

Substance Use, Addictions & Related Behaviours



Understanding Health Concepts

C1.4 Tobacco

Presentation:

Interactive Tobacco Learning - There are an assortment of displays and materials that students can interact with to foster hands-on and memorable learning. The Chatham-Kent Public Health Unit is constantly updating our learning materials, so please contact us to discuss your students' learning needs. Some of our more popular items include:

Pig Lungs: students can take turns inflating the "healthy" and "unhealthy" lungs and visualize the damage tobacco does to your lungs.

Media impact: students can learn about the marketing of unhealthy products and how they are being influenced by big companies. With the addition of a variety of electronic tools, students can learn to produce their own healthy media messages and help to promote healthy school environments.

Aging Demonstration - There are several risk factors that influence how we look later in life. This demonstration gives students a personal look into the future by showing how their living habits today can influence how they look in the future. Topics addressed in this demonstration involve tobacco use, sun exposure, healthy eating and physical inactivity.

Resources:

- [Lungs are for Life](#)

Making Healthy Choices

C2.3 Decisions about smoking

Presentation:

Interactive Tobacco Learning - There are an assortment of displays and materials that students can interact with to foster hands-on and memorable learning. The Chatham-Kent Public Health Unit is constantly updating our learning materials, so please contact us to discuss your students' learning needs. Some of our more popular items include:

Pig Lungs: students can take turns inflating the "healthy" and "unhealthy" lungs and visualize the damage tobacco does to your lungs.

Media impact: students can learn about the marketing of unhealthy products and how they are being influenced by big companies. With the addition of a variety of electronic tools, students can learn to produce their own healthy media messages and help to promote healthy school environments.

Aging Demonstration - There are several risk factors that influence how we look later in life. This demonstration gives students a personal look into the future by showing how their living habits today can influence how they look in the future. Topics addressed in this demonstration involve tobacco use, sun exposure, healthy eating and physical inactivity.

Resources:

- [Lungs are for Life](#)

Making connections for healthy living

C3.2 Short and long term effects of smoke

Presentation:

Interactive Tobacco Learning - There are an assortment of displays and materials that students can interact with to foster hands-on and memorable learning. The Chatham-Kent Public Health Unit is constantly updating our learning materials, so please contact us to discuss your students' learning needs. Some of our more popular items include:

Pig Lungs: students can take turns inflating the "healthy" and "unhealthy" lungs and visualize the damage tobacco does to your lungs.

Media impact: students can learn about the marketing of unhealthy products and how they are being influenced by big companies. With the addition of a variety of electronic tools, students can learn to produce their own healthy media messages and help to promote healthy school environments.

Aging Demonstration - There are several risk factors that influence how we look later in life. This demonstration gives students a personal look into the future by showing how their living habits today can influence how they look in the future. Topics addressed in this demonstration involve tobacco use, sun exposure, healthy eating and physical inactivity.

Resources:

- [Lungs are for Life](#)
- [Dental Website with activities & lesson plans](#)