Lesson: Tobacco Products

Use the following terms to complete the concept map below: emphysema, cigarettes, tobacco products, cancer, nicotine, tar, addictive drug, and carbon monoxide.
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Read the following situation. Then, follow the steps below to decide what you would do in this situation.

Your two best friends, Bill and Dennis, have recently started smoking. The three of you have always walked home together every day after school. Now Bill and Dennis go to the park every day on the way home to smoke. You have been going with them. They always try to pressure you into smoking.

1. Identify the problem. What decision do you have to make?
   
   
2. Consider your values. What is important to you?
   
   
3. List the options. What possible actions could you take?
   
   
4. Weigh the consequences. List the pros and cons of each option.
   
   
5. Decide and act. Describe what you will do. Explain your decision.
   
   
6. Evaluate your choice. How do you feel about the action you took? Did you make a good decision? Would you take a different action if faced with the same scenario again?
   
   