

# Lesson 2

## Consequences of Using Nicotine and Marijuana

**PROJECT**  
**ALERT**



# Lesson Overview

## Lesson Goals

1. Increase students' perception that smoking or vaping nicotine or using marijuana has serious consequences that can immediately affect their daily lives and social relationships
2. Motivate students to resist pressures to smoke or vape nicotine or use marijuana by helping them identify the social, psychological, and physical consequences of using those substances

## Scope and Sequence with Pacing Guidance

1. Introduce Lesson (~1 min.)
2. Discuss immediate and later consequences of using nicotine (~8 min.)
3. Compare cigarettes, smokeless tobacco, and vaping (~2 min.)
4. Discuss immediate and later consequences of using Marijuana (~12 min.)
5. Show Video *Pot: The Party Crasher* (~9 min.)
6. Discuss Video *Pot: The Party Crasher* (~8 min.)
7. Wrap-up (~2 min.)

## Brief Lesson Description

This lesson focuses on expanding students' understanding about smoking or vaping nicotine or marijuana and builds on information learned in Lesson 1. This lesson stresses information about short-term social, psychological, and physical effects of using substances, and discusses issues related to attractiveness.

This participatory approach increases student motivation. The purpose of *Pot: The Party Crasher* and the subsequent discussion is to focus on the short-term consequences of using substances and challenge the perception that substances at parties are fun. As in Lesson 1, information is elicited from students, not told to them.

In your wrap-up, you'll be given an opportunity to reinforce key information previously elicited from students.

## Background Knowledge: Pre-Reading

In this lesson, the class will discuss the consequences of using nicotine. Here are facts about nicotine to read prior to the lesson.

### **1. What is addiction?**

It is when the body physically needs nicotine to feel okay. If you smoke one or two cigarettes a day for four or five days in a row, you can become addicted. Nearly one-third of people who try a single cigarette eventually develop dependence on tobacco.

### **2. Why does smoking cause your heart to beat faster?**

Nicotine is a stimulant - it elevates blood pressure, central nervous system functions, breathing and heart rate.

### **3. Does it help to stop smoking?**

Yes - and right away.

*At 24 hours after quitting:* the chance of a heart attack decreases.

*After 48 hours:* nerve endings start regrowing. The ability to taste and smell is enhanced.

*After 1-9 months:* coughing, sinus congestion, fatigue and shortness of breath decrease.

*After one year:* risk of heart disease decreases to half that of a smoker.

*After 5-15 years:* stroke risk is reduced to that of people who have never smoked.

*After 10 years:* risk of lung cancer is half that of smokers.

*After 15 years:* risk of heart disease decreases to that of those who have never smoked.

### **4. Is it harmful to be around people who smoke (secondhand smoke)?**

Yes. It causes lung cancer and heart disease. Young children are especially at risk. It can cause respiratory and ear infections and make children with asthma and other breathing problems sicker.

### **5. How can you tell if someone is addicted to cigarettes?**

They can't get through a day without smoking a cigarette.

### **6. Why does smoking make you dizzy?**

When you smoke, you inhale the carbon monoxide in the smoke. Carbon monoxide replaces oxygen in the blood. The blood then contains a lower level of oxygen, which is what makes you dizzy. This process is how people die in closed garages with a car engine running.

### **7. Name two long-term respiratory problems caused by smoking.**

Chronic bronchitis and emphysema.

### **8. What is emphysema?**

In a healthy lung, small bag-like clusters fill with air. Emphysema causes these bags to break down, so that your lungs cannot hold as much air.

## Materials and Supplies to Prepare

- **Visual** - Ground Rules: Students (from lesson 1)
- **Visual** - Create three-column chart *What can happen to you when you drink alcohol?*

*What can happen when you use nicotine...*

First time	After a while	After a long time

- **Visual** - Poster *Smoking and Vaping Make You Less Attractive*
- **Visual** - Poster *Nicotine Is Addicting*
- **Visual** - Poster *Smoking Affects Your Heart and Lungs*
- **Visual** - Poster *Marijuana Can Affect You Right Away*
- **Visual** - Poster *Marijuana Can Damage You in the Long Run*
- **Visual** - Poster *Vaping Leads To...*
- **Materials** - Video: *Pot: The Party Crasher*

## Legend

We use the icons below to indicate what to say during the lesson, what to keep in mind as you facilitate the lesson, and what to display in the classroom throughout the lesson.

What to display	What to say	What to keep in mind
		

# Lesson Plan

## 1. Introduce Lesson



Display visual created in Lesson 1: *Student Ground Rules*



**Today, you'll learn more about how nicotine and marijuana affect people. We'll talk about exactly what happens when you smoke a cigarette, use marijuana, or use a vape.**

## 2. Discuss Immediate and Later Consequences of Using Nicotine



Display visual *What can happen to you when you use nicotine?*



**There are many reasons why someone may decide not to smoke. Those reasons could be related to what could happen when you smoke any time, regularly, or heavily. What can happen when you use nicotine for the first time?**

Write students' answers under the "any time" heading.

If students offer responses that are appropriate for longer-term consequences, write those under the appropriate heading.

Immediate dangers of smoking nicotine:



- Heart beats faster
- Breath smells
- Coughing
- Dizziness
- Trouble at home or school



**Now, let's talk about what can happen when someone uses nicotine for a while. What can happen to people who use nicotine for a while, like for a few weeks or months?**

Write students' answers under the "after a while" heading.

If students offer responses that are appropriate for longer-term consequences, write those under the appropriate heading.

Short term consequences of using nicotine:



- Become Addicted
- Harder to breathe
- Yellow teeth
- Less money
- Expose others to your tobacco smoke



**Now, let's talk about what can happen when someone uses nicotine for a long time. What can happen after you use nicotine for a long time, such as several years?**



Long term consequences of using nicotine:

- Death (as long as you smoke, each cigarette takes 10 minutes of your life)
- Lung cancer, other cancers
- Heart disease
- Chronic Obstructive Pulmonary Disease (COPD)



**We have a comprehensive list of what can happen when you use nicotine. How does our list compare to what we see on the poster(s)?**

Praise the students for knowing so much about the consequences of using nicotine.

**Now that we have discussed the consequences of using nicotine, let's discuss some other facts about nicotine.**

Ask students the starred questions, and the other ones if time permits.

**\*What is addiction?**

**\*Why does smoking cause your heart to beat faster?**

**\* Does it help to stop smoking?**

**\* Is it harmful to be around people who smoke (secondhand smoke)?**

**How can you tell if someone is addicted to cigarettes?**

**Why does smoking make you dizzy?**

**Name two long-term respiratory problems caused by smoking.**

**What is emphysema?**



**\* 1. What is addiction?**

It is when the body physically needs nicotine to feel okay. If you smoke one or two cigarettes a day for four or five days in a row, you can become addicted. Nearly one-third of people who try a single cigarette eventually develop dependence on tobacco.

**\*2. Why does smoking cause your heart to beat faster?**

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**\* 3. Does it help to stop smoking?**

Yes - and right away.

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**\* 4. Is it harmful to be around people who smoke (secondhand smoke)?**

Yes. It causes lung cancer and heart disease. Young children are especially at risk. It can cause respiratory and ear infections and make children with asthma and other breathing problems sicker.

**5. How can you tell if someone is addicted to cigarettes?**

He or she can't get through a day without smoking a cigarette.

**6. Why does smoking make you dizzy?**

When you smoke, you inhale the carbon monoxide in the smoke. Carbon monoxide replaces oxygen in the blood. The blood then contains a lower level of oxygen, which is what makes you dizzy. This process is how people die in closed garages with a car engine running.

**7. Name two long-term respiratory problems caused by smoking.**

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**8. What is emphysema?**

In a healthy lung, small bag-like clusters fill with air. Emphysema causes these bags to break down, so that your lungs cannot hold as much air.

### 3. Compare Vaping, Cigarettes, and Smokeless Tobacco



Refer to visual *What can happen to you when you use nicotine?*



**Now, which of these consequences are also true for smokeless tobacco?**

Check-mark the effects on visual *What can happen to you when you use nicotine?*



### Which of these are also true for vaping nicotine?

Check-mark the effects on student's list. Consider using a different color than what was used for smokeless tobacco.



The objective of this lesson: Many/most of the consequences for using substances is the same, and therefore, all consequences will be checked.

Consider using a different color than what was used for smokeless tobacco and vaping.

All of the consequences for smoking nicotine are true for vaping nicotine.



**Most of the consequences for vaping nicotine or using smokeless tobacco are the same as smoking a cigarette. Some people think that vaping is less harmful than using cigarettes but that is not true.**

## 4. Discuss Immediate and Later Consequences of Using Marijuana



Display visual *What can happen to you when you use marijuana?*

*What can happen when you use marijuana...*

First time	After a while	After a long time



**Now let's try the same thing for marijuana. We want to think about the short and long term consequences for vaping marijuana, smoking marijuana, and using marijuana, edibles. We will be talking about consequences of teen use here, not necessarily consequences for adults who may be using, although many can be the same.**



Correct any incorrect responses by saying "Some people think that happens; however, the truth is ..." and supply the correct information.

#### Immediate consequences of marijuana use:

- Can't concentrate, think
- Can't remember (loss of short-term memory)
- Slow down reactions
- Can't drive safely (it's as dangerous as alcohol)
- Do something you might regret
- Feel anxious or panicked



- Hard to communicate
- Feel out of control Sick, dizzy
- Get in trouble with the law/parents
- Appetite increases
- Red eyes
- Nothing
- May see things that aren't really there /hallucinate
- Laugh a lot or become emotional

Marijuana is still illegal in the US federally; and in states where legislation has legalized medical and/or recreational use, there are still age restrictions.



### **What can happen after you've used marijuana for a while?**

Write students' answers under the "any time" heading.

If students offer responses that are appropriate for longer-term consequences, write those under the appropriate heading.



- Can remind students that vaping THC, smoking marijuana, and consuming marijuana edibles have most of the same risks – they are just different ways of consuming THC.
- Can remind students that using marijuana and alcohol can increase risk of many harmful effects and specifically brain function, which controls the body and mind.
- Can emphasize that psychological dependence, or cannabis use disorder, may be just as powerful as addiction. These conditions can cause a person to feel physical withdrawal symptoms, like nervousness or shakiness, when they are not using it. Risk of developing a dependency or cannabis use disorder increases the earlier one begins using, becomes more likely with longer-term and regular use, and in extreme cases can lead to addiction.

#### Short-term consequences of marijuana use:

- Dependence (need marijuana to feel okay)
- Don't experience emotions or solve problems
- Trouble with parents
- Have less money
- Trouble at school (grades go down, sent out of class)
- Decreased motivation
- Poor performance at school and on the job
- Chronic cough/respiratory ailments/illness
- Mental health issues like depression, anxiety, psychosis and schizophrenia



## What can happen after you've used for a long time?



### Long term consequences of marijuana use:

- Problems learning and remembering
- Future high risk use of other drugs such as alcohol, tobacco
- Loss of interest in activities except drug use
- Mental health issues like depression, anxiety, psychosis and schizophrenia
- Severe dependence and addiction
- Possible lung damage (marijuana has many of the same lung-damaging substances as tobacco, and more of some of them)
- Possible damage to reproductive health (delay the onset of puberty, lower sperm production for males, disrupt menstrual cycle and affect ovulation for females)
- Damage to the immune system (cells that protect people from disease)



**Marijuana is a psychoactive drug, which means it affects the brain's ability to think, learn, remember, and perceive reality (which means sometimes people don't see things as they really are).**

**Marijuana can affect you right away, and it can damage you in the long run.**

## 5. Show Video – *Pot: The Party Crasher*



**We are going to watch a video that helps answer the question: Can Marijuana hurt a teenager if they use it just once?**

State any other expectations while students watch the video.



Show the video: *Pot the Party Crasher*

## 6. Discuss Video – *Pot: The Party Crasher*



**What did the video show about what can happen when someone uses marijuana just one time?**

**What happened when the teens at the party got high?**

**What do you think about the choices of the three teens who got high?**

**What do you think about the reactions of the friends who didn't use towards the ones who did? What were some consequences of marijuana use mentioned by the friends who didn't use?**

**How did Lindsay look at the end of the video? Why? What do you think happened when her parents arrived home?**

Discussion goals



1. To emphasize immediate consequences of marijuana use
2. To reinforce the idea that using marijuana just once can have serious consequences

## 7. Wrap-up Lesson



**Today, we talked about the short-, medium-, and long-term effects of using nicotine and marijuana. We learned that many serious negative consequences were similar across substances.**

**In the next lesson, we will talk about the consequences of using alcohol.**