

Youth Respecting Tobacco

Questions for Classroom Discussion

THE VIDEOS

- Which of the two videos do you think is better at discouraging smoking? Why?
- [Once students have identified why the favourite video is effective:] Could you use a similar approach in your own life? How?

ZOMBIES

- What do the zombies in the video represent? How does being a brainless zombie relate to being 'brainless' about smoking?
- Do you think zombies are an appropriate metaphor for how smoking affects people's behaviour? Explain why or why not.
- Do you think humour is an effective way to discourage smoking? Why or why not?
- In groups, brainstorm some ways to stand up to peer influence around smoking. How can you react to peer influence or avoid it at a party? At school? Hanging out with friends or with your family? How do these different situations affect your response to peer influence?
- Why do some people think smoking is cool? What isn't cool about smoking?

SPLIT SCREEN

- How would your life be different if you smoked? Or, if you are a smoker, how would life be different if you didn't smoke? Talk us through a full day.
- Are the split-screen scenarios realistic? What do you relate to in this video as a smoker or non-smoker?
- If you could create a third split-screen scenario, what would it be?
- In what ways might smoking "slow you down"—physically, financially, socially?
- How does your community and/or family influence your health?

YOUTH VIDEO CONTEST AND BRAINSTORMING

- What small or large action could you take to change the impact that commercial tobacco has had on your life, community or among your friends?
- What are some "road blocks" that might prevent you from taking this action? In groups, brainstorm ways to address these "road blocks."
- As a group, come up with one small or large commitment that you can make together to change the impact of smoking and commercial tobacco use.
- What are some ways that you can respect tobacco in a cultural way?
- Can anyone share how their community traditionally uses the tobacco plant?
- Think about someone in your life who uses commercial tobacco. Think about the reasons why they might smoke.
- What else can a person do that serves the same purpose as smoking? What can they do instead of smoking?
- What would you say to that person if you could have a conversation about their smoking?



RESPECT TOBACCO



First Nations Health Authority
Health through wellness