



Sooper Puppy: Puff of Smoke

Theme

Saying No to cigarettes

Background

Children of all ages are pressured by peers and advertising to smoke. This pressure affects them at ages much younger than most parents (and teachers) want to believe. They need to know not only the dangers involved in smoking, but how to “just say No.” In this video, Baxter (also known as Sooper Puppy) discovers a friend who is smoking. Baxter learns from Grandpaw how to deal with his friend, as well as some insights into the addictive power of smoking and its dangers to people—and to Sooper Puppy.

Outcomes

Viewers will

- learn how cigarette smoking affects the heart and lungs
- recognize nicotine in cigarettes as an addictive drug
- understand how liking yourself and wanting to take good care of your body helps you say No to cigarettes
- realize that the easiest way to stop smoking cigarettes is not to start
- recognize the role of advertising in influencing decisions

Before Viewing

Invite children to discuss what they know about smoking. Use questions such as the following to get started:

1. Do you know anyone who smokes? Do you think those people would like to quit smoking? Why do you think as you do?
2. Do you think people who would like to quit smoking can do it easily? Why do you think as you do?
3. Why do you think people smoke?
4. How do you feel when you are around someone who is smoking?
5. Where have you seen advertisements for cigarettes? What do they try to tell you?
6. What do you know about the dangers of smoking?

After Viewing

Encourage discussion of the tape, perhaps by using questions like these:

1. What did Sooper Puppy take that didn't belong to him? Why did he do it?
2. Why did Big John the Gopher like to smoke cigarettes?
3. What did Puppy Schnapsee have a weakness for?
4. What did the cookies say to Schnapsee?
5. What did Schnapsee and Big John the Gopher both need to learn to say?
6. What is nicotine?
7. What does smoking do to your body?
8. What is the easiest way to stop smoking cigarettes?
9. What can you do to help someone stop smoking?

School Activities

- Have children make “don't smoke” or “stop smoking” posters to put around the school. They can cut out magazine ads for cigarettes and use them to decorate their posters. Then they can write reasons why people should not believe the ads. Some children may want to make posters to “help a friend stop smoking.” On these they can put some of the helpful hints that Baxter learned from Grandpaw about helping Big John.
- Review with children how Big John decided to quit smoking and how Sooper Puppy helped him. Invite children to take turns playing the two roles and acting out the scene.

Home Activities

Give each child a copy of Home Activities 11 and 12 to take home. Encourage families to carry out the activities with their children. It is not necessary to have children return the worksheets; they should not feel pressured if their families choose not to participate.

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To the Family from Your Child's Teacher:

We have seen a videotape called "Sooper Puppy: Puff of Smoke." It has helped us realize why we should not smoke and how hard it is for people who smoke to stop. We have learned that the easiest way to quit smoking is not to start. In the videotape, Baxter (also known as Sooper Puppy) discovers that his friend Big John is enjoying smoking. Grandpaw helps Baxter understand the addictive nature of smoking. Below is part of the story from the videotape. Read the story aloud with your child, encouraging her or him to give more detail from the video as you go along. Then go on to the activity on the following page.

Grandpaw told Sooper Puppy, "Cigarettes are very bad for you. They can make your heart very sick, and your lungs, too. Why, it can be hard work just to breathe."

Baxter asked Grandpaw, "But if Big John is going to be healthier when he quits smoking, how come he's not happy about it?"

Grandpaw answered, "Because cigarettes are addictive."

Baxter didn't know what that meant, so Grandpaw explained. "Cigarette smoke has a drug in it called nicotine. When you smoke, it gets in your body and makes your body want more and more. It becomes difficult to make good choices—what with your body piping in and saying, 'Give me more of that nicotine!'"

Baxter was amazed. "You mean your body makes you do things you don't want to?"

"It's that drug in cigarettes," Grandpaw told Baxter, "that nicotine, that makes you need them even if you don't want them. It becomes hard to make a good choice."

Baxter said, "I've decided to never start, because that's the easiest way to quit. If you like yourself and want to take good care of your body, then stay away from cigarettes because they're no good for you! That's why Sooper Puppies don't smoke—never have, never will!"

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Home Activity

12

Encourage your child to follow Sooper Puppy's example and decide never to start smoking. Invite your child to tell you some of the reasons why it is better never to start. Then help your child complete and illustrate the certificate below. You may want to cut it out and display it in your home.

Sooper Puppies

don't smoke
—never have, never will!

I will be like Sooper Puppy. I like myself and I want to take good care of my body. I will stay away from cigarettes because they're not good for me!

I promise never to start smoking.

My name is _____

Today's date is _____