

MATERIALS NEEDED Lesson 10

Assemble the following materials:

- Completed visual: *Ground Rules: Students* (saved from Lesson 1)
- Video player and video: *Clearing the Air 2006*.
- Chart paper, masking tape, thick, felt-tip, nontoxic markers

Prepare the following materials:

- Partial visual on chart paper or board: *Why It's Hard to Quit Smoking* (title only, Activity 2)
- Partial quitting lists on chart paper (titles only, Activity 4):
What gets people to quit?
How do people quit?
What are the good things you get from quitting?
How can you help a friend or parent who's trying to quit?
- Copy of *Making Changes in My Life* sheet for each student for Activity 5