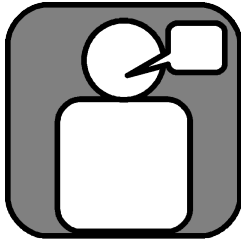


# Jordan's Story



Hi, my name is Jordan. I started smoking when I was 14. My parents smoke and I thought I would try it to see what it was like. Sneaking around to get the cigarettes and finding a place to smoke them seemed pretty exciting. Even afterwards, I worried about getting caught. Would someone smell the smoke on me? It was kind of exciting. And how did the other kids respond when I showed them the cigarettes and told them about smoking the first time? When I told my friends about it they sure gave me a lot of attention. "Look what I can do" I thought. It was easy. I enjoyed the risk and thrill of doing something I wasn't supposed to do. I know smoking isn't cool, but you have to be older to smoke and I used to think it made me feel older...more mature. I thought the other kids looked up to me.

But now I am older. I know smoking is bad for me. I read the warnings on the packages and see the pictures of what smoking can do to you. I know it can kill me. My Grandfather died of emphysema. My Aunt has lung cancer. And boy, would my parents be mad if they knew I was smoking. But they smoke too, why do they care?

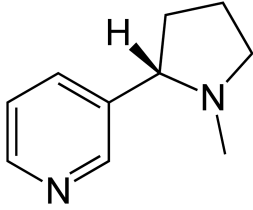
I think I used to like it because it was supposed to be dangerous and forbidden, but I knew it wouldn't hurt me right away, even though I knew it was bad for me. I was powerful... independent... indestructible. It was my choice and I could do whatever I wanted. None of my friends got sick. I thought I could quit before it hurt me or before it made me sick. I could always quit later. So now I am 18, and I can do whatever I want - but why do I keep smoking? Why can't I quit?

Is it peer pressure? I don't really look up to any of my friends because they smoke and I don't think anybody will give me a hard time if I quit. A lot of my friends don't smoke and nobody gives them a hard time about it. Do my friends really care if I smoke?

So why do I still smoke? Is it really just a thing I do around my friends? Do I really need the break? Does it really relax me? Does it really make me feel good? Do I really enjoy it? When I think about it, I get angry. I use to only smoke just once in a while with my friends, but I find I am smoking more and more often. Why can't I take a break without smoking? Is smoking really just driving me to continue to smoke and smoke more? Do I have to rush outside and smoke during breaks just so I don't have to go through the anxiety of withdrawal? Can't I relax on my own? Just look at what happens to me when I can't have a smoke for a long time or I run out of cigarettes? Am I in control or is it in control of me? If I am in control, why is it so hard to stop smoking?



- 1) What is Jordan mainly concerned about?
  
- 2) Why did Jordan start smoking?
  - a) What were the personal factors?
  
  - b) What were the social factors?
  
  - c) What were the environmental factors?
  
- 3) Why does Jordan continue to smoke?
  
- 4) What changes in behaviour would help Jordan to stop smoking?
  
- 5) How can Jordan's friends help?
  
- 6) How could Jordan's friends have helped Jordan earlier on?
  
- 7) What is a habit?
  
- 8) What is an addiction?



Nicotine Molecule

<http://en.wikipedia.org/wiki/Nicotine>

Nicotine Factoid:

***Nicotine acts on the brain in similar ways to heroin and cocaine and may be even more addictive.***

9) We may not see smoking as being as dangerous as other drugs, but the addiction can be just as difficult to stop. More people may smoke because the harm it causes may not seem immediate. How does this make smoking more dangerous than it initially seems?

10) How would Jordan's story be different if you replaced smoking and cigarettes with another drug?

11) How would your answers to questions 1-6 have been different?

About Peer pressure and fitting in:

79% of youth in grades 5-9 have never tried any tobacco products. \*

Only 2% of youth in grades 5-9 are current smokers. \*

What percent of youth in grades 5-9 are not current smokers? \_\_\_\_\_

9% of youth 15-19 years old reported smoking daily \*\*

6% of youth 15-19 reported smoking occasionally \*\*

How many youth age 15-19 don't smoke daily or occasionally? \_\_\_\_\_

Visit the following websites for more statistics and survey results:

\*Health Canada Youth Smoking Survey 2004-2005

[http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/research-recherche/stat/survey-sondage\\_2004-2005\\_e.html](http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/research-recherche/stat/survey-sondage_2004-2005_e.html)

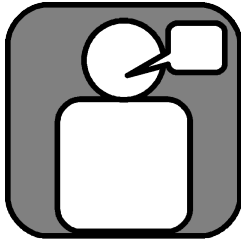
\*\*Canadian Tobacco Use Monitoring Survey (CTUMS) 2006

[http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/research-recherche/stat/ctums-esute\\_2006\\_e.html](http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/research-recherche/stat/ctums-esute_2006_e.html)

Tobacco Use Among Alberta Youth (AADAC)

[http://www.aadac.com/documents/profile\\_TAYES05\\_tobacco\\_use.pdf](http://www.aadac.com/documents/profile_TAYES05_tobacco_use.pdf)

# Jordan's Story: Teacher Edition



Hi, my name is Jordan. I started smoking when I was 14. My parents smoke and I thought I would try it to see what it was like. Sneaking around to get the cigarettes and finding a place to smoke them seemed pretty exciting. Even afterwards, I worried about getting caught. Would someone smell the smoke on me? It was kind of exciting. And how did the other kids respond when I showed them the cigarettes and told them about smoking the first time? When I told my friends about it they sure gave me a lot of attention. "Look what I can do" I thought. It was easy. I enjoyed the risk and thrill of doing something I wasn't supposed to do. I know smoking isn't cool, but you have to be older to smoke and I used to think it made me feel older...more mature. I thought the other kids looked up to me.

But now I am older. I know smoking is bad for me. I read the warnings on the packages and see the pictures of what smoking can do to you. I know it can kill me. My Grandfather died of emphysema. My Aunt has lung cancer. And boy, would my parents be mad if they knew I was smoking. But they smoke too, why do they care?

I think I used to like it because it was supposed to be dangerous and forbidden, but I knew it wouldn't hurt me right away, even though I knew it was bad for me. I was powerful... independent... indestructible. It was my choice and I could do whatever I wanted. None of my friends got sick. I thought I could quit before it hurt me or before it made me sick. I could always quit later. So now I am 18, and I can do whatever I want - but why do I keep smoking? Why can't I quit?

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[The character, Jordan, has been presented here with out gender reference in order to help student identification with the story and to emphasize that smoking is an issue for both male and female students]

1) What is Jordan mainly concerned about?

[Students may express a variety of concerns from health, social or family. The main concern that Jordan focuses on is the addiction component]

2) Why did Jordan start smoking?

a) What were the personal factors?

[Feeling insecure, wanting to grow up or be mature, wanting control, thrill seeking or risk, wanting to make parents angry, defiance of authority]

b) What were the social factors?

[Attention, wanting friends to notice, wanting to show off or be seen as mature. Did any of Jordan's friends say that smoking was not cool, bad for you, and silly?]

c) What were the environmental factors?

[Parents smoked, cigarettes were attainable, nobody noticed or caught Jordan, Jordan had unsupervised time to smoke]

3) Why does Jordan continue to smoke?

[Student may offer a variety of responses as many of the personal, social and environmental influences persist. The habits and reinforcing factors from youth may continue into adulthood and to be reinforced among peers and in social settings. The physical addiction is a large component contributing to Jordan's ongoing smoking behaviour. Jordan may also rationalize continuing smoking in a variety of ways. Understanding the nature of the addiction, cravings, habits, emotions involved are important parts of changing behaviour.]

4) What changes in behaviour would help Jordan to stop smoking?

[While nicotine patches and nicotine gum or other smoking cessation products may help with the physical addiction, other changes in behaviour may be necessary for Jordan to stay smoke free. Jordan should also have a plan for getting through the cravings before they begin. Some changes Jordan can make include not having cigarettes, not buying cigarettes (even for emergency or just in case), taking breaks in non-smoking areas, doing something else during breaks or regular smoking times like walking, drinking water, reading, playing music.]

5) How can Jordan's friends help?

[This is a good opportunity for students to brainstorm ideas for supporting each other as they quit. Refer to the behaviour changes suggested in question 4 and discuss ways students can support each other in a positive way to change their behaviours.]

6) How could Jordan's friends have helped Jordan earlier on?

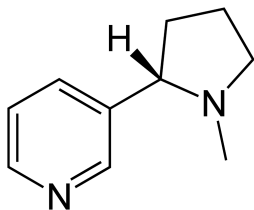
[They could express their concern for each others health and wellbeing and by offering emotional support i.e. "You are already cool and accepted – you don't need to smoke to get other attention or be popular". ]

7) What is a habit?

[A habit is a repeated unconscious behaviour like a routine. Have students brainstorm ideas and then research and compare definitions from a variety of sources.]

8) What is an addiction?

[An addiction is a physical compulsion that may have negative consequences. While they may strictly not fit the medical definition of addiction, some consider gambling and other activities to be addictions. Have students brainstorm ideas and then research and compare definitions from a variety of sources]



Nicotine Molecule

<http://en.wikipedia.org/wiki/Nicotine>

Nicotine Factoid:

***Nicotine acts on the brain in similar ways to heroin and cocaine and may be even more addictive.***

9) We may not see smoking as being as dangerous as other drugs, but the addiction can be just as difficult to stop. More people may smoke because the harm it causes may not seem immediate. How does this make smoking more dangerous than it seems?

[As there is no immediate perceived harm, the smoker has the feeling that they are safe or are not being harmed even though they are causing continuous harm. They may feel that they can stop if they start to experience symptoms. As a result they may continue smoking and exposing themselves to greater cumulative risk and the habit of smoking will become normalized as part of their accepted routine. Before they realize they are in trouble, smoking has become a habit and an addiction.]

10) How would Jordan's story be different if you replaced smoking and cigarettes with another drug?

[Student may offer a variety of responses. The primary issue of addiction and many of the influencing factors may remain the same, while others may be amplified. Environmental, personal and social influences or pressures may be greater influences contributing to starting to use other drugs and continuing to use other drugs. Family, school, social, and financial influences are all related to increased risk of using drugs. The consequences of Jordan's addiction may also be more immediate. Other drug use may affect involvement in school, grades, and relationships at school and at home. Jordan is also at greater risk of being involved facing legal consequences for possession and there is a greater risk that Jordan may become involved in other illegal or criminal activity in order to support their addiction.]

11) How would your answers to questions 1-6 have been different?

[Many of the answers may remain the same, although the influences and consequences may be more immediate and amplified]

About Peer pressure and fitting in:

79% of youth in grades 5-9 have never tried any tobacco products. \*

Only 2% of youth in grades 5-9 are current smokers. \*

What percent of youth in grades 5-9 are not current smokers? [100% - 2% = 98%]

9% of youth 15-19 years old reported smoking daily \*\*

6% of youth 15-19 reported smoking occasionally \*\*

How many youth age 15-19 don't smoke daily or occasionally? [100% - (9% + 6%) = 85%]

Visit the following websites for more statistics and survey results:

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[http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/research-recherche/stat/survey-sondage\\_2004-2005\\_e.html](http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/research-recherche/stat/survey-sondage_2004-2005_e.html)

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Tobacco Use Among Alberta Youth (AADAC)

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