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Test your knowledge by clicking onto your answers to the following questions.

The lungs are part of which system in your body?
1. **Respiratory system**
2. **Digestive system**

Nicotine is the only ingredient in cigarettes.
1. **True**
2. **False**

Is smoking harmful to our lungs?
1. **Yes**
2. **No**
Incorrect

The lungs are **not** part of the digestive system.

The digestive system is a group of organs that work together to convert food into energy and basic nutrients for the entire body.

Click forward to see the correct answer.
The lungs **are** part of the respiratory system.

The respiratory system provides oxygen to the body’s cells.

Click forward to learn more about the lungs and the respiratory system.
Lungs are part of the respiratory system.
- Oxygen comes in through the nasal & oral cavity.
- Oxygen travels past the larynx and through the trachea.
- Oxygen goes down the two bronchi into each lung.
- Each bronchi has smaller sections called bronchioles.
- Tiny air sacs called alveoli are at the end of bronchioles.
- You have 600 million alveoli with blood vessels.
- Blood vessels in the alveoli deliver oxygen to your body.

Nicotine is **not** the **only** ingredient in cigarettes.

There are **many** ingredients, including nicotine, found in cigarettes. Nicotine is a highly addictive ingredient found in cigarettes that is quickly absorbed into the bloodstream when smoked.

Click forward to learn more about the ingredients in cigarettes.
Nicotine is not the only ingredient in cigarettes. There are many ingredients, including nicotine, found in cigarettes. Nicotine is a highly addictive ingredient found in cigarettes that is quickly absorbed into the bloodstream when smoked.

Click forward to learn about the ingredients in cigarettes.
There are approximately 600 ingredients in cigarettes.
When these ingredients burn, they create more than 7,000 chemicals.
At least 69 of these chemicals are known to cause cancer.
Many of these chemicals are poisonous.
Notice the other places that these same chemicals are found.

Examples of Chemicals in Cigarettes

- Acetone – found in nail polish remover
- Acetic Acid – an ingredient in hair dye
- Ammonia – a common household cleaner
- Arsenic – used in rat poison
- Benzene – found in rubber cement
- Butane – used in lighter fluid
- Cadmium – active component in battery acid
- Carbon Monoxide – released in car exhaust fumes
- Hexamine – found in barbecue lighter fluid
- Lead – used in batteries
- Methanol – a main component in rocket fuel
- Nicotine – used as insecticide
- Tar – material for paving roads
- Toluene - used to manufacture paint


Click forward for more information
Harmful Chemicals in Cigarettes

Graphic from uQuitSmoking Program

- **Butane**: Highly flammable. A component of gasoline.
- **Acetone**: One of the active ingredients in nail polish remover.
- **Ammonia**: Helps you absorb more nicotine, keeping you hooked on smoking.
- **Lead**: Damages brain, nerves, kidneys and reproductive system; causes anemia and stomach problems.
- **Phenol**: Used in disinfectants. Weakens your lungs.
- **Cadmium**: Found in batteries. Damages liver, kidneys and brain. Stays in body for years.
- **Arsenic**: A deadly poison. Makes your lips burn, your breath turn bad.
- **Formaldehyde**: Embalming fluid. Causes cancer, can damage lungs, skin and digestive system.
- **Benzopyrene**: One of the most potent cancer-causing chemicals.
- **Toluene**: Highly toxic. Used in paint thinner.
- **Propylene Glycol**: Found in de-icer.
Incorrect

Smoking *is* harmful to the lungs.

Click forward to learn how smoking harms the lungs.
Smoking *is* harmful to the lungs.

Click forward to learn how smoking harms the lungs.
Smoking is harmful to your lungs.
- Smoke from cigarettes contains tar and other harmful chemicals.
- The tar sticks to millions of tiny hair called cilia in our lungs.
- The cilia act like little brooms that sweep out harmful chemicals.
- When people smoke, cilia can't work because they're covered in tar.
- When cilia can not their job, the chemicals and tar enter the alveoli.
- With chemicals and tar in the alveoli, the blood vessels can not deliver oxygen to your body.
Say **NO** and let them know you mean it.

- Stand up straight.
- Make eye contact.
- Say how you feel.
- Do not make excuses.
- Stick up for yourself.
HARMFUL EFFECTS of SMOKING

- Bad teeth & gums
- Bad breath
- Stale smelling hair
- Vision problems
- Pale skin
- Wrinkles
- Cancers
- Heart diseases
- Lung diseases
- Weak bones
- Diabetes
- Early death

Click for more information

Click home to 1st screen
Bad Teeth & Gums

Graphic from medicinenet.com
Parents and Teachers

- Smoking is the leading preventable cause of death in the United States.
- Most adults, who smoke, started smoking between the ages of 11 and 12 years.
- Thus, the target age group for this program is children between ages 9 and 10 years in order to prevent the initiation of smoking.
- This program was created based on a combination of the cognitive and social learning theories with the goal of influencing positive behavior related to healthy lifestyles.
- By presenting the negative effects of smoking, such as poor health status and unpleasant physical appearance, and by providing information about the harmful effects of chemicals in cigarettes on the lungs, the intended outcome is that children will overcome peer pressure and make their own decision not to smoke.
Every Breath Counts (EBC) Foundation, a not-for-profit organization, was founded in 2006 by the Southern Jersey Shore Chapter of the Oncology Nursing Society.

The mission of EBC is to raise awareness and funding for lung cancer research and support program.

The EBC Board of Directors gave their approval to use the foundation’s name as part of the title for this educational program because it aligned with the mission of the foundation.
Sources for “Home” Screen Images

• Quiz, Lungs, & Cigarette
  • Source: Microsoft PowerPoint Clip Art
• Smoking (Stick man)
  • Source: hqdefault.jpg
• Harmful Effects (Sick Smiley)
  • Source: Facebook Chat Emoticons
• Peer Pressure
  • Source: JoshAM – Peer Pressure
    josham.wikispaces.com
• More Information (Books)
  • Source: Books Love Me Blog Spot
• Dedication (Stick figure with Heart)
  • Source: infinitycrossing.com

No intentional changes were made to images. Based on source information, appropriate credit has been provided for images.
This educational program is dedicated to my grandson, Brandon.

May he always have healthy lungs so that he can enjoy doing his favorite activities.
The End

Click the key “esc” exit this presentation

Click home to 1st screen