



Discussion Guide for

TOBACCO X-FILES

Objectives

- To understand that using tobacco is not cool; it leads to mouth, throat and lung cancer, heart disease, ruined lives and death.
- To list the many toxic chemicals in cigarettes and discuss their other uses and dangers.
- To relate that spit tobacco is not safe to use, and to discuss the forms of cancer it causes
- To discuss the addictive nature of cigarettes and why people who want to quit often can't.
- To relate the harmful effects maternal cigarette smoking has on an unborn fetus

Synopsis

Using graphic imagery, interviews with cancer patients and current former teen tobacco users this program combines hard facts with an X-Files take-off to present the truth about smoking and spit tobacco. Teen tobacco users will sit up and take notice of the damage they are doing to their bodies, and the future that awaits them if they don't quit now.

The program emphasizes to viewers that the best way to quit using tobacco is to not start in the first place. Cancer victims who have to speak with the aid of an amplifier held to their throat attest to the highly addictive nature of all forms of tobacco. A spit tobacco user who has lost half of his jaw to cancer and considers himself one of the lucky ones provides a graphic reminder that chewing tobacco is as deadly as cigarettes. Together these survivors, whose lives have been changed irreversibly by tobacco use, urge young tobacco users to quit.

Current teen smokers provide further evidence of the drugs addictiveness. Several of these teens have tried to quit but so far have failed. The most graphic illustration of the damage they are doing to themselves comes in the form of a quart of tar in a clear jar-the amount a one-pack-a-day smoker accumulates in his or her lungs each year.

Driving the point home still further is a medical expert's description of the list of the many chemicals in cigarettes, such as cyanide and vinyl chloride. By the end of the program, no smoker young or old will be able to argue that using tobacco is not deadly.

Questions to ask before viewing

1. Is smoking cigarettes addictive?
2. Is using chewing tobacco addictive?
3. Which is worse, smoking or using chewing tobacco? Why?
4. What makes using tobacco so bad for your body?
5. If people know it's bad to smoke, why do they?
6. What are some of the chemicals found in tobacco?
7. Do tobacco companies try to keep users addicted?

Questions to ask after viewing:

1. According to Fax Monidy, "how many teenagers become hooked on cigarettes each day? (3,000)
2. How many people try to quit each year vs. how many quit for good? (20 million try to quit. 3% or 600,000 quit for good.)
3. Which form of cancer has overtaken breast cancer as the leading killer of women? (Lung cancer)
4. How much more of the cancer-causing chemicals does spit or chewing tobacco have compared to tobacco smoke? (Three times as much)
5. One can of "dip" is equal to how many cigarettes? (60)
6. Tobacco has over 4000, naturally-occurring chemicals. How many can cause cancer? (43)
7. What proof do cancer victims offer that tobacco is addictive? (Even those who must speak with the aid of a machine held to a hole in their throat say that they still crave tobacco. Some still smoke and cannot quit in spite of the severe damage it has done to their bodies.)
8. How does smoking during pregnancy harm the developing baby? (In many ways, including low birth weight and premature birth.)
9. What are some of the deadly chemicals in tobacco? (arsenic, boric acid, formaldehyde, acetone, ammonia, benzene, cyanide and vinyl chloride)
10. What other uses do the following chemicals have? Arsenic (rat poisoning) formaldehyde (preserving dead bodies), acetone (nail polish remover) ammonia (stripping of old floor wax)
11. How much tar accumulates in your body if you smoke a pack of cigarettes every day for a year? (One quart of tar)

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12. What happened to Sean Marsee, the young athlete who started using spit tobacco at age 12? (He developed cancer, had several operations, but died before getting out of his teens)

13. Why do you think young people use tobacco in spite of all the information they hear about how deadly it is? (Subjective: A possible answer. They feel they won't get sick, or if they do get sick, it will happen much later in their lives and they will deal with it at that time.)

14. How do tobacco companies encourage young people to start using tobacco? (They create advertising that shows young, strong, good-looking men and women using tobacco and seemingly leading wonderful glamorous lives.)

15. How did some of the cancer patients say they started smoking? (One man said he blames the Navy because free cigarettes were provided to servicemen during World War II. Another said she started in junior high to look like the big kids.)

16. Why did some of the young people interviewed start using tobacco? (Their friends encouraged them; it seemed like the cool thing to do, made them feel grown up, etc.)

17. If you use tobacco, how has this program affected you? How do you feel if you don't use tobacco?

Related Titles

1-9298SG SMOKING: Truth or Dare

1-8913SG Teens and Tobacco

1-9104SG It's Your Choice: The facts About Smoking

1-8512SG Smoking and Human Physiology

1-9855SG Tobacco and Human Physiology

1-2254SG Marijuana: The Gateway Drug

PROGRAMS DETAILS

LENGTH:

30 minutes

SUBJECT AREAS:

Substance Abuse

AUDIENCE LEVELS:

Grades 6-12

ORDER NUMBER:

1-2253SG

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