

SECTION 7: RESOURCES

PROGRESSIVE DISCIPLINE ASSIGNMENTS FOR STUDENTS

MIDDLE SCHOOL

1. Do activities at www.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 or e-cigarettes.

2. Community or school service:

- Trash pick up often involves cleaning up cigarette butts or other tobacco-related materials.
- Other school or classroom cleanup activities may also be a way of repairing harms done to the school environment.

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

- How many preventable deaths are caused in Virginia, the U.S., and worldwide due to tobacco?
- What are the ingredients in cigarettes and/or e-cigarettes?
- What are 10 harmful effects of tobacco?
- How does tobacco affect the environment?
- How much do tobacco and e-cigarette 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/e-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 or e-cigarette product and answer these questions in writing (basic deconstruction questions) or design a “counter-ad” that tells the truth about these products:

- 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?

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PROGRESSIVE DISCIPLINE ASSIGNMENTS FOR STUDENTS (cont.)

HIGH SCHOOL

1. **Community Service Project:**

- Volunteer at hospital or senior center with patients who have tobacco-related illnesses.
- 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. non-user.**

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

- Life expectancy for a tobacco user vs. non-user.
- How tobacco or e-cigarettes affect the environment.
- Other countries' laws around tobacco and e-cigarette use, use rates, and death rates.
- Products that contain nicotine other than cigarettes and e-cigarettes; find out why there is such a variety of products.
- Smokeless tobacco products, their packaging, and their health effects.

6. **Take a fitness test or evaluation.**

7. **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.**