; soluble in water and used as a floor and toilet cleaner. One of 4,000 chemicals found in cigarettes.

ARSENIC A tasteless poison found in cigarettes, where it kills in small doses over time.

BLOODSTREAM The flow of blood circulating through the blood vessels of a person or animal.

BRAIN The controlling center of the nervous system. Using drugs physically changes your brain, often causing permanent damage.

BREATHABLE PARTICLES The components of smoke, small enough to breathe in. In secondhand cigarette smoke, these small particles contain toxic chemicals and carcinogens.

BURN HOLES Holes caused when the lit end of a cigarette touches, burns a hole in, and ruins clothes, furniture, or upholstery. Cigarettes can also burn your skin or someone else's skin.

BUTANE A colorless, highly flammable gas that is compressed for use in cigarette lighter fluids and is used in household cleaning products. One of 4,000 chemicals found in cigarettes.

BUTYL ACETATE A flammable toxic liquid used as a solvent for lacquers and found in cigarettes.

CADMIUM A metal toxin used as fluid in a rechargeable battery. It is found in cigarettes.

CANCER A malignant tumor or growth caused when cells multiply uncontrollably, destroying healthy tissue, or . the illness that is caused by the presence of a malignant tumor. Often caused by tobacco use.

CARBON MONOXIDE A lethal chemical found in automobile exhaust fumes. Also found in cigarettes.

CARCINOGENS Cancer-causing chemicals found in tobacco leaves. Three classes of carcinogens are known to occur in tobacco products: N-nitrosamines, polynuclear aromatic hydrocarbons (PAH), and polonium-210.

CENTRAL NERVOUS SYSTEM (CNS) Your brain and spinal chord, which can be thought of as the engine and heart of the nervous system of your body, where all the processes necessary for your life are regulated, including how you feel at any given time. Smoking attacks and affects the CNS.

CHEMICAL INJURY Injury caused by smoking cigarettes, which contain 43 known carcinogens and thousands of chemicals.

CONSEQUENCES The results of a previous action. The consequences from smoking are always unpleasant, difficult, negative, and ugly.

GLOSSARY



CRAVING A powerful, often uncontrollable desire for drugs that is part of addiction. A drug user's brain produces less natural chemicals (neurotransmitters) than it once did, because it gets used to the artificial ones from the drugs being ingested. However, a drug user's body needs neurotransmitters in the same amounts as before drug abuse to feel good or "normal," and therefore experiences a craving for the drug, wanting to make up the difference and feeling a "need" for the missing neurotransmitters.

DENIAL The inability or refusal to admit that something, such as an addiction to smoking, exists.

DRUG A substance that is given to treat or prevent a disease. Also, refers to an illegal and addictive substance that causes changes in your behavior and perception of reality.

DRUG ABUSE The misuse of drugs. Self-harm done by choosing to take a dangerous substance into your body.

EMPHYSEMA A condition that causes abnormal expansion of the lungs and impairment of heart action. Causes inability to breathe without assistance. Often brought on by smoking early in life.

ENVIRONMENTAL Relating to one's surroundings. Having to do with the space around a person or area.

EXHALE To breathe out, or release used air from the lungs.

FORMALDEHYDE A chemical used in embalming; also found in cigarettes.

FRONTAL LOBE The front part of each hemisphere of the brain. This area helps you decide between right and wrong. Smoking causes serious damage and actual physical changes to this area of the brain.

HEALTHY CHOICE A choice that is good for one's health and wellness, such as the choice to stay away from all forms of tobacco and nicotine.

HEALTHY MAJORITY The large group of young people who make healthy choices.

INHALE To breathe in air, or to draw a gas, liquid, or solid into the lungs through the nose or mouth.

LARYNX The part of the respiratory tract between the level of the root of the tongue and the top of the trachea, also called the voice box. Cancer of the larynx is caused by smoking.

LETHAL Deadly or fatal.

MAINSTREAM SMOKE The smoke inhaled and exhaled by a smoker. One of two forms of smoke from burning tobacco products that make up secondhand smoke.

MAJORITY Over half, or most of the people in a group.

MISPERCEPTION A false observation based on lack of truthful information.

NICOTINE A toxic, highly-addictive chemical found in tobacco leaves and in cigarettes. Also used in liquid form as an insecticide.

PHLEGM The thick mucus secreted by the walls of the respiratory passages, especially during a cold. Excess phlegm also develops as a consequence to the toxicity of smoking.

POISON A substance that causes injury, illness, or death when taken into the body.

GLOSSARY



POLLUTION The act of polluting, corrupting, or damaging something-especially the natural environment. Smoking is polluting your body with poisons.

PREMATURE WRINKLING Smoking causes a number of changes in the skin, including skin wrinkling at early ages. "Smoker's Face" is a condition that shows up as early as age 30 for women who smoke. It is described as deeply wrinkled, gaunt-looking, shriveled skin, gray with purplish blotches.

RESPIRATORY SYSTEM Your body's breathing apparatus. Lungs take in air, expel carbon dioxide, put oxygen in the blood stream, and remove impurities.

SECONDHAND SMOKE Also called **ENVIRONMENTAL TOBACCO SMOKE (ETS)** The combination of two forms of smoke from burning tobacco products: sidestream smoke and mainstream smoke. ETS can cause cancer and other illnesses in someone who does not smoke.

SIDESTREAM SMOKE Smoke that is emitted directly from a burning cigarette, pipe, or cigar. One of two forms of smoke from burning tobacco products that make up secondhand smoke.

SMOKE A mass of tiny particles in the air that rises up from something burning. In the case of tobacco smoke, this air is deadly.

SMOKING Inhaling tobacco products which include more than 4,000 known toxic chemicals through a cigarette, cigar or pipe - voluntarily causing chemical injury and thermal injury to one's body.

SMOKING ADDICTION A chronic, relapsing disease, characterized by compulsive use of tobacco products, and changes to the brain, lungs, skin and overall health of the smoker.

STIMULANT A drug or other agent that produces a temporary increase in functional activity in a body organ or part. A cigarette stimulates your nervous system, making you feel antsy and agitated.

SYMPTOM Sign of some disease experienced by a person, such as pain, dizziness, or nervousness.

TAR The thick, black, toxic liquid residue from tobacco smoke.

TETRAHYDROCANNABINOL (THC) A dangerous drug found in marijuana.

THERMAL INJURY Injury caused by the heat of smoking on the lining of the mouth and **esophagus**.

TOBACCO The dried leaves of a plant of the nightshade family, processed for smoking and chewing.

TOLERANCE A condition in which higher doses of a drug are required to produce the same effect as those initially experienced with lower doses; increased tolerance leads to physical dependence.

TOXIC Poisonous. (From toxin, or poison.)

TOXIC ATHLETE An athlete who is poisoned by smoking, causing loss of speed in running, frequent coughing, and an overall decrease in athletic performance and endurance.

WITHDRAWAL The time when an addict stops taking a drug and experiences painful symptoms. With nicotine withdrawal, users who are trying to quit experience nervousness, anxiousness, and depression.

Secondhand Smoke: Just Say Know

VIDEO SCRIPT



LINDSEY

Breathing. Breath. Air. Your lungs. Bet you don't think much about these things, do you? Breathing isn't something you chose to do, is it? It's something you have to do just to live. Did you know that you take about 28,800 breaths a day? You don't even think about it. It's natural. But without breathing, well, you just can't live, can you? And without clean air to breathe, you can't live a healthy life.

JAMES

Say, man, get your smoke away from me.

LINDSEY

We've all heard about secondhand smoke, but what do we really know about it? What is it? Let's start at the beginning: secondhand. What does secondhand mean to you?

MARISSA

Used. It means used.

SOPHIA

Secondhand? That's like worn. Hand-me-down.

LOUIS

It means not yours. Someone else's.

LINDSEY

Okay, good. So if secondhand means used, worn, hand-me-down, not yours, someone else's, then what does secondhand smoke mean?

SOPHIA

Oh! Not your own smoke. If you don't smoke, it's other people's smoke, right?

MARISSA

It's used smoke. Somebody puffs it out on you. They had it in their lungs first. Now it goes into yours.

ARIEL

It's all around you. You can't escape it...

LOUIS

You don't smoke, but you're trapped...

ARIEL

In a car...

VIDEO SCRIPT

(Continued)

RYAN

In a room...

LOUIS

But if it's there, you have to breathe it.

JAMES

It's yucky.

SOPHIA

It's pollution!

ZSA ZSA

Secondhand smoke is the smoke that exists in an area near a smoker. Secondhand smoke is a mixture of exhaled smoke and smoke from the ends of lit cigarettes.

BEAU

Secondhand smoke is also called environmental tobacco smoke or ETS. There are two kinds. The smoke that is exhaled by the smoker is called mainstream smoke.

ZSA ZSA

The smoke that comes off the end of a burning cigarette, pipe, or cigar is called sidestream smoke.

BEAU

But if cigarette smoke is dangerous for smokers (and it is!) it is also dangerous for non-smokers.

LINDSEY

Secondhand smoke, or ETS (that stands for environmental tobacco smoke), is dangerous!

MARISSA

But it's not as bad as smoking, right?

BEAU

Good question. Let's get the facts straight, so you can make healthy decisions. First, cigarette smoke contains chemicals not meant to go into your body.

ZSA ZSA

Chemicals like arsenic, cadmium, carbon monoxide, to name just a few of the...

VIDEO SCRIPT

(Continued)

BEAU

...four thousand that do get inhaled with environmental tobacco smoke.

ZSA ZSA

Secondhand smoke, or environmental tobacco smoke, increases symptoms of allergies and asthma in some people, especially children.

BEAU

All young people are vulnerable to secondhand smoke.

LOUIS

We're still growing.

BEAU

There's been significant proof that secondhand smoke causes lung disease and other serious respiratory infections in young children.

LINDSEY

Breathing tobacco smoke increases a person's risk of getting cancer and other diseases like emphysema.

ZSA ZSA

More than 40 of the 4,000 chemicals in tobacco smoke are known to cause cancer.

BEAU

Being in someone else's secondhand smoke, well, it's just not safe!

DR. TRACEY WALLACE

Secondhand smoke is very dangerous to young children. Their immune systems are still developing. They are still growing, and the damage that can be caused to lungs or to the ears can lead to problems that will persist throughout their entire adult life.

ARIEL

Here you are trying to be healthy from not smoking, and you get cancer from someone else smoking?!

JAMES

That's a drag! No way!

DR. TRACEY WALLACE

I have two patients, a six-year-old and a two-year-old, that I've seen several times, and they live in a situation in which mom and dad and grandmother do smoke. These children have been in with multiple ear infections, bronchitis,

VIDEO SCRIPT

(Continued)

and even with pneumonias. They are surrounded by secondhand smoke, and each time I see them it is becoming more difficult to treat these infections.

LINDSEY

Did you know...

BEAU

That secondhand smoke is a combination of poisonous gases, liquids, and breathable particles that are harmful to our health.

LINDSEY

Did you know...

ZSA ZSA

That secondhand smoke has at least twice the nicotine and tar as the smoke inhaled by the smoker.

BEAU

Did you know...

LINDSEY

That you have an entire system in your body called your immune system. Its job is to keep you from getting sick.

ZSA ZSA

Did you know...

BEAU

That secondhand smoke is a major source of indoor air pollution and the greatest source of air particle pollution.

ZSA ZSA

Did you know...

LINDSEY

That the Centers for Disease Control considers environmental tobacco smoke a major health hazard for young children.

ZSA ZSA

Did you know...

BEAU

That non-smokers who breathe secondhand smoke too often can build up chemicals in their lungs.

VIDEO SCRIPT

(Continued)

ZSA ZSA

Eventually, non-smokers can have the same health problems that smokers do!

DR. TRACEY WALLACE

Secondhand smoke also increases the risk of cancers. Someone who smokes is not only putting themselves at risk but putting people who are around them at risk.

It's one thing to make a decision for yourself, but don't make a decision for somebody else.

JAMES

You're killing me.

SOPHIA

I didn't know you can get cancer from secondhand smoke.

LOUIS

Secondhand smoke can kill you.

MARISSA

No way are you going to kill me.

ZSA ZSA

Our lungs are still developing. We need to have a healthy environment... that means fresh air to breathe.

MARISSA

Then why would any parents smoke around us?

RYAN

Because we don't ask them to stop?

SOPHIA

They're addicted.

LOUIS

It is very hard to quit.

MARISSA

Ask your parents not to smoke around you! Protect yourself.

SOPHIA

Better yet, ask them to try to quit for you and for themselves.

VIDEO SCRIPT

(Continued)

BEAU

Secondhand smoke poses serious health problems to kids and adults,
but it is particularly bad for young people like us.

SOPHIA

We're still growing.

JAMES

I want healthy lungs.

LINDSEY

Ask your parents not to smoke around you or anyone they love. Ask your parents' friends. Ask your neighbors. If your older sisters and brothers smoke, and I hope they don't, tell them to keep their smoke away from you.

RYAN

Excuse me, but your smoke is making me sick.

SOPHIA

Will you please smoke outside? That smoke is bad for both of us.

JAMES

Say, man, get your smoke away from me.

MARISSA

Keep your environment clean by asking all smokers not to smoke near you.

DR. TRACEY WALLACE

Don't be shy. If somebody is smoking around you, tell them to move away. They're endangering their lives by smoking, but by smoking around you they're endangering your life as well. Take ownership of your own health. Make a difference.

Tell people to smoke elsewhere.

MATT

Please, take your big smoke stick somewhere else.

LINDSEY

Just say I need clean air to breathe. I want to live a healthy life.

BEAU

Better yet, ask them not to smoke at all. Please stop smoking!

MARISSA

Choose a healthy environment. Keep away from smoke!

PRE-SCREENING TRUE OR FALSE QUIZ



Read the statements below and circle T for those that are true and F for those that are false.

1. T F You can get cancer from secondhand smoke.

2. T F Secondhand smoke increases symptoms of allergies and asthma in some people-especially in young people.

3. T F Secondhand smoke is not as dangerous as the cigarette smoke that smokers breathe.

4. T F Smoking sections in restaurants usually protect nonsmokers from secondhand smoke.

5. T F Secondhand smoke is polluted, toxic air.

6. T F Young, growing bodies are not as susceptible to the dangers of smoking as adults.

7. T F Cigarette smoke can be deadly-for smokers and nonsmokers.

8. T F The healthy choice is to ask all smokers not to smoke near you.

POST-SCREENING TRUE OR FALSE QUIZ



Read the statements below and circle T for those that are true and F for those that are false.

1. T F If you smoke, you are endangering lives.

2. T F Cigarette smoke contains chemicals like carbon monoxide, arsenic and formaldehyde that are not meant to go into your body.

3. T F Two-thirds of smoke from a cigarette is not inhaled by the smoker, but enters the air around the smoker.

4. T F Sidestream smoke is the smoke that is inhaled and exhaled by the smoker.

5. T F In many airports smokers have to smoke in a closed room so that their smoke doesn't get into anyone else's lungs.

6. T F More than 40 of the 4,000 chemicals in tobacco smoke are known to cause cancer.

7. T F ETS increases a young person's chances of getting respiratory diseases such as asthma, bronchitis, and pneumonia ...

8. T F ... But secondhand smoke can't kill you!

9. T F The nicotine in cigarettes addicts smokers, while the tar and other chemicals in tobacco smoke harm both the smoker and nonsmokers nearby.

10. T F The best thing to do is to stay away from all cigarette smoke.

MATCHING



Read the partial statements in the righthand column, then insert the appropriate number (1, 2 or 3) in the blanks to complete each sentence.

1. Cigarettes

_____ contain more than 4,000 chemicals, including 40 known carcinogens.

_____ causes more than 3,000 non-smokers to die of lung cancer each year.

_____ cigarettes endangers lives.

_____ emit sidestream smoke.

_____ has twice as much nicotine and tar as the smoke that smokers inhale.

2. Secondhand Smoke

_____ cigarettes must be completely prohibited in a building to keep the air clear of toxins found in tobacco smoke.

_____ emit smoke as they burn. Two thirds of the smoke is not inhaled by the smoker, but enters the air around the smoker.

_____ are reported by former drug addicts to be more addictive than cocaine and heroin.

3. Smoking

_____ cigarettes around infants can cause Sudden Infant Death Syndrome (SIDS), the major cause of death in infants between the ages of one month and one year.

FILL IN THE BLANK



Complete the following sentences using information learned from the video.

1. _____ is a combination of poisonous gases, liquids, and breathable particles that are harmful to our health.
2. The _____ system, which protects our bodies from getting sick, can't keep up with the thousands of poisonous chemicals inhaled in tobacco smoke, and, if we are overexposed, we become diseased.
3. _____ smoke is the smoke that comes from the end of a burning cigarette, pipe, or cigar.
4. Secondhand smoke has at least twice the _____ and tar as the smoke inhaled by the smoker.
5. For every eight smokers tobacco kills, one nonsmoker is killed by inhalation of _____.
6. _____ is the smoke inhaled and exhaled by a smoker.
7. Some signs, or _____ of exposure to ETS are irritated eyes, nose and throat, headaches, ear infections, and dizziness or nausea.
8. Most people take approximately 28,800 _____ of fresh or polluted air each day!
9. _____ decreases the amount of oxygen in our blood, and ETS contains five times more of this poisonous compound than the amount found in the smoke inhaled by the smoker.
10. Make the healthy _____: ask people not to smoke around you and choose a smoke-free environment whenever possible



Secondhand Smoke: Just Say Know

STUDENT ACTIVITIES

What Do You Think?

On a separate sheet of paper, write two or three sentences to answer each question.

In the video...

Beau shares the truth: "Secondhand smoke poses serious health problems for kids and adults, but it is particularly bad for young people like us."

1. Why are young people more susceptible to the dangers of secondhand smoke?

Dr. Wallace tells the tragic story of children who live in a situation where parents and grandparents smoke. "These children have been in with multiple ear infections, ... even with pneumonia. Each time I see them it is becoming more difficult to treat these infections."

2. What are some of the other possible medical consequences of being exposed to ETS?

Lindsey insists on standing up for her right to a healthy environment: "Just say I need clean air to breathe. I want to live a healthy life!"

3. Do you want to breathe clean air? What will you tell people around you who are about to light up?

Role Plays

Imagine that you find yourself in the following situations and describe what you would do. Be specific.

One of your friends has a continual cough and occasional earache, and you know her parents smoke at home.

1. What do you tell her?

Your older brother and his friends are giving you a ride home from school and one of them starts lighting a cigarette.

2. What do you tell your brother's friend?

You and a friend are walking to the store for a treat. You encounter a group of older kids from school who are smoking. One of them offers you a cigarette.

3. What do you say and do?

JUST THE FACTS, PLEASE...

Secondhand smoke is the name for the sickening, poisonous smoke given off by a burning cigarette, cigar, or pipe. Smokers may claim to have a right to smoke, but nonsmokers have a more important right to breathe safe air. So the next time someone you know lights up in front of you, fire off these facts about secondhand smoke:

- Secondhand smoke wrecks the smell and taste of food.
- Secondhand smoke causes reddening, itching, and watering of the eyes.
- Secondhand smoke makes clothes and hair stink.
- Secondhand smoke causes wheezing, coughing, colds, earaches, and asthma attacks.
- Secondhand smoke fills the air with many of the same poisons found in the air around toxic waste dumps.
- In a crowded restaurant secondhand smoke can produce six times the pollution of a busy highway.
- Secondhand smoke causes up to 300,000 lung infections (such as pneumonia and bronchitis) in infants and young children each year.
- Children are the most vulnerable to secondhand smoke because they have smaller and more delicate internal organs (especially lungs). They breathe in more air, therefore pollutants, relative to their body weight.
- A small child being held by someone who is smoking will breathe in more cancer-causing chemicals than the smoker him- or herself.
- Nonsmokers who are exposed to ETS absorb nicotine and other compounds just as smokers do, and the greater the exposure to ETS, the greater the level of these harmful compounds in the body.
- Lung cancer caused by secondhand smoke kills about 3,000 nonsmokers each year.

How Can You Say No to Secondhand Smoke?

Read the suggestions below, then add your own.

Gentle Suggestion:

- Would you mind smoking somewhere else? Please.

Make a good excuse:

- I'm allergic to cigarette smoke.
- My mom will kill me if she smells smoke on my clothes!
- I have asthma. Your smoke could cause me to lose my breath.

Give the facts:

Did you know that your secondhand smoke...

- ...can eventually give me cancer.
- ...makes me cough and damages my lungs.

Be funny:

- You're not going to try to smoke near me, are you?
- You're going to smoke near me, make me stink, and give my girlfriend/boyfriend a reason to dump me!?

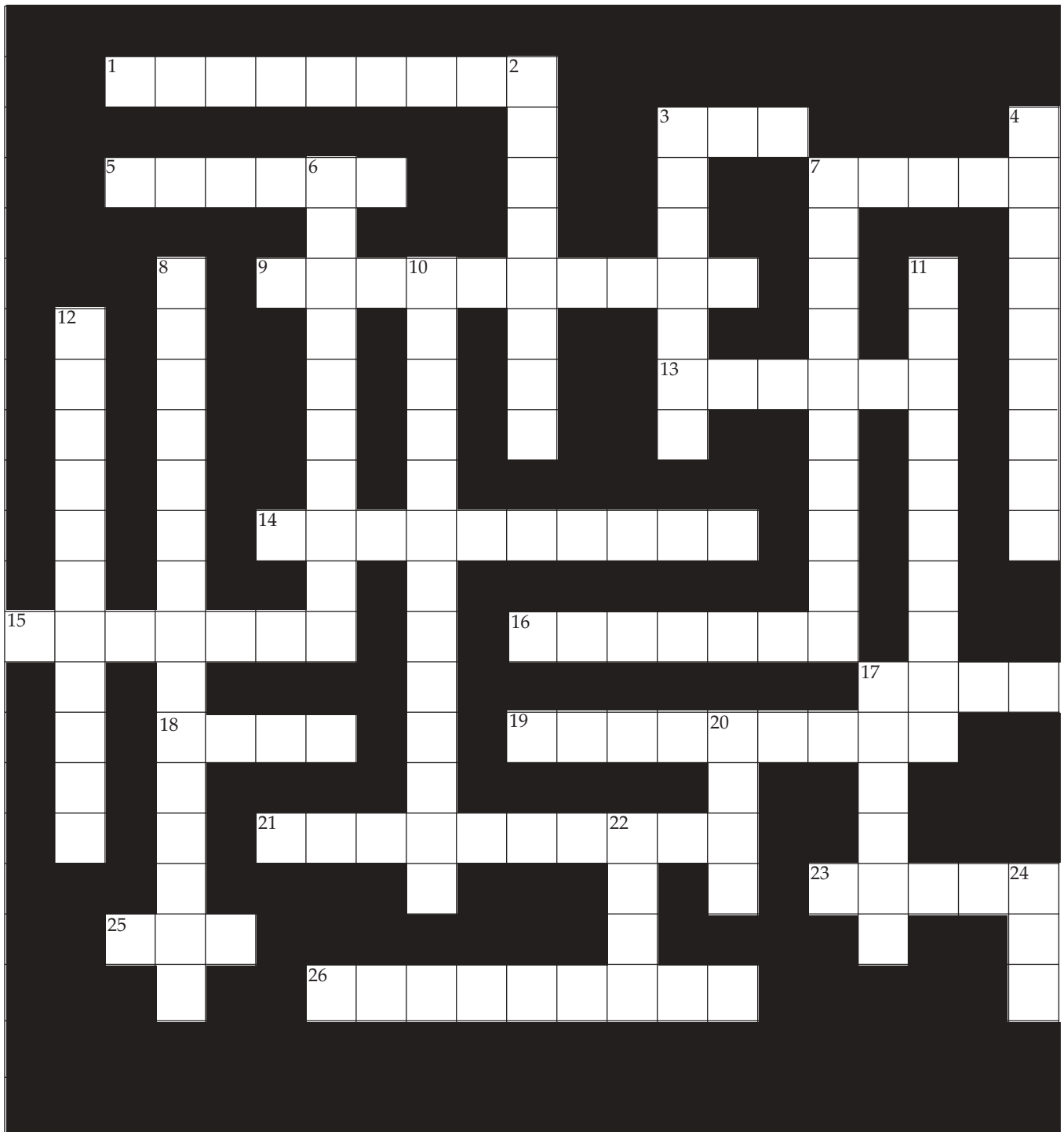
Use an "I" statement:

- I'd prefer if you don't smoke around me.
- I can't imagine that you are going to try and smoke around me.
- I like having lungs that work.

Firm Request:

- Please keep your smoke away from me.

CROSSWORD PUZZLE



CROSSWORD PUZZLE

CLUES

Across

Down

1. A state of dependence on a drug, often with deadly effect.
2. Highly addictive drug found in all forms of tobacco.
3. The thick, black toxic liquid residue from cigarette smoke.
3. The dried leaves of a plant of the nightshade family.
5. Disease of the respiratory system, sometimes caused by secondhand smoke.
4. Harsh, abnormal reaction to normally harmless substance; can be aggravated by secondhand smoke.
7. The toxic plastic fibers in _____ acetate are found in cigarettes.
6. Smoke inhaled and exhaled by the smoker.
9. Smoke emitted from a burning cigarette.
7. Respiratory illness that can be caused by exposure to secondhand smoke.
13. A malignant tumor or growth which multiplies uncontrollably and can kill you.
8. The large group of people who make the decision to stay away from tobacco and tobacco smoke.
14. Used, not new.
10. Of one's surroundings.
15. Battery fluid that is found in cigarettes.
11. Cancer-causing agent; there are over 40 of them in cigarettes.
16. People who are choosing a premature death.
12. ETS is particularly harmful for the _____ systems in young people.
17. _____ can get cancer from secondhand smoke, too!
17. Substance which if ingested can cause illness or death, such as cigarette smoke.
18. In some states, if you are under the age of 18 and you buy cigarettes you can go to _____.
20. Secondhand.
19. _____ is corruption of the environment.
22. Other people's cigarettes can _____ holes in your clothes!
21. _____ particles are small enough to inhale.
24. Central Nervous System (abbreviation.)
23. Poisonous.
25. Environmental tobacco smoke (abbreviation.)
26. Leads to physical dependence.

Word Search



Find the following words in the letter jumble.

The words can be found up, down, diagonally, or backwards.

Have Fun!

- | | | | |
|----------------------|------------------|--------------------|-------------|
| Addict | Environment | Majority | Smoking |
| Asthma | ETS | Nicotine | Stinks |
| Breathable Particles | Exhale | Nonsmoker | Symptom |
| Bronchitis | Fresh Air | Pneumonia | Suffocation |
| Cancer | Health | Poison | Tar |
| Carcinogen | Inhale | Pollution | Tobacco |
| Cough | Larynx | Respiratory System | Toxic |
| Drag | Lungs | Secondhand | Used |
| Ear Infection | Mainstream Smoke | Sidestream Smoke | |

PERSONAL CHOICES



On a separate sheet of paper write your answers to the following questions. Remember to use complete sentences.

In *Secondhand Smoke: Just Say Know*, Dr. Wallace says, “Secondhand smoke increases the risk of cancer. Someone who smokes is not only putting themselves at risk, but is also putting people who are around them at risk. It’s one thing to make a decision for yourself, but don’t make a decision for somebody else.”

1. Why is it reasonable to ask people not to smoke around you?
2. List three things that you sometimes do that may not be helpful in other people’s lives.
3. List three ways that you affect other people’s lives in a positive, healthy manner.
4. What do the following statements mean to you?

“In order to make a friend, you must first be a friend.”

“Show me your friends and I’ll tell you who you are.”

SETTING GOALS



Read the following information regarding short-term and long-term goals, then on a separate sheet of paper list your short-term and long-term goals.

You know what goals are, especially in sports like soccer, basketball and football. The object in these games is to get the ball into your opponent's goal and defend your own goal from intrusion by your opponent.

The same is true in your life. You must learn to set goals for yourself, always remember what they are, and know what it takes to reach them.

There are two kinds of goals: short-term goals and long-term goals.

Short-term goals include things you want to accomplish soon, such as bringing up your grades, joining a club, learning to play a musical instrument, or reading a book.

Long-term goals include things you want to accomplish in the future, like getting your driver's license, graduating from college, and raising a family.

You can adjust or change your goals at any time, but only after careful consideration.

On a separate sheet of paper, list your short-term and long-term goals. Keep this paper and review your goals from time to time. It will be interesting to see your progress toward them and to see how goals change over time.

Reviewing Goals

After listing your goals in the Setting Goals exercise, answer the following questions. Remember to use complete sentences.

1. Are the goals I've set for myself attainable?

2. What specific things will I have to do to achieve one of my short-term goals?

3. What specific things will I have to do to achieve one of my long-term goals?

4. How might smoking and getting involved with people who smoke prevent me from achieving my goals?

PRE-SCREENING TRUE OR FALSE QUIZ



1. You can get cancer from secondhand smoke.

True. Tobacco smoke contains carcinogens, which are chemicals known to cause cancer in humans and other animals. The Environmental Protection Agency estimates that secondhand smoke causes approximately 3,000 lung cancer deaths in nonsmokers each year.

2. Secondhand smoke increases symptoms of allergies and asthma in some people-especially in young people.

True. Secondhand smoke increases the number of episodes and the severity of asthma in an estimated one million of the children who already have the disease. Further, ETS exposure increases the new cases of asthma in children who have not previously had symptoms.

3. Secondhand smoke is not as dangerous as the cigarette smoke that smokers breathe.

False. Scientists worldwide have determined that the smoke that comes off the tip of a lit cigarette is as dangerous as that which passes through a cigarette filter.

4. Smoking sections in restaurants usually protect nonsmokers from secondhand smoke.

False. In a crowded restaurant, secondhand smoke can produce six times the pollution of a busy highway! Plus, secondhand smoke makes clothes and hair stink, so you can leave a restaurant smelling like an ashtray.

5. Secondhand smoke is polluted, toxic air.

True. Secondhand smoke fills the air with many of the same poisons found in the air around toxic waste dumps. Cigarette smoke contains 4,000 chemicals that are inhaled by nonsmokers in a smoker's environment.

6. Young, growing bodies are not as susceptible to the dangers of smoking as adults.

False. Young, growing bodies are even MORE susceptible to the dangers of secondhand smoke than adults. Young people have smaller and more delicate internal organs (especially lungs). You breathe in more air, therefore pollutants, relative to your body weight. Your body is still developing! You need fresh air to breathe.

7. Cigarette smoke can be deadly-for smokers and nonsmokers.

True. Tobacco is a poison to growing bodies. When you smoke, you poison your brain and respiratory system immediately. People in your environment breathe your smoke, and they are exposed to the same toxic particles which lead to serious illnesses like lung cancer, and eventually, to death. If you smoke you endanger not only yourself but friends and relatives as well.

8. The healthy choice is to ask all smokers not to smoke near you.

True. Smokers may claim to have a right to smoke, but nonsmokers have a more important right to breathe safe air. If someone wants to smoke around you, ask them not to, then share some facts about secondhand smoke.

POST-SCREENING TRUE OR FALSE QUIZ



1. If you smoke, you are endangering lives.
True. Your own life AND other people's lives. The U.S. Environmental Protection Agency estimates that the risk of developing cancer from exposure to secondhand smoke is about 57 times greater than the total risk posed by all other outdoor air contaminants regulated under U.S. environmental law.
2. Cigarette smoke contains chemicals like carbon monoxide, arsenic, and formaldehyde that are not meant to go into your body.
True. Carbon monoxide blocks oxygen in your blood flow. Arsenic is a tasteless poison that kills you slowly over time. Formaldehyde is a toxic agent used to preserve dead bodies!
3. Two-thirds of smoke from a cigarette is not inhaled by the smoker, but enters the air around the smoker.
True. Scientists have measured this ratio, but you can just watch-from as far away as possible!-the next time you see a smoker. You'll see the poisonous smoke curl around them and float toward innocent bystanders.
4. Sidestream smoke is the smoke that is inhaled and exhaled by the smoker.
False. Mainstream smoke is the smoke inhaled and exhaled by the smoker. Sidestream smoke is the smoke released directly from the end of a burning cigarette.
5. In many airports smokers have to smoke in a closed room so that their smoke doesn't get in anyone else's lungs.
True. However, air particles from these rooms can still get in ventilation systems and endanger non-smokers. In order to keep buildings smoke-free, electronic air cleaning systems would need to increase the air-exchange rate a thousandfold to be effective-resulting in gale force winds!
6. More than 40 of the 4,000 chemicals in tobacco smoke are known to cause cancer.
True. Tobacco smoke contains carcinogens-chemicals known to cause cancer-including formaldehyde, which preserves dead bodies, and butane, which is compressed for use in household cleaning agents!
7. ETS increases a young person's chances of getting respiratory diseases such as asthma, bronchitis, and pneumonia ...
True. In households where adults smoke, children are far more likely to develop these problems and others. But many adults are not aware of the dangers of secondhand smoke. If anyone smokes in your house, tell them they are slowly poisoning you.
8. ... But secondhand smoke can't kill you!
False. Secondhand smoke is known to cause lung cancer which can eventually lead to death.
9. The nicotine in cigarettes addicts smokers, while the tar and other chemicals in tobacco smoke harm both the smoker as well as nonsmokers nearby.
True. Nicotine is a highly addictive drug which keeps smokers wanting more, even though they are harming themselves and people around them.
10. The best thing to do is to stay away from all cigarette smoke.
True. Choose a smoke-free environment: stay away from smoke!

MATCHING



Read the partial statements in the righthand column, then insert the appropriate number (1, 2 or 3) in the blanks to complete each sentence.

- 1 contain more than 4,000 chemicals, including 40 known carcinogens.
1. Cigarettes
- 2 causes more than 3,000 non-smokers to die of lung cancer each year.
- 3 cigarettes endangers lives.
- 1 emit sidestream smoke.
- 2 has twice as much nicotine and tar as the smoke that smokers inhale.
2. Secondhand Smoke
- 3 cigarettes must be completely prohibited in a building to keep the air clear of toxins found in tobacco smoke.
- 1 emit smoke as they burn. Two thirds of the smoke is not inhaled by the smoker, but enters the air around the smoker.
- 1 are reported by former drug addicts to be more addictive than cocaine and heroin.
3. Smoking
- 3 cigarettes around infants can cause Sudden Infant Death Syndrome (SIDS), the major cause of death in infants between the ages of one month and one year.



FILL IN THE BLANK

Complete the following sentences using information learned from the video.

1. _____ is a combination of poisonous gases, liquids, and breathable particles that are harmful to our health. (Secondhand smoke/Environmental tobacco smoke)
2. The _____ system, which protects our bodies from getting sick, can't keep up with the thousands of poisonous chemicals inhaled in tobacco smoke, and, if we are overexposed, we become diseased. (Immune)
3. _____ smoke is the smoke that comes from the end of a burning cigarette, pipe, or cigar. (Sidestream)
4. Secondhand smoke has at least twice the _____ and tar as the smoke inhaled by the smoker. (Nicotine)
5. For every eight smokers tobacco kills, one nonsmoker is killed by inhalation of _____. (Secondhand smoke/Environmental tobacco smoke)
6. _____ is the smoke inhaled and exhaled by a smoker. (Mainstream)
7. Some signs, or _____ of exposure to ETS are irritated eyes, nose and throat, headaches, ear infections, and dizziness or nausea. (Symptoms)
8. Most people take approximately 28,800 _____ of fresh or polluted air each day! (Breaths)
9. _____ decreases the amount of oxygen in our blood, and ETS contains five times more of this poisonous compound than the amount found in the smoke inhaled by the smoker. (Carbon dioxide)
10. Make the healthy _____: ask people not to smoke around you and choose a smoke-free environment whenever possible. (Choice)

What Do You Think?

On a separate sheet of paper, write two or three sentences to answer each question.

(Student responses will vary; accept any that demonstrate understanding.)

In the video...

Beau shares the truth: "Secondhand smoke poses serious health problems for kids and adults, but it is particularly bad for young people like us."

1. Why are young people more susceptible to the dangers of secondhand smoke?

Dr. Wallace tells the tragic story of children who live in a situation where parents and grandparents smoke. "These children have been in with multiple ear infections, ... even with pneumonia. Each time I see them it is becoming more difficult to treat these infections."

2. What are some of the other possible medical consequences of being exposed to ETS?

Lindsey insists on standing up for her right to a healthy environment: "Just say I need clean air to breathe. I want to live a healthy life!"

3. Do you want to breathe clean air? What will you tell people around you who are about to light up?

Role Plays

Imagine that you find yourself in the following situations and describe what you would do. Be specific.

(Students' role-plays will vary.)

One of your friends has a continual cough and occasional earache, and you know her parents smoke at home.

1. What do you tell her?

Your older brother and his friends are giving you a ride home from school and one of them starts lighting a cigarette.

2. What do you tell your brother's friend?

You and a friend are walking to the store for a treat. You encounter a group of older kids from school who are smoking. One of them offers you a cigarette.

3. What do you say and do?

How Can You Say No to Secondhand Smoke?

Read the suggestions below, then add your own.

(Student responses will vary; accept any that demonstrate understanding.)

Gentle Suggestion:

- Would you mind smoking somewhere else? Please.

Make a good excuse:

- I'm allergic to cigarette smoke.
- My mom will kill me if she smells smoke on my clothes!
- I have asthma. Your smoke could cause me to lose my breath.

Give the facts:

Did you know that your secondhand smoke...

- ...can eventually give me cancer.
- ...makes me cough and damages my lungs.

Be funny:

- You're not going to try to smoke near me, are you?
- You're going to smoke near me, make me stink, and give my girlfriend/boyfriend a reason to dump me!?

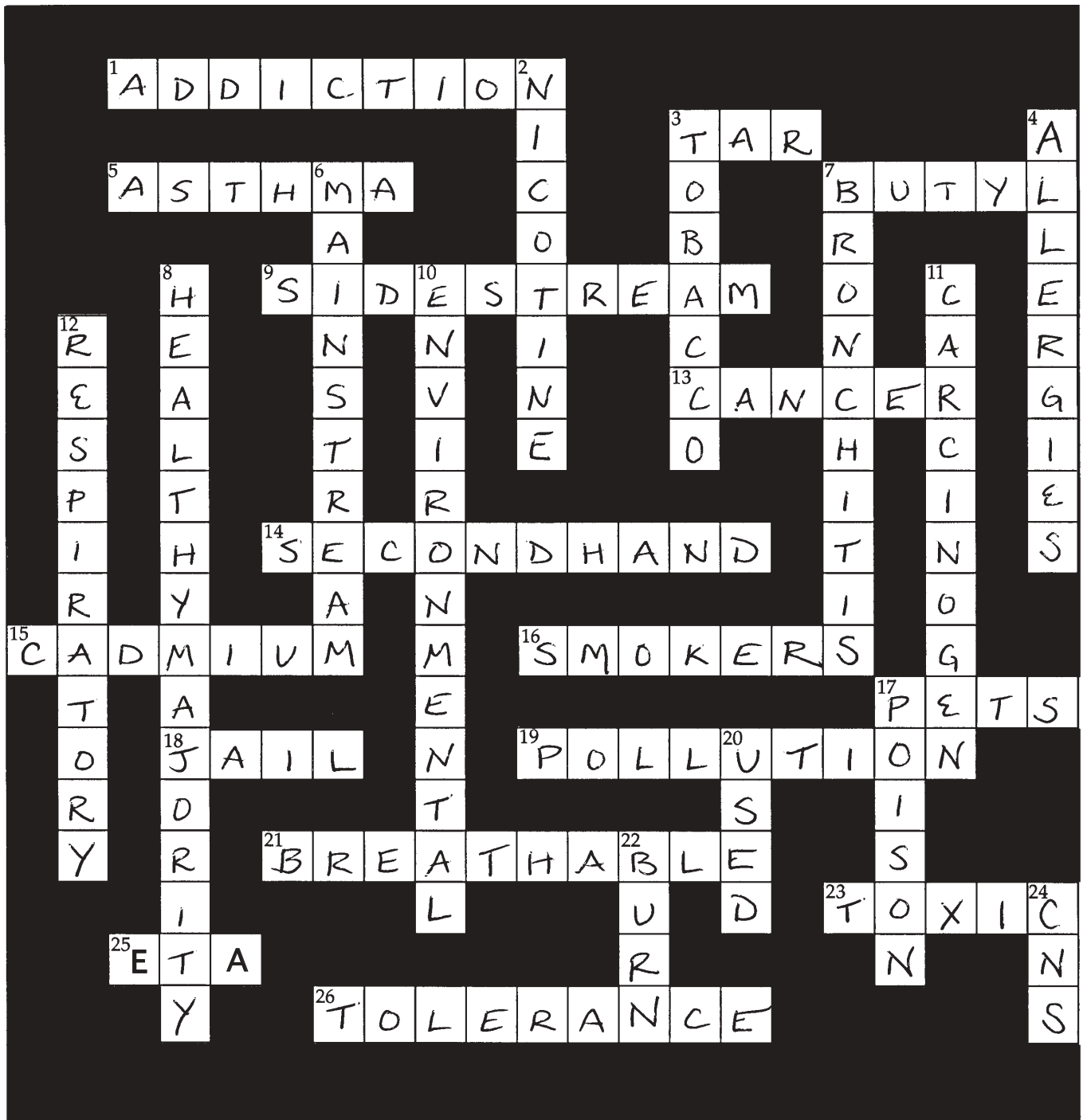
Use an "I" statement:

- I'd prefer if you don't smoke around me.
- I can't imagine that you are going to try and smoke around me.
- I like having lungs that work.

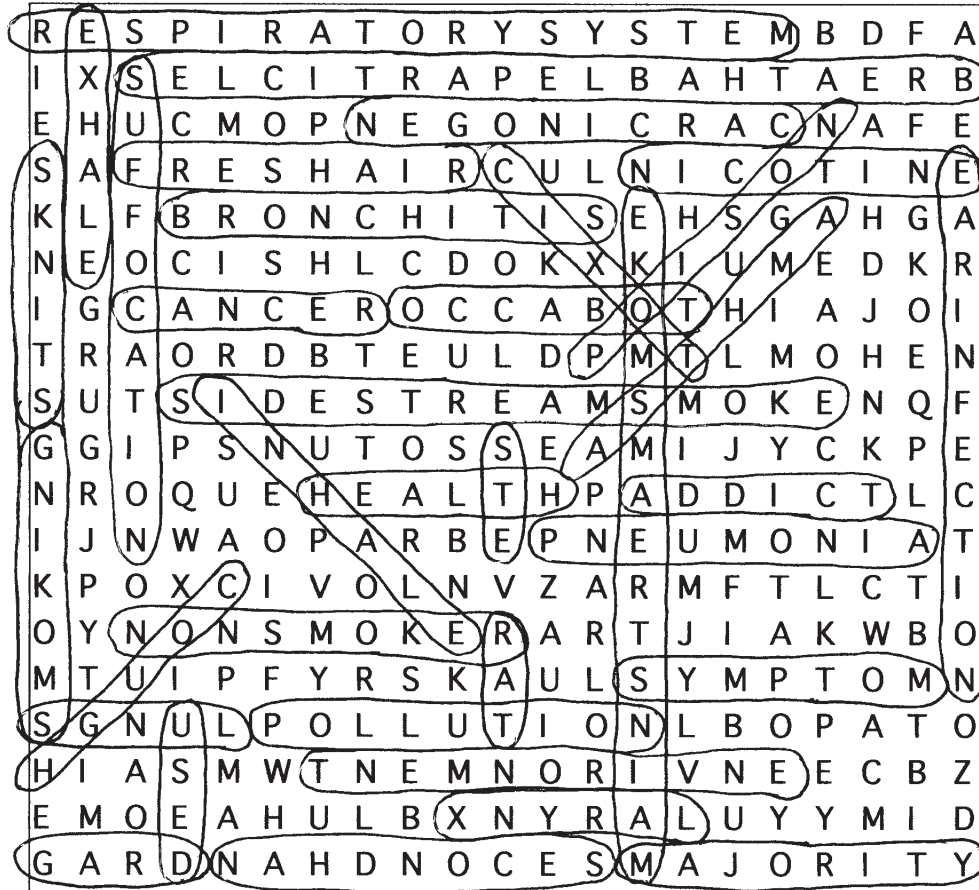
Firm Request:

- Please keep your smoke away from me.

CROSSWORD PUZZLE ANSWERS



CROSSWORD PUZZLE ANSWERS





TEACHERS AND PARENTS HANDOUTS

SECONDHAND SMOKE AND CHILDREN

Frequently Asked Questions

Secondhand Smoke: What is it?

Secondhand smoke is a combination of the smoke from a burning cigarette and the smoke exhaled by the smoker. Also known as environmental tobacco smoke (ETS), it can be recognized easily by its distinctive odor. ETS contaminates the air and is retained in clothing, curtains and furniture. Many people find ETS unpleasant, annoying, and irritating to the eyes and nose. More importantly, it represents a dangerous health hazard. More than 4,000 different chemicals have been identified in ETS, and at least 43 of these chemicals cause cancer.

Is exposure to environmental tobacco smoke common?

Approximately 26% of adults in the United States currently smoke cigarettes, and 50 to 67% of children under five years of age live in homes with at least one adult smoker.

Who is at risk?

Although ETS is dangerous to everyone, fetuses, infants and children are at most risk. This is because ETS can damage developing organs, such as the lungs and brain.

What are the effects of secondhand smoke...

...on a fetus and on newborn children?

Maternal, fetal, and placental blood flow change when pregnant women smoke, although the long-term health effects of these changes are not known. Some studies suggest that smoking during pregnancy causes birth defects such as cleft lip or palate. Smoking mothers produce less milk, and their babies have a lower birth weight. Parental smoking also is associated with neonatal death from Sudden Infant Death Syndrome, the major cause of death in infants between one month and one year of age.

...on children's lungs and respiratory tracts?

Exposure to ETS decreases lung efficiency and impairs lung function in children of all ages. It increases both the frequency and severity of childhood asthma. Secondhand smoke can aggravate sinusitis, rhinitis, cystic fibrosis, and chronic respiratory problems such as cough and postnasal drip. It also increases the number of children's colds and sore throats. In children under two years of age, ETS exposure increases the likelihood of bronchitis and pneumonia. In fact, a 1992 study by the Environmental Protection Agency says ETS causes 150,000 to 300,000 lower respiratory tract infections each year in infants and children under 18 months of age. These illnesses result in as many as 15,000 hospitalizations. Children of parents who smoke half a pack a day or more are at nearly double the risk of hospitalization for a respiratory illness.

...on the ears?

Exposure to ETS increases both the number of ear infections a child will experience, and the duration of the illness. Inhaled smoke irritates the eustachian tube, which connects the back of the nose with the middle ear. This causes swelling and obstruction which interferes with pressure equalization in the middle ear, leading to pain, fluid and infection. Ear infections are the most common cause of

children's hearing loss. When they do not respond to medical treatment, the surgical insertion of tubes into the ears is often required.

...on the brain?

Children of mothers who smoked during pregnancy are more likely to suffer behavioral problems such as hyperactivity than children of non-smoking mothers. Modest impairment in school performance and intellectual achievement have also been demonstrated.

Does secondhand smoke cause cancer?

You have just read how ETS harms the development of your child, but did you know that your risk of developing cancer from ETS is about 100 times greater than from outdoor cancer-causing pollutants? Did you know that ETS causes more than 3,000 non-smokers to die of lung cancer each year? While these facts are quite alarming for everyone, the good news is that you can stop your child's exposure to secondhand smoke right now.

What can I do?

1. Stop smoking, if you do smoke. Consult your physician for help, if needed. There are many new pharmaceutical products available to help you quit.
2. If you have household members who smoke, help them stop. If it is not possible to stop their smoking, ask them, and visitors, to smoke outside of your home.
3. Do not allow smoking in your car.
4. Be certain that your children's schools and day care facilities are smoke-free.

PARENT ALERT: SECONDHAND SMOKE

Environmental tobacco smoke, commonly referred to as "secondhand smoke," is the nation's No. 1 airborne carcinogen, killing more people than all other forms of air pollution combined. This involuntary smoke is a cause of disease, including lung cancer in healthy non-smokers. Many workplaces and other businesses that serve the public are now considering smoking-control ordinances to protect the health of non-smokers.

Children of smokers, who are forced to breathe secondhand smoke, have more respiratory problems and miss more school than do children of non-smokers. It is estimated that smokers' children miss about three additional days of school per year, the equivalent of seven weeks of school over the 12 years of primary and secondary schooling, due to exposure to cigarette smoke in the home.

The fact that smoking cigarettes interferes with one's sense of smell is well known, but now researchers know how serious this effect can be. A University of Pennsylvania study reported in the New England Journal of Medicine found that smokers lose 15 to 20 percent of their sense of smell—enough to keep them from detecting low concentrations of leaking gas. The study estimated that it is not until 10 years after quitting smoking that the sense of smell returns to its pre-smoking level.

It is never too late to quit smoking. The surgeon general concluded the following:

THE HEALTH BENEFITS OF SMOKING CESSATION

- 1) Smoking cessation has major and immediate health benefits for persons of all ages and provides benefits for persons with and without smoking-related disease.
- 2) Former smokers live longer than continuing smokers.
- 3) Smoking cessation decreases the risk for lung and other cancers, heart attack, stroke and chronic lung disease.
- 4) Women who stop smoking before pregnancy or during the first three to four months of pregnancy reduce their risk for having a low-birth-weight infant to the same level of risk for women who never smoked.
- 5) The health benefits of smoking cessation substantially exceed any risks from the average 5-pound weight gain or any adverse psychological effects that may follow quitting.

FACTS FOR PARENTS ABOUT SECONDHAND SMOKE

15.5 million U.S. children (ages 0-17) live in homes where someone smokes inside the home.

ETS can cause lung cancer in healthy adult nonsmokers.

Children of parents who smoke have more respiratory symptoms and acute lower respiratory tract infections, as well as evidence of reduced lung function, than do children of nonsmoking parents.

Separating smokers and nonsmokers within the same air space reduces but does not eliminate a nonsmoker's exposure to ETS.

PARENT ALERT: SECONDHAND SMOKE

(CONT.)

FACTS FOR PARENTS ABOUT SECONDHAND SMOKE (CONT.)

Studies dating from the early 1970s have consistently shown that children and infants exposed to ETS in the home have significantly elevated rates of respiratory symptoms and respiratory tract infections. More than 50 recently published studies confirm these previous conclusions.

In children, secondhand smoke has been linked to:

- Respiratory Infections and Irritation

- Reduced Lung Function

- Asthma

- Sudden Infant Death Syndrome (SIDS)

- Ear Infections

- Meningitis

- Cancer and Leukemia

- Pneumonia and Bronchitis

One person's choice to smoke should not violate another's right to breathe and live, especially when they're kids.

For every 8 smokers tobacco smoke kills, 1 nonsmoker is killed by inhalation of secondhand smoke.

Two thirds of the smoke from a cigarette is not inhaled by the smoker; it enters the surrounding air, carrying with it 4,000 different chemicals, more than 50 of which are known as "Class A carcinogens"—that means they cause cancer. Some of these chemicals include: formaldehyde (embalming fluid), arsenic (deadly poison), benzene (pesticide), ammonia (toilet cleaner) and nicotine (highly addictive drug).

Sidestream smoke has more tar, nicotine, carbon monoxide and other chemicals that cause cancer than the smoke that is inhaled from filtered cigarettes by the smoker.

Nicotine can be found in the blood of a non-smoker for up to 40 hours after exposure to ETS.

Ventilation systems remove some ETS and improve comfort, however, many invisible particles remain in filtered air and the systems do not eliminate the health risk.

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SOURCES & RESOURCES



Information Agencies

Agency for Healthcare Research and Quality (AHRQ)
2102 East Jefferson Street, Suite 501
Rockville, MD 20852
(301) 594-1364
www.ahrq.gov

American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
(800) AHA-USA1 (242-8721)
www.americanheart.org

American Cancer Society
1599 Clifton Road, NE
Atlanta, GA 30329
(404) 320-3333
www.cancer.org

American Lung Association
1740 Broadway, 14th Floor
New York, NY 10019
(212) 315-8700
www.lungusa.org

Centers for Disease Control and Prevention (CDC)
Office on Smoking and Health
1600 Clifton Road
Atlanta, GA 30333
(202) 512-1800
www.cdc.gov

National Cancer Institute
Bethesda, MD 20892
(800) 4-CANCER (422-6237)
www.nci.nih.gov

SOURCES & RESOURCES

(CONTINUED)

National Heart, Lung, and Blood Institute (NHLBI)
NHLBI Health Information Center
Attention: Web Site
P.O. Box 30105
Bethesda, MD 20824-0105
www.nhlbi.nih.gov

Physicians for a Smoke-Free Canada
1226 A Wellington Street
Ottawa, Ontario K1Y 3A1
email: ccallard@smoke-free.ca

United States Environmental Protection Agency
Ariel Rios Building
1200 Pennsylvania Avenue, N.W.
Washington, DC 20460
(202) 272-0167
www.epa.gov

University of Wisconsin Medical School's
Center for Tobacco Research and Intervention (CTRI)
1930 Monroe St., Suite 200
Madison, WI 53711
Telephone: (608) 262-8673
Fax: (608) 265-3102
www.ctri.wisc.edu

Utah Department of Health
Tobacco Prevention and Control Program
P.O. Box 142106
Salt Lake City, UT 84114-2106
www.tobaccofreeutah.org

Internet References

www.bam.gov

www.canadian-health-network.ca

www.quitsmoking.about.com