

"Be Tobacco Free"

Helps students investigate the health hazards that smoking and tobacco use pose through discussion, demonstrations and hands-on activities. This workshop closely follows the Health and Physical Education Ontario Curriculum for grade 4 students. In grade 4, children learn to "identify substances (e.g. nicotine, carbon monoxide, tar) found in tobacco products and smoke (e.g., cigarettes, cigars, pipe tobacco, chewing tobacco, snuff), and describe their effects on health" (directly from the Health and Physical Education Ontario Curriculum, page 129). Throughout our workshop, students will learn about the toxic ingredients that are included in cigarettes and the many more that are created when cigarettes are burned and inhaled. We'll look at the dollars and cents of smoking and compare the cost of smoking for a year to the cost of every day objects along with the cost to the healthcare system. Take an in depth look at how tobacco use negatively impacts our mouths, hearts, lungs, airways and arteries with engaging activities. Children will investigate the physiological changes made to our body through cigarette use and how they impact our ability to run, play, and participate in sports. Students will leave with disgusting Tar Slime and all the information they require to make the informed decision to "Be Tobacco Free".