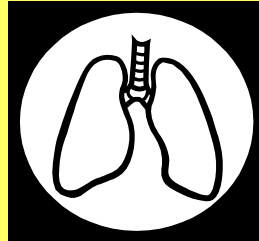


Quiz



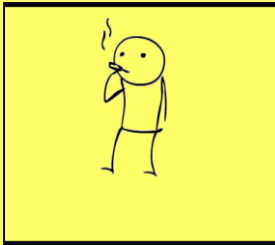
Lungs



Cigarettes



Smoking



**Every  
Breath Counts  
for Kids**

Click each picture

Harmful Effects



Peer Pressure



More Information



Dedication



# QUIZ

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?

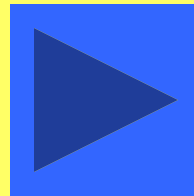
1. [Yes](#)
2. [No](#)

# 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.

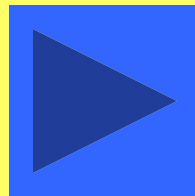


# CORRECT

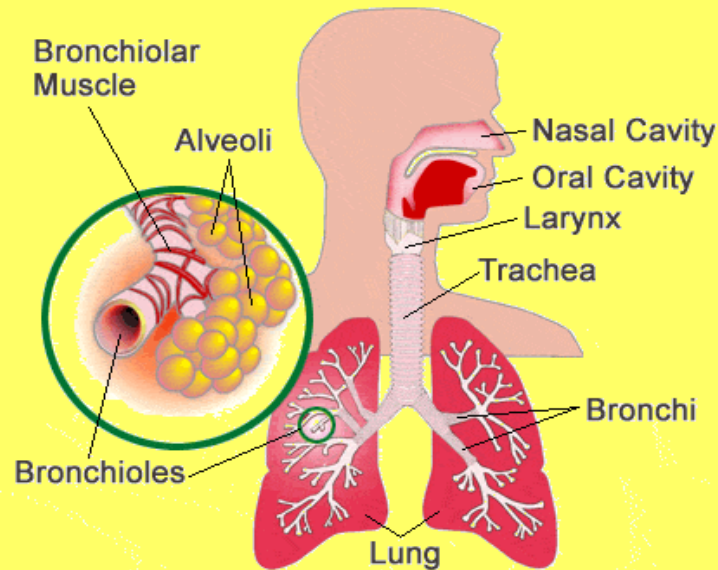
**The lungs are part of the respiratory system.**

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

Click forward to learn more about the lungs and the respiratory system.



# LUNGS



Graphic from medicinenet.com

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.

American Lung Association (2014) Retrieved from <http://www.lung.org/your-lungs/how-lungs-work/?gclid=CNXrtOXYor4CFVMQ7AodwGIARw>

Click back to quiz

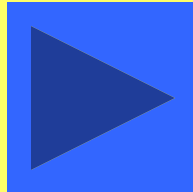
Click home to 1<sup>st</sup> screen

# Incorrect

**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.

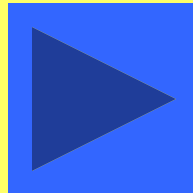


# CORRECT

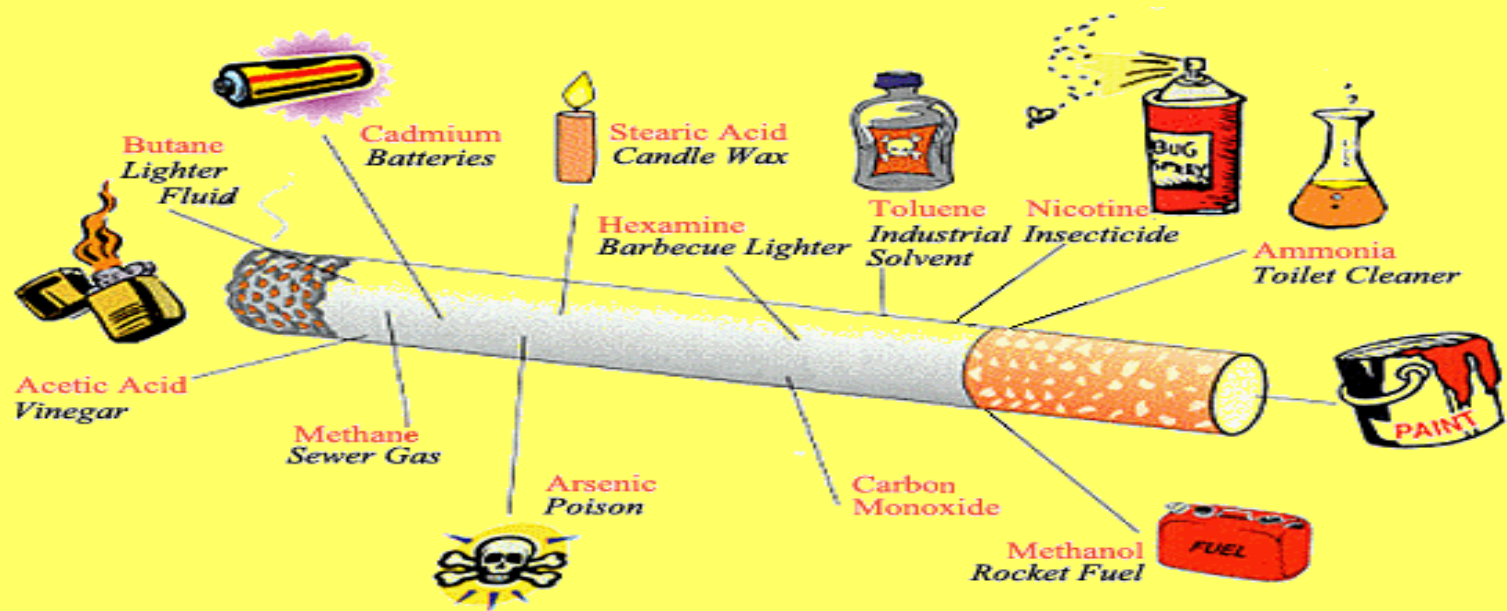
**Nicotine is not the only ingredient in cigarettes.**

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.



# CIGARETTES



Graphic from Tri County Cessation Center

- 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.

American Lung Association (2014) Retrieved from <http://www.lung.org/stop-smoking/about-smoking/facts-figures/whats-in-a-cigarette.html>

Click forward for more information



Click home to 1<sup>st</sup> screen





# 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

American Lung Association (2014) Retrieved from <http://www.lung.org/stop-smoking/about-smoking/facts-figures/whats-in-a-cigarette.html>

Click forward for more information

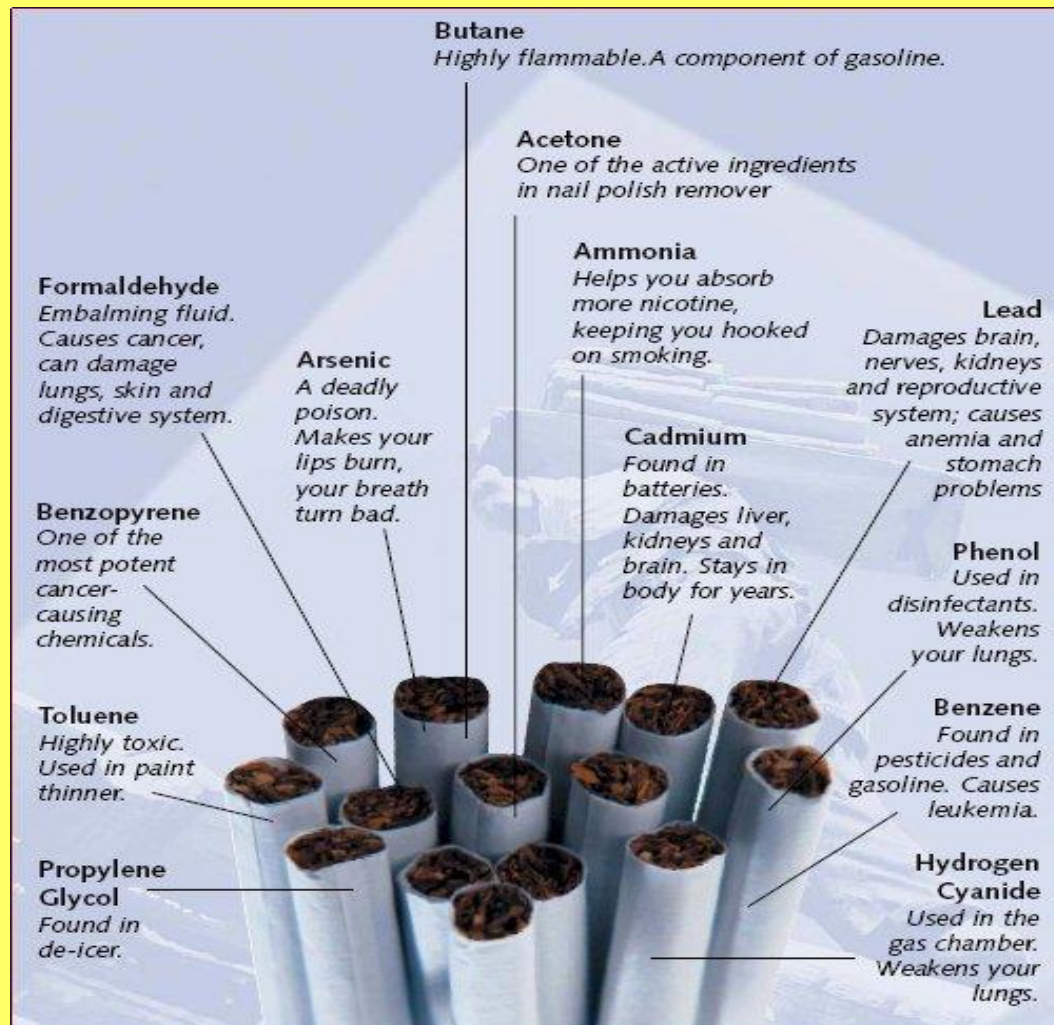


Click home to 1<sup>st</sup> screen



# Harmful Chemicals in Cigarettes

Graphic from uQuitSmoking Program



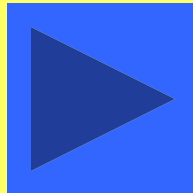
Click back to quiz

Click home to 1<sup>st</sup> screen

# Incorrect

Smoking is harmful to the lungs.

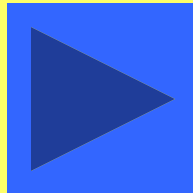
Click forward to learn how smoking harms the lungs.



# CORRECT

Smoking is harmful to the lungs.

Click forward to learn how smoking harms the lungs.



# SMOKING

Smoker's lungs



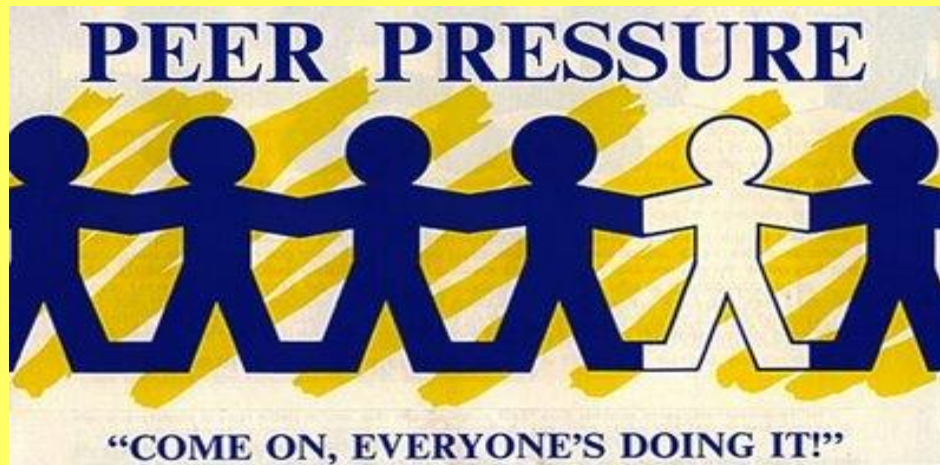
Non-smoker's lungs

Graphic from benefits-of-quitting-smoking.png

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.

Click home to 1<sup>st</sup> screen



Graphic from [www.familyfirstaid.org](http://www.familyfirstaid.org)

**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.

Click home to 1<sup>st</sup> screen

# 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

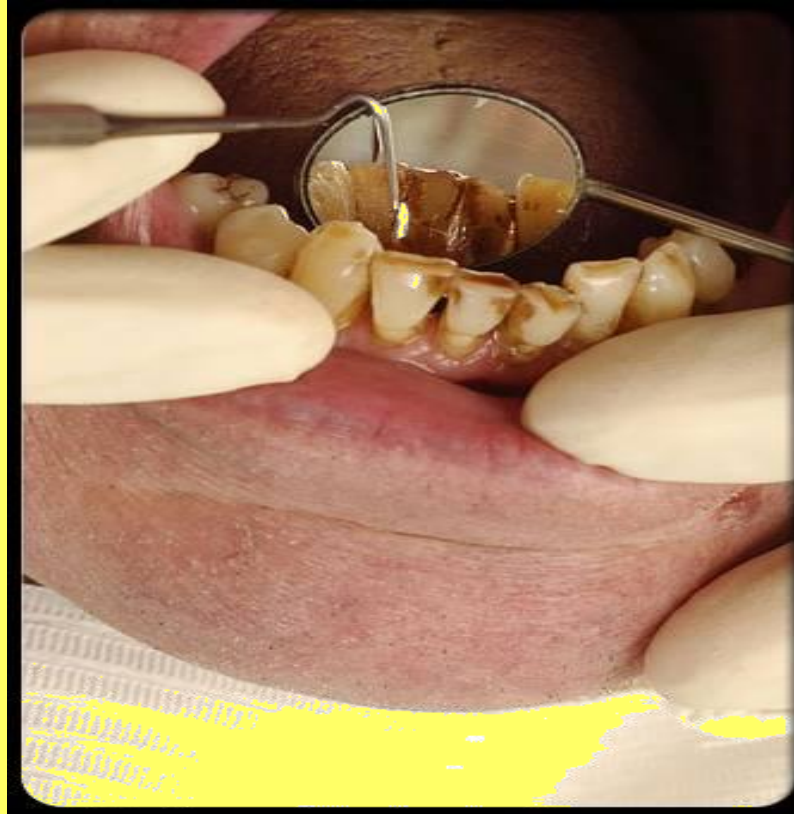


Click home to 1<sup>st</sup> screen



# Bad Teeth & Gums

Graphic from medicinenet.com



Click back to previous slide

Click back to 1<sup>st</sup> screen



# 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 life styles.
- 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.

 Click for more information

 Click home to 1<sup>st</sup> screen

# Every Breath Counts Foundation

Click on the butterfly to enter the foundation's web site,



- 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.

Click for more information

Click home to 1<sup>st</sup> screen

# Sources for “Home” Screen Images

- Quiz, Lungs, & Cigarette
  - Source: Microsoft PowerPoint Clip Art
- Smoking (Stick man)
  - Source: hqdefault.jpg
- Harmful Effects (Sick Smilely)
  - 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.

Click home to 1<sup>st</sup> screen



This educational program is dedicated  
to my grandson,

**Brandon**

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



Click forward to end

Click home to 1<sup>st</sup> screen

**The End**



Click the key “esc” exit this presentation

Click home to 1<sup>st</sup> screen

