

ADVOCATE**AGAINST
TOBACCO****Model**

William is proud of his decision to be tobacco free. He thinks there's nothing cool about spending money on products that would harm his health and the health of others. However, he knows that many teens his age *do* use tobacco. William thinks these teens would be healthier and happier if they were persuaded about the benefits of being tobacco free. He decides to write an antismoking editorial for the school paper.

Smoking Isn't Cool

I know there are students in this school who use tobacco, and I would like to ask them just one question: Why?

I know you're not doing it for your health, because using tobacco is one of the worst things you could do to your body. It causes just about every disease you can think of—cancer, heart disease, stroke, stomach ulcers, emphysema. But you've probably heard all that before. So why are you still using it?

Is it because you think it makes you look cool? Well, maybe brown teeth, smelly hair, and foul breath look cool to you, but to the rest of us, they look gross. And if

you're doing it because your friends do it, you don't exactly look mature.

Here's something else to think about: a pack of cigarettes costs \$2.75. Go through one pack a day, and you're throwing away about 80 dollars a month. Just think about how many pizzas or CDs you could have for that amount.

Here's my advice for all teens using tobacco: quit while you can. The more you use it, the harder it is to quit. And for those of you who don't smoke or chew, keep up the good work.

William Jones, 8th grade

Practice

Divide a sheet of paper into two columns. Label them “Health Risks,” and “Effects on Others.” In each column, write as many effects of tobacco as you can think of that fit that category. Then form a group with a few other students and combine all the information on your lists onto one sheet of paper.

Working as a group, compose a persuasive letter to a new student at the school who wants to know how other students would feel if he or she used tobacco. Use at least one example from each column on your list to convince the new student to avoid tobacco. Use language appropriate for a reader your age. When you are done, read your group’s letter to the class. Which of the letters you heard were most convincing? What made them so effective?

Apply/Assess

With your group, compose a song encouraging teens to avoid tobacco. You may compose an original tune for your song or use the tune from an existing song. You may also write a rap song, which uses rhythmic speech in place of a tune. Your song should be at least 12 lines long and should include supporting information about why it is wise to avoid tobacco. Use language that would appeal to your peers. Finish your song by giving it a catchy, health-promoting title. Be prepared to present your song to the class.



Advocacy

Using the skill of advocacy means you

- take a clear stand on an issue.
- persuade others to make healthy choices.
- provide supporting information.
- are convincing.

Self-Check

- Does our song take a clear and specific stand against tobacco?
- Do our lyrics contain facts about the risks of tobacco use?
- Is our song appropriate for and appealing to students our age?

