

Prevention Strategies

You can do three things to help prevent the main causes of death in North Carolina. You can exercise, eat right, and avoid smoking. Your tribe must avoid smoking to survive. As always, your survival tools are education and action.

Your challenge is to explore the effects of secondhand smoke and decide whether smoking in public places should be allowed.

Survival Plan: Do You Mind if I Smoke?

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Background Information

- Level:** My class is a mix of intermediate and low-intermediate students. An instructor can adjust this project satisfactorily for other levels of English competence.
- Objective:** Students will express and defend their opinions about smoking in public buildings both before and after they explore the danger of secondhand smoke.
- Time:** My class meets Monday through Thursday, for four hours a day. For a little over two weeks, we used approximately two hours per class on this challenge for a total of about fifteen hours.
- Overview:** First, I had my students respond in writing to opinion questions about smoking in public buildings. The students wrote their sentences on paper and then on the board so others could see/share their responses.

Next, I had the class stage a debate.

After the debate the class heard a guest speaker talk about secondhand smoke.

We subsequently discussed what the speaker told us, and then I had the class answer the same questions again to see if there were any changes in their opinions.

Education and Action

Day One

I used the following questions to get my students started on this challenge:

- **Do you think your workplace (or your school) should be smoke free? Why or why not?**
- **Do you think restaurants should be smoke free? Why or why not?**
- **Do you think your child's school should be smoke free? Why or why not?**
- **Should landlords be able to restrict apartments to smoke-free? Why or why not?**
- **Do you think a hospital should be smoke free? Why or why not?**
- **Do you think it is OK to smoke in a car? Why or why not?**

Before they began answering the questions, we talked about some of the vocabulary:

1. Workplace
2. Smoke Free
3. Restaurants
4. Landlord
5. Restrict
6. Apartments

I had the students write a sentence with each vocabulary word, and then I gave them a spelling quiz using these new words.



Day Two

I gave a handout titled “Do You Smoke” to each student. (A copy is included at the end of this project plan.) I gave students about 30 minutes to complete this exercise. I was able to walk around the room while they wrote and give help if they needed it.



After everyone finished I had each student to come to the board and write one of their sentences. After they wrote on the board they had to read the question and read their answer to the rest of the class.

Day Three

This is the day we first answered the opinion questions given out on Day One. I gave the students about: 45 minutes to answer these questions on paper. Again, I had them put their answers on the



board for the whole class to see/share. We talked about the differences in their opinions.

Aloun Mady puts her opinion on the board.

Day Four

I divided the class into two groups. Group one had answered, “yes” to most of the questions and group two had answered, “no” to most of the questions.

I put the students in rows and let them defend their opinions. This was done like a debate. They debated for about 30 minutes.



The rules were that only one person on one team could speak at a time. After all had spoken, I decided the winners, using the criteria of who quoted the most resources and who used the most vocabulary words. There were many winners!



Day Five

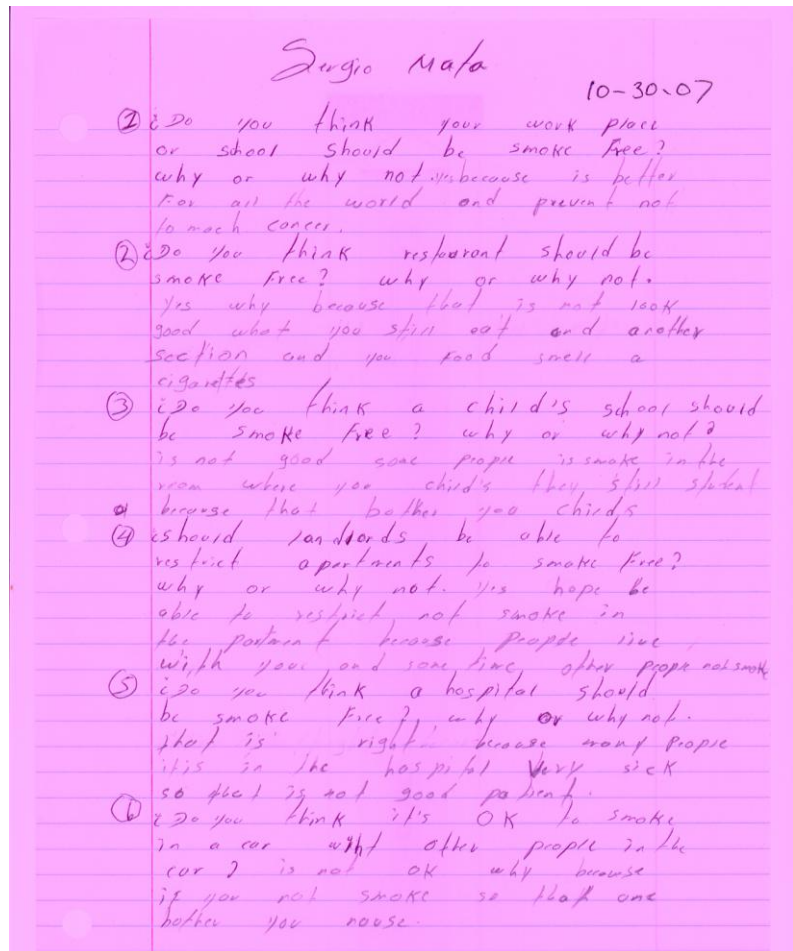
A health care professional from our Respiratory Care program came in to give a presentation on the effects of secondhand smoke. His presentation lasted about 45 minutes and the class had many questions for him.

Day Six

The next class we talked about the information our guest speaker had presented.

Then I had each student answer the original questions again, in writing. →

We discussed whether and why any of their answers changed after they heard about the effects of secondhand smoke.



Results

We Met Our Challenge!

Samples of the students' opinions—along with their reasons for their decisions—are included on the following pages. They are typed to preserve each student's spelling, grammar, and punctuation.

Do You Smoke?

1. Do you smoke? _____
2. Have you ever smoked? _____
3. Does your husband or wife smoke? _____
4. Who in your family smokes? _____
5. What would you say to your children if they said they wanted to smoke?

_____.
6. What are some reasons you do or don't like to smoke?

_____.
7. Do you think that all tobacco (chewing, smoking, and dipping) is bad for you? _____ Why?

_____.
8. Do you know anyone that has died or gotten very sick from tobacco? Who?

_____.
9. Besides hurting your health, what are some other bad things that smoking causes?

_____.
10. How old do you have to be to buy tobacco in NC? _____

My Opinion

1. Do you think your work place or school should be smoke free? Why or why not?

Yes, because that will make for us have a clean air and help prevent any of cancer.

2. Do you think restaurant should be smoke free? Why or Why not?

Yes, because it will not smell bad in the restaurant and that will make for everyone eat delicious food.

3. Do you think a child's school should be smoke free? Why or Why not?

Yes, because it will help to prevent any children from smoking and they will have the healthy bodies.

4. Should landlords be able to restrict apartment to smoke free? Why or why not?

Yes, because that is very good for around of the Apartments have the clean air.

5. Do you think a hospital should be smoke free? Why or why not?

Yes, because in the hospital has a lot of people come so it's not healthy for the women pregnant, children and the old people.

6. Do you think it's ok to smoke in the car with people in the car? Why or Why not?

I think no, because that is not healthy and smell bad for them.



Va Yang

My Opinion

1. Do you think your work place or school should be smoke free? Why or why not?

I think that it is good, because in my work place we have machines, saws, forklift and will be dangerous.

2. Do you think restaurants should be smoke free? Why or Why not?

In the restaurants should be not smoke because I don't like to eat and breathe the smoke.



3. Do you think a child's school should be smoke free? Why or Why not?

Yes, because it is bad example for the children and bad for their bodies.

4. Should landlords be able to restrict apartment to smoke free? Why or why not?

Yes, because it is more healthy for the people and their houses will not smell like smoke..

5. Do you think a hospital should be smoke free? Why or why not?

Yes, because in a hospital all will be health. Over there cure the people and the smokers aren't helping with this.

6. Do you think it's OK to smoke in the car with people in the car? Why or Why not?

I think it is bad for the person that isn't smoking because anyway is breathing the smoke.

My Opinion

1. Do you think your work place or school should be smoke free?
I think that in the school they should not smoke because it isn't healthy for everyone and it is bad example for the teenager. When people work it is not good to smell smoke.
2. Do you think restaurants should be smoke free?
Yes because it is not enjoyable when you eat in the restaurant.
3. Do you think a child's school should be smoke free?
Yes, because it is not good for the children.
4. Should landlords be able to restrict apartment to smoke free?
Yes because this area has a lot of people that don't like to smoke.
5. Do you think a hospital should be smoke free?
Yes because it is bad for the sick.
6. Do you think it's ok to smoke in the car with people in the car?
No because the other people will smell the second hand smoke.



Evlin Lourith

My Opinion

1. Do you think your work place or school should be smoke free?
Yes because it is good to not smoke and makes everyone get healthier.
2. Do you think restaurants should be smoke free?
No. because you may lose customer or out of business. If you do business like restaurants you can divide zone smoke free – smoke area for smoking.
3. Do you think a child's school should be smoke free?
Yes because protect a child's from smoking in the future.
4. Should landlords be able to restrict apartment to smoke free?
No because you do like dictator, but you can provide some area for smoking people outdoor.
5. Do you think a hospital should be smoke free?
Yes because a hospital is a health department for safe people life.
6. Do you think it's ok to smoke in the car with people in the car?
No because someone don't like you smoke in the car with other people ride with you.

Sammy Mady



My Opinion

1. Do you think your work place or school should be smoke free? Why or why not?

Yes I think that all the work place should smoke free. Because smoking it is very bad for everyone they smell bad bad for your body. now we need to stop smoke so our children and the teenager will not smoke.

2. Do you think restaurants should be smoke free? Why or Why not?

Yes I think all the restaurant should be smoke free. Because smokeing not good. And the people who didn't smoke can't smell it make get sick. We need smoke free for all restaurant I think prevent the young people to be healthy life.

3. Do you think a child's school should be smoke free? Why or Why not?

Yes I think my childs school should be smoke free because there are the childrens and still learning about thing and bad thing in the future. And we want our children's learning the good

think. For example if my son not smokeing but his friend is smokeing and my son will play with him than he will teach my to smoke and we didn't want that happen to our children .



Mor Vang

4. Should landlords be able to restrict apartment to smoke free? Why or why not?

Yes I think the landlord restrict their apartment to smoke free. It help people from smokeing.

5. Do you think a hospital should be smoke free? Why or why not?

Yes hospital should smoke free because in the hospital all the sick people are in

their need to get well. We don't want them to get smell of smoke.

6. Do you think it's ok to smoke in the car with people in the car? Why or Why not?

No because some peole smokeing in their car and driving a car in fornt of my car I could smell to because they lower they window down. Sometime they throw their cigereticer throught the window and flewed to my car.

My Opinion

1. Do you think your work place or school should be smoke free?
Why or why not?
because is better for all the world and prevent not to much cancer
2. Do you think restaurant should be smoke free? Why or Why not?
Yes because that is not look good what you still eat and another section and you food smell a cigarettes.
3. Do you think a child's school should be smoke free? Why or Why not?
Yes that is not good for all children because smoke bother your eyes and lungs.
4. Should landlords be able to restrict apartment to smoke free?
Why or why not?
Yes hope be able to restrict not smoke in the partment because people live with you and some time other people not smoke
5. Do you think a hospital should be smoke free? Why or why not?
that is right because many people it is in the hospital very sick so that is not good patient.
6. Do you think it's ok to smoke in the car with people in the car?
Why or Why not?
is not ok. Why because if you not smoke so that one bother you nouse.

Sergio Mata

My Opinion

1. Do you think your work place or school should be smoke free?
Why?
because as work in a restaurant and go children and elderly it is not healthy for they.
2. Do you think restaurant should be smoke free? Why?
because is disagreeable for my smell.
3. Do you think a child's school should be smoke free? Why or Why not?
Yes, because.they grow in a environment healthy.
4. Should landlords be able to restrict apartment to smoke free?
Why or why not?
because I'm no smoke and me save the make sick.
5. Do you think a hospital should be smoke free? Why or why not?
Yes because I suppose than is one place healthy and the smoke no is good for the way respiratory.

Giovanna Bernal Capitan