Assemble the following materials:

- Completed visual: *Ground Rules: Students* (saved from Lesson 1)
- Video player and video: *Clearing the Air*
- Chart paper, masking tape, 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