

PROGRESSIVE DISCIPLINE ASSIGNMENTS FOR STUDENTS

MIDDLE SCHOOL

1. Do activities at Teen.smokefree.gov:

- Quizzes: Students can take up to six quizzes and print results for documentation
- Support text messages: Student can print screen showing that he/she has registered to receive text messages to support quitting tobacco

2. Community Service Project:

- Community service at health fair distributing information

3. Research and write or present a report on one of the following subjects:

- How many preventable deaths are caused in the Virginia, the U.S., and worldwide due to tobacco?
- What are the ingredients in cigarettes and their other uses?
- What are 10 harmful effects of smoking tobacco?
- How does tobacco affect the environment?
- How much do tobacco companies spend on advertising in the U.S. and in Virginia every day, every year? How much do they pay for an ad?

4. Calculate how much tobacco/cigarettes cost per week, month and year for themselves and for a pack-a-day user. What else could be purchased with that money each year?

5. Find a print ad for a tobacco product and answer these questions in writing (basic deconstruction questions):

- Whose message is this? Who created or paid for it? Why?
- Who is the "target audience"? What are the clues (words, images, sounds, etc.)?
- What is the ad doing to persuade you to use the product?
- What part of the story is not being told?

HIGH SCHOOL

1. Community Service Project:

- Volunteer at hospital or senior center with patients who have lung problems
- Volunteer with the American Lung Association or American Cancer Society
- Volunteer in a dental office

2. Interview someone who has used tobacco for at least 10 years, and write answers to these questions:

- When and why did you start using tobacco?
- Have you tried to stop? What happened?
- How has using tobacco affected you?
- How has your tobacco use impacted your family?
- What would you like to tell me about using tobacco?

3. Interview a family member of someone who died from tobacco use, and write up what you learned.

4. Call insurance companies, and ask how premiums change for a tobacco user vs. nonuser.

5. Research and write or present a report on one of the following subjects:

- Life expectancy for a tobacco user vs. nonuser
- How tobacco affects the environment
- Other countries' laws around tobacco use, use rates, and death rates
- Products that contain nicotine, other than cigarettes; find out why there is such a variety of products
- New "spitless" tobacco products, their packaging, and their health effects

6. Attend an adult smoking cessation class (if one exists locally).

7. Attend a tobacco control coalition/alliance meeting (if this exists locally).

8. Take a fitness test or evaluation.

9. Select a fact sheet at www.tobaccofreekids.org or www.legacyforhealth.org, and write down at least three facts and why they are of interest to you.

