

45 MINUTES

GUIDING QUESTIONS	<ul style="list-style-type: none"> • What is self-esteem? • What is a difficult situation • How can you say “no” to tobacco? • What are healthy habits? • How do you make healthy decisions?
ACTIVITIES	<p>Presentation activities</p> <ul style="list-style-type: none"> • Review of lesson 3 • Self-esteem game • How to say “no” to tobacco? • Wrap up quiz – five question class review <p>Print activities</p> <ul style="list-style-type: none"> • Refusal skills scenarios • ORDER CARD GAMES FOR LESSON 5
MATERIALS	<ul style="list-style-type: none"> • Access to the internet for lesson presentations. • SMART board compatible or navigate with a mouse. • Sound for videos.
TEACHER RESOURCES	<ul style="list-style-type: none"> • Optional Parent letter – word document • Cross-curricular competency links in BOLD • Teacher notes for presentation slides - PDF document

DISCUSSION TIPS

- **WORK COOPERATIVELY WITH OTHERS:** When youth experience low self-esteem it puts them at risk for many unhealthy behaviours. Encourage students to identify personal strength and to look for strengths in others. Inclusive environments for collaboration and teamwork foster positive self-esteem!
- **THINK CRITICALLY:** In this lesson the Heroes demonstrate a variety of ways to say “no” to tobacco. Encourage class discussion, compare and contrast the different strategies, and have students consider which approach would work best in different situations. The refusal strategies are also reinforced in the cooperative card game in the next lesson.
- **IDENTIFY AND SOLVE COMPLEX PROBLEMS:** in the self-esteem game students are presented with scenarios and provided 3 options to respond in a manner that will boost the Heroes self-esteem. Challenge students to explain why they believe the response will boost self-esteem.
- **DEMONSTRATE GOOD COMMUNICATION SKILLS:** for the refusal skills scenarios encourage students to think of realistic and meaningful ways to refuse pressure to try tobacco. Students need to role play the refusal strategies in order to develop a realistic understanding that it can be difficult. The more students practice the more confident they will become. This activity can quickly get out of hand so structure it in a way that motivates students to think critically and communicate effectively.

REFERENCE MATERIAL

For more information on Smoking and Youth, go to myhealth.alberta.ca

In small groups, choose one refusal strategy for each scenario. Script a refusal strategy to the peer pressure situation. Take turns practicing the refusal strategy in your group.

- 1) **You are being peer pressured to try chew tobacco. What will you say?**

Refusal strategy: Suggest a healthy safe activity

Script: _____

- 2) **You are being pressured to go out with your friends. They are talking about vaping and how cool it looks. What will you say?**

Refusal strategy: Troubleshoot before you get there

Script: _____

- 3) **Your friend tells you their older brother smokes tiny cigars. Your friend tried it and now wants you to try it too. What will you say?**

Refusal strategy: Make a joke of it

Script: _____






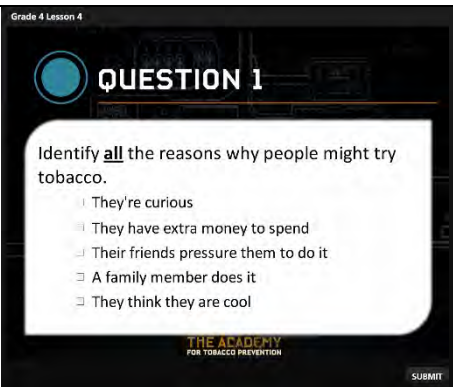
- 4) **A friend tells you how cool it is to smoke. Her mom smokes so she wants to smoke too. What will you say?**



Refusal strategy: Use the health approach

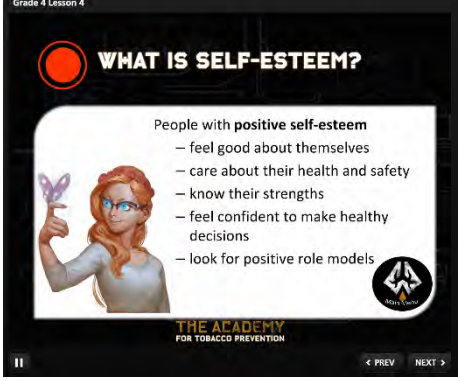



Script: _____

Remember, find new friends that care about you and your health if your friends won't stop pressuring you.

Additional teaching tips for each lesson and suggestions to enhance cross-curricular links.

 <p>Grade 4 Lesson 4</p> <h2>THE ACADEMY FOR TOBACCO PREVENTION</h2> <p>Grade 4 - Lesson 4</p>  <p>< PREV NEXT ></p>	<p>Notes:</p>
 <p>Grade 4 Lesson 4</p> <h3>GRADE 4 - LESSON 4</h3> <p>What are we learning? Continue</p> <p>Difficult situations, refusal skills, and healthy habits Continue</p> <p>What's next? Continue</p> <p>What did we learn? Continue</p> <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>II < PREV NEXT ></p>	<p>Notes:</p>
 <p>Grade 4 Lesson 4</p> <h3>WHAT DO YOU REMEMBER?</h3> <p>Let's see what you learned from the last lesson...</p>  <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>< PREV NEXT ></p>	<p>Notes:</p>
 <p>Grade 4 Lesson 4</p> <h3>QUESTION 1</h3> <p>Identify <u>all</u> the reasons why people might try tobacco.</p> <ul style="list-style-type: none"><input type="checkbox"/> They're curious<input type="checkbox"/> They have extra money to spend<input type="checkbox"/> Their friends pressure them to do it<input type="checkbox"/> A family member does it<input type="checkbox"/> They think they are cool <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>SUBMIT</p>	<p>Notes: SMART Board Activity.</p>

<p>Grade 4 Lesson 4</p> <p>QUESTION 2</p> <p>_____ pressure is when friends or classmates try to influence your decision.</p> <p>HIGH PEER LOW FRIEND</p> <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>SUBMIT</p>	<p>Notes:</p>
<p>Grade 4 Lesson 4</p> <p>QUESTION 3</p> <p>If you are concerned or nervous, you are usually facing _____ peer pressure.</p> <ul style="list-style-type: none"><input type="radio"/> Negative<input type="radio"/> Positive <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>SUBMIT</p>	<p>Notes:</p>
<p>Grade 4 Lesson 4</p> <p>REVIEW COMPLETE</p>  <p>Now, let's learn more self-esteem and ways to say "no" to tobacco.</p> <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>< PREV NEXT ></p>	<p>Notes:</p>
<p>Grade 4 Lesson 4</p> <p>WHAT ARE WE LEARNING?</p> <p>In this lesson we will discuss these questions:</p> <ul style="list-style-type: none">• What is self-esteem?• What is a difficult situation?• How can you say "NO" to tobacco?• What are healthy habits?• How do you make healthy decisions?  <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>11 < PREV NEXT ></p>	<p>Notes:</p>

<p>Grade 4 Lesson 4</p>  <p>WHAT IS SELF-ESTEEM?</p> <p>People with positive self-esteem</p> <ul style="list-style-type: none"> - feel good about themselves - care about their health and safety - know their strengths - feel confident to make healthy decisions - look for positive role models <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>PREV NEXT</p>	<p>Notes:</p>
<p>Grade 4 Lesson 4</p>  <p>WHAT IS SELF-ESTEEM?</p> <p>Positive self-esteem helps people resist negative peer pressure!</p> <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>PREV NEXT</p>	<p>Notes:</p>
<p>Grade 4 Lesson 4</p>  <p>WHAT IS SELF-ESTEEM?</p> <p>People with low self-esteem</p> <ul style="list-style-type: none"> - don't feel very good about themselves - might take risks or do something unhealthy - worry that people won't like them - worry they will fail - follow others and sometimes make poor decisions <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>PREV NEXT</p>	<p>Notes:</p>
<p>Grade 4 Lesson 4</p>  <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>SELF ESTEEM BOOSTER</p> <p>PLAY</p> <p>PREV NEXT</p> <p>PREV NEXT</p>	<p>Notes:</p> <p>SMART Board activity</p> <p>IDENTIFY AND SOLVE COMPLEX PROBLEMS: in the self-esteem game students are presented with scenarios and provided 3 options to respond in a manner that will boost the Heroes self-esteem. Challenge students to explain why they believe the response will boost self-esteem.</p>

Grade 4 Lesson 4

WHAT IS A DIFFICULT SITUATION?

Be proactive!

- At some point, you will most likely be asked to use tobacco products.
- Preparing for difficult situations in advance will help you and your friends say "no" to tobacco.




THE ACADEMY FOR TOBACCO PREVENTION

II < PREV NEXT >

Notes:

THINK CRITICALLY: In this lesson the Heroes demonstrate a variety of ways to say "no" to tobacco. Encourage class discussion, compare and contrast the different strategies, and have students consider which approach would work best in different situations. The refusal strategies are also reinforced in the cooperative card game in the next lesson.

Grade 4 Lesson 4

HOW TO SAY "NO" TO TOBACCO?

Choose a healthy and safe activity.

- Make sure others know they are welcome to join you in case they are looking for a way out of the situation too!




THE ACADEMY FOR TOBACCO PREVENTION

II < PREV NEXT >

Notes:

Ask for examples for each scenario.

Grade 4 Lesson 4

HOW TO SAY "NO" TO TOBACCO?

Troubleshoot before you get in too deep

- Find out what your friends will be doing *before* you join them.




THE ACADEMY FOR TOBACCO PREVENTION

II < PREV NEXT >

Notes:

Grade 4 Lesson 4

HOW TO SAY "NO" TO TOBACCO?

Make a joke of it

- You can use humor to diffuse the situation





I'd rather do something *safe*, like skydiving. Want to join us?

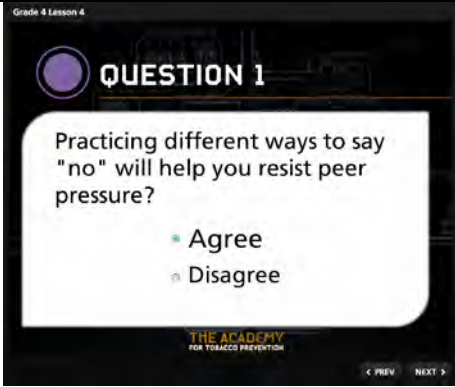


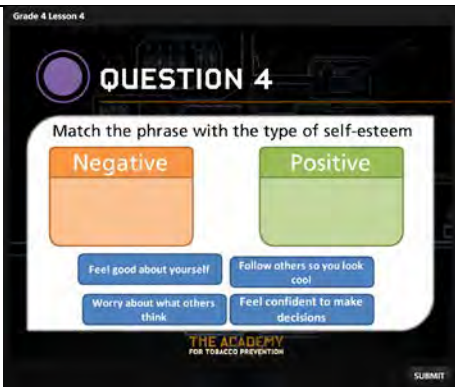



THE ACADEMY FOR TOBACCO PREVENTION

II < PREV NEXT >

Notes:

<p>Grade 4 Lesson 4</p> <p>HOW TO SAY "NO" TO TOBACCO?</p>  <p>Use the health approach</p> <ul style="list-style-type: none"> • Talk to your friends about the dangers of tobacco use. • Tell your friends you value fresh air and exercise. <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>PREV NEXT</p>	<p>Notes:</p>
<p>Grade 4 Lesson 4</p> <p>HOW TO SAY "NO" TO TOBACCO?</p>  <p>Hang out with people who like safe and healthy activities</p> <ul style="list-style-type: none"> • Find new friends who care about you and your health if your friends won't stop pressuring you. <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>PREV NEXT</p>	<p>Notes:</p>
<p>Grade 4 Lesson 4</p> <p>ACTIVITY</p>  <p>Build tobacco refusal skills!</p> <ul style="list-style-type: none"> - in small groups, practice the different ways to say "no" to tobacco in the difficult situations. - demonstrate the safe and healthy responses in front of the class. <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>PREV NEXT</p>	<p>Notes:</p> <p>DEMONSTRATE GOOD COMMUNICATION SKILLS: encourage students to think of realistic and meaningful ways to refuse pressure to try tobacco.</p> <p>This activity can quickly get out of hand so structure it in a way that motivates students to think critically and communicate effectively!</p>
<p>Grade 4 Lesson 4</p> <p>WHAT DO YOU REMEMBER?</p> <p>Let's see what you learned from the lesson...</p>  <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>PREV NEXT</p>	<p>Notes:</p>

 <p>Grade 4 Lesson 4</p> <p>QUESTION 1</p> <p>Practicing different ways to say "no" will help you resist peer pressure?</p> <ul style="list-style-type: none"> ▪ Agree ○ Disagree <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>< PREV NEXT ></p>	<p>Notes: SMART Board Activity.</p>
 <p>Grade 4 Lesson 4</p> <p>QUESTION 2</p> <p>Ask what your friends are doing <i>before</i> you join them? What refusal strategy is this?</p> <p>Hang out with friends you trust</p> <p>Health approach</p> <p>Troubleshoot in advance</p> <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>SUBMIT</p>	<p>Notes:</p>
 <p>Grade 4 Lesson 4</p> <p>QUESTION 3</p> <p>Tell your friends about the dangers of using tobacco. What refusal strategy is this?</p> <p>Health Approach</p> <p>Alternative Activity</p> <p>Make a Joke</p> <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>SUBMIT</p>	<p>Notes:</p>
 <p>Grade 4 Lesson 4</p> <p>QUESTION 4</p> <p>Match the phrase with the type of self-esteem</p> <p>Negative</p> <p>Positive</p> <p>Feel good about yourself</p> <p>Follow others so you look cool</p> <p>Worry about what others think</p> <p>Feel confident to make decisions</p> <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>SUBMIT</p>	<p>Notes:</p>

<p>Grade 4 Lesson 4</p> <p>REVIEW COMPLETE</p> <p>Now, how confident do you feel to say "NO" to tobacco?</p> <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>< PREV NEXT ></p>	<p>Notes:</p> <p>Students need to role play the refusal strategies in order to develop a realistic understanding that it can be difficult. The more students practice the more confident they will become in respectfully communicating refusal strategies in difficult situations.</p>
<p>Grade 4 Lesson 4</p> <p>WHAT DID WE LEARN?</p> <ul style="list-style-type: none"> • Positive self-esteem helps us make wise decisions. • Different ways to power-up your self-esteem. • How to recognize a difficult situation. • Different ways to say "no" to tobacco. <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>< PREV NEXT ></p>	<p>Notes:</p> <p>To order the cooperative card game go to The Academy website and follow the links.</p> <p>Stop on this slide if you are not playing the cooperative card game</p>
<p>Grade 4 Lesson 4</p> <p>WHAT'S NEXT?</p> <p>In the next lesson, you will play a co-operative card game!</p> <p>SHADOWS OF THE ACADEMY</p> <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>< PREV NEXT ></p>	<p>Notes:</p> <p>Click on the link to watch a short video about the game, the rules, and how to defeat Her Vileness and the Toxic 12.</p> <p>Watch the game play video again at the start of the 5th lesson.</p>
<p>Grade 4 Lesson 4</p> <p>THE ACADEMY FOR TOBACCO PREVENTION</p> <p>ACADEMY.ALBERTAQUITS.CA</p> <p>< PREV NEXT ></p>	<p>Notes:</p>