

W5	Learning Area	HEALTH	Grade Level	8
	Quarter	4	Date	

I. LESSON TITLE	PREVENTION OF SUBSTANCES USE AND ABUSE
II. MOST ESSENTIAL LEARNING COMPETENCIES (MELCs)	<ul style="list-style-type: none"> <li>Discusses gateway drugs.</li> <li>Analyzes the negative health impact of cigarette smoking,</li> <li>Describe the harmful short- and long-term effects, dangers of mainstream, second hand and third hand smoke and explain the impact of cigarette smoking on the family, environment, and community.</li> </ul>
III. CONTENT/CORE CONTENT	CIGARETTE SMOKING

#### IV. LEARNING PHASES AND LEARNING ACTIVITIES

##### I. Introduction (Time Frame: DAY 1)

**Gateway drug** such as cigarettes and alcohol are legal drugs that a non-drug user might try, which can lead him/her to more dangerous drugs such as marijuana and shabu. Marijuana, cigarettes, and alcohol are the "gateway drugs" of our society today. When young people experiment with cigarettes, alcohol, and marijuana, it often opens doors or "gateways" to stronger, more dangerous drugs and to risky situations where these drugs are readily available.

##### **Negative Health Impact of cigarette smoking.**

Smoking cigarettes can have many adverse effects on the body. Some of these can lead to life-threatening complications. In fact, according to the Centers for Disease Control and Prevention (CDC), smoking cigarettes increases the risk of dying from all causes, not just those linked to tobacco use. Smoking cigarettes affects the respiratory system, the circulatory system, the reproductive system, the skin, and the eyes, and it increases the risk of many different cancers.

##### **Possible effects of smoking cigarettes:**

1. **Lung damage**-Smoking cigarettes affects lung health because a person breathes in not only nicotine but also a variety of additional chemicals. Smoking cigarettes also presents a greater risk of developing and dying from chronic obstructive pulmonary disorder (COPD). In fact, the American Lung Association report that smoking causes 80 percent of COPD deaths. Cigarettes are also linked to developing emphysema and chronic bronchitis. They can also trigger or exacerbate an asthma attack.

2. **Heart Disease**-Smoking cigarettes can damage the heart, blood vessels, and blood cells. Research shows a direct link between smoking and developing PAD. Even those who used to smoke face a higher risk than people who never smoked. Having PAD increases the risk of experiencing; blood clots, angina, or chest pain, stroke, a heart attack

3. **Fertility problems**-Smoking cigarettes can damage a female's reproductive system and make it more difficult to get pregnant. This may be because tobacco and the other chemicals in cigarettes affect hormone levels.

4. **Risk of pregnancy complications**-Share on Pinterest Smoking can increase the risk of ectopic pregnancy and reduce the baby's birth weight.

5. **Risk of type 2 diabetes**-The CDC report that people who smoke regularly have a 30-40 percent higher risk of developing type 2 diabetes than those who do not. Smoking can also make it more difficult for people with diabetes to manage their condition.

6. **Weakened immune system**-Smoking cigarettes can weaken a person's immune system, making them more susceptible to illness.

7. **Vision problems**-Smoking cigarettes can cause eye problems, including a greater risk of cataracts and age-related macular degeneration.

8. **Risk of other cancers**-In addition to the well-documented link with lung cancer, smoking cigarettes can also contribute to other forms of cancer. The American Cancer Society report that cigarette smoking causes 20-30 percent of cancers. Smoking cigarettes can also double a person's risk of stomach cancer. Tobacco is especially linked to stomach cancers that occur near the esophagus.

There are three smokes produced by cigarette smoking namely:

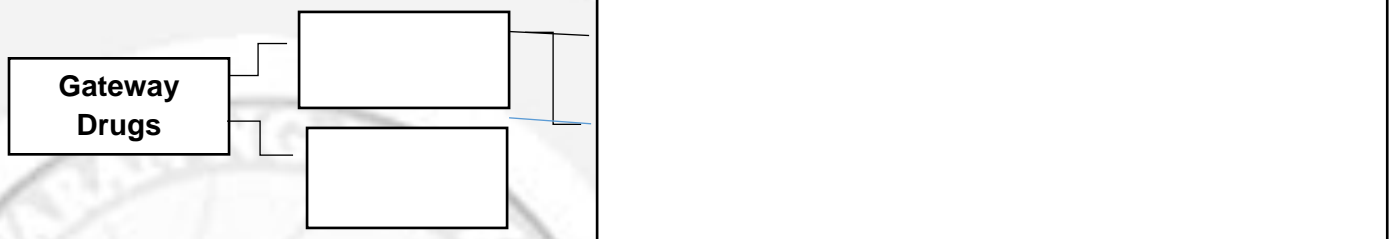
1. **Mainstream Smoke**-refers specifically to the smoke that a smoker directly inhales.
2. **Sidestream Smoke**- the smoke that comes out of the lighted end of a cigarette or pipe. This is also called second-hand smoke or environmental tobacco smoke (ETS). This is the more dangerous than mainstream smoke.
3. **Third-hand smoke**- smoke left for a long time on sofa, beddings, pillow, and other objects.

Cigarette smoking causes environmental pollution by releasing toxic air pollutants into the atmosphere. The cigarette butts also litter the environment, and the toxic chemicals in the residues seep into soils and waterways, thereby causing soil and water pollution, respectively.

D. Development (Time Frame: DAY 2)

### ACTIVITY 1: KEY TO KNOWING!

**Directions:** Complete the diagram below. List the two gateway drugs in the smaller boxes and the examples of dangerous and illegal drugs in the bigger box.



### ACTIVITY 2: FILL ME IN!

**Directions:** Supply the missing word by writing the correct answer on the space provided. Choices are written in the box.

central Nervous alcohol	respiratory cigarettes	tobacco nicotine
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1. Cigarette smoking primarily affects the \_\_\_\_\_ system.
- 2-3. Examples of gateway drugs are \_\_\_\_\_ and \_\_\_\_\_.
4. The addictive chemical in smokeless tobacco and cigarettes is called \_\_\_\_\_.
5. The plant whose leaves can be rolled into a cigar or pipe and can be smoked is \_\_\_\_\_.

E. Engagement (Time Frame: DAY 2)

### ACTIVITY 3: LONG OR SHORT

**Directions:** Write the short-term effects of smoking in the square part of the cigarette and the long-term effects in the rectangular one.

**Note:** Write the three different smokes produced by cigarette smoking on the **X** symbol.



### ACTIVITY 4: TEXT TWISTER!

**Directions:** The following are known dangers of cigarette smoking and tobacco use. Arrange the letters of each item to show the word(s). A hint is provided below the word(s).

1. H H I G B O O L D E R U S E S R P -- \_\_\_\_\_  
Hint: Too much exertion of blood against the arteries causing damage.

2. ETARH IDASSEES-- \_\_\_\_\_

Hint: Involves the cardiovascular system.

3. OYBD OORD-- \_\_\_\_\_

Hint: Effect of cigarette smoke to your body scent.

4. RENCAC-- \_\_\_\_\_

Hint: A group of disease which makes body cells grow uncontrollably.

5. NGLU EGMADA-- \_\_\_\_\_

Hint: Breathes in not only nicotine but also a variety of additional chemicals. \_\_\_\_\_.

**A. Assimilation** (Time Frame: DAY 3)

### ACTIVITY 5: ANSWER ME!

**Directions:** Answer the following questions.

1. What are the strategies or ways to prevent and control the use of tobacco products like cigarette?

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2. If your classmate offered you a cigarette at a hidden corner of the school, what would you do?

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3. As a student, how will you able to stop or lessen the use of cigarette?

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### ACTIVITY 6: BE THE CHANGED!

**Directions:** On a separate sheet of paper. Write a spoken poetry about cigarette smoking with the theme. "SMOKING KILLS, NO TO SMOKING!". You will be graded based on the criteria given below.

#### CRITERIA:

Relevance to the theme - 50%  
Creativity/Style and Originality - 30%  
Clarity of imagery and language - 20%  
TOTAL - 100%

### V. ASSESSMENT (Time Frame: DAY 4)

(Learning Activity Sheets for Enrichment, Remediation, or Assessment to be given on Weeks 3 and 6)

### ACTIVITY 7: ACROSTICS!

**Directions:** Write acrostic poems about the bad effects of cigarette smoking. You may use words or phrases to do this.

### ACTIVITY 8: COMPLETE ME!

Answer the questions in a form of paragraph.

How will you protect your family, friends, environment, and others from the dangers of smoking and chewing tobacco? Explain and give examples.

### VI. REFLECTION (Time Frame: DAY 4)

- Communicate your personal assessment as indicated in the Learner's Assessment Card.

#### Personal Assessment on Learner's Level of Performance

Using the symbols below, choose one which best describes your experience in working on each given task. Draw it in the column for Level of Performance (LP). Be guided by the descriptions below:

☆ - I was able to do/perform the task without any difficulty. The task helped me in understanding the target content/lesson.

✓ - I was able to do/perform the task. It was quite challenging, but it still helped me in understanding the target content/lesson.

? - I was not able to do/perform the task. It was extremely difficult. I need additional enrichment activities to be able to do/perform this task.

Learning Task	LP	Learning Task	LP	Learning Task	LP
Number 1		Number 3		Number 5	
Number 2		Number 4		Number 6	

### VII. REFERENCES

Grade 8 Physical Education and Health Learners Module; Youtube; Google

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