



**PLANIT**  
TEACHERS

## Smoking Cessation for Young Teens: Empowering 14-Year-Olds to Make Informed Choices About Tobacco Use

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**Student Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Due Date:** \_\_\_\_\_

### Introduction to Smoking Cessation

Smoking is a leading cause of preventable death worldwide, and it's essential for young teens to understand the risks associated with smoking and the benefits of quitting. This worksheet is designed to educate 14-year-old students about the dangers of smoking and the importance of making informed choices about tobacco use.

## Risks of Smoking

Smoking can cause a range of serious health problems, including lung cancer, heart disease, and chronic obstructive pulmonary disease (COPD). It can also lead to premature aging, wrinkles, and bad breath.

### Questions:

1. What are the main risks associated with smoking?

2. How does smoking affect the lungs and respiratory system?

3. What are some common health problems caused by smoking?

## Benefits of Quitting

Quitting smoking can have numerous benefits, including improved health, increased energy, and a reduced risk of smoking-related illnesses. It can also save money and improve overall wellbeing.

### Questions:

1. What are the benefits of quitting smoking?

2. How can quitting smoking improve overall health and wellbeing?

3. What are some resources available to help people quit smoking?

Nicotine addiction is a complex process that involves physical and psychological dependence on nicotine. It can lead to withdrawal symptoms, such as irritability, anxiety, and cravings, when trying to quit.

### Questions:

1. What is nicotine addiction, and how does it develop?

2. What are some common symptoms of nicotine withdrawal?

3. How can nicotine replacement therapy (NRT) help with quitting?

## Behavioral Techniques for Quitting

Behavioral techniques, such as setting a quit date, creating a quit plan, and seeking support, can help individuals quit smoking. Healthy alternatives, such as exercise or meditation, can also aid in the quitting process.

### Questions:

1. What are some effective behavioral techniques for quitting smoking?

2. How can setting a quit date and creating a quit plan help?

3. What are some healthy alternatives to smoking, such as exercise or meditation?

Medications, such as NRT and prescription medications, can help individuals quit smoking. It's essential to understand how these medications work and their potential side effects.

### Questions:

1. What are some prescription medications available to help with quitting?

2. How does NRT work, and what are the different types available?

3. What are some potential side effects of medication, and how can they be managed?

## Support Systems

A support system, including friends, family, and support groups, can play a crucial role in helping individuals quit smoking. It's essential to understand how to build and utilize a support system.

### Questions:

1. Why is it essential to have a support system when quitting smoking?

2. What are some resources available to support quitting, such as support groups or counseling?

3. How can friends and family members help someone who is trying to quit?

## Case Study

Read the following case study and answer the questions:

"John is a 16-year-old student who has been smoking for two years. He wants to quit because he's concerned about his health and wellbeing. John's friends and family members are supportive, and he's considering using NRT to help him quit."

### Questions:

1. What are some challenges John may face when trying to quit?

2. How can John's support system help him stay on track?

3. What are some resources John can use to help him quit?



## Public Service Announcement

Create a public service announcement (PSA) about the dangers of smoking and the benefits of quitting. Include the following elements:

- A clear message about the risks of smoking
- A persuasive argument for quitting
- A call to action, such as a quitline or website with resources

## Reflection

Reflect on what you've learned about smoking cessation and how you can apply it to your own life. Answer the following questions:

### Questions:

1. What are some things you can do to avoid smoking or help someone who is trying to quit?

2. How can you support a friend or family member who is trying to quit?

3. What are some resources you can use to learn more about smoking cessation?

## Conclusion

In conclusion, smoking cessation is a complex process that requires a comprehensive approach, including behavioral techniques, medication management, and support systems. By understanding the risks associated with smoking and the benefits of quitting, young teens can make informed choices about tobacco use and live healthier, happier lives.