

# DENTAL HEALTH EDUCATION CURRICULUM

**Grade Level:** 7th

**Subject:** Smokeless Tobacco

**Activity Time:** Up to 1 hour

**Rationale:** The purpose of this lesson is to teach students information about the harmful health risks of using smokeless tobacco products.

**Educational Standards Addressed:** This lesson addresses the *Sunshine State Standard* "Health Literacy," related to increasing the students' knowledge about various methods of health promotion and disease prevention. It also addresses the standard of "Responsible Health Behavior," which provides information to the student about the importance of assuming responsibility for personal health behaviors.

## TEACHING PERSPECTIVES:

**Objectives** – The students will demonstrate that they understand how smokeless tobacco can cause major health risks, including oral cancer. The students will recognize the various warning signs of the first stages of oral cancer, caused by placing tobacco products in the mouth.

**Materials** – The materials for this lesson include a computer with an LCD projector to show PowerPoint, or an overhead projector to show transparencies; a teacher script; online services; and a quiz.

**Resources** – The online resources for this lesson are:

- <http://www.ada.org/public/media/psa/psa-ripk.html>
- <http://www.cancer.org>
- <http://www.ada.org/public/faq/tobacco.html#smokeless>
- <http://www.ada.org/public/topics/cancer/cancerfacts.html>
- <http://www.cdc.gov/tobacco/sgr/sgr4kids/smokeless.htm>
- <http://www.cdc.gov/tobacco/index.htm>

## Procedures:

- 1) Show transparencies/PowerPoint presentation about the harmful effects of smokeless tobacco.
- 2) Instruct students to visit referenced Web sites to research the risks and complications of using smokeless tobacco.

**Activity** – Have students use computers to obtain information about oral cancer related to using smokeless tobacco and then report on their findings.

**Assessment** – Use the 10 question, multiple-choice quiz to assess the students' knowledge of the harmful effects of smokeless tobacco.

**Summary** -- After completing this lesson, the students should be able to understand the negative health-care effects of using smokeless tobacco usage.