

# STRIKE OUT TOBACCO USE

## Model

Health awareness means more than protecting your own health. It also means watching out for the health of others. That might involve using advocacy skills. In other words, you can take a firm stand and persuade others to make healthy decisions.

Look at the images below. All of these images are parts of advocacy campaigns to stamp out smoking. Advocacy campaigns have not only saved thousands of lives but have also made people aware of behaviors and practices that could cause them pain and injury.



## Practice

Read the following scenario about a teen who wants to help his friend.

*Keenan is new in town and has just made the all-star baseball team. One day after baseball practice, Keenan notices the captain of the team, Quentin, lighting up a cigarette. Keenan is concerned for Quentin's health and knows that smoking is bad for him as an athlete. Keenan also is aware that a lot of the players look up to Quentin as a leader. Keenan is personally committed to staying tobacco free and wants to help Quentin see the value of stopping smoking. What can Keenan do?*

1. Why does Keenan care about Quentin's health?
2. What facts about tobacco can Keenan use to support his stand against smoking?
3. What can Keenan do to convince Quentin to stop smoking?

## Apply/Assess

Imagine that you are in a situation similar to Keenan's. Create a bumper sticker or a small poster that contains an antitobacco message. Remember that you want to convince another teen to avoid tobacco use. Your message must fit on a bumper sticker or small poster, show that you take a clear stand, and use only a few words and images.

Use colored pencils, markers or crayons, and poster board to create your message. Display the finished product in your classroom so other students can see it.



Stop the Smoke!

COACH'S BOX

## Advocacy

The skill of advocacy asks you to

- take a clear stand on an issue.
- persuade others to make healthy choices.
- be convincing.

## Self-Check

- Does my bumper sticker or poster convince other teens to avoid tobacco use?
- Is my bumper sticker or poster creative and appealing?

