



# Health Virtual Learning

## Chapter 9.2 Why People Use Tobacco

# Truman High School

5/14/2020



Lesson: 5/14/2020

## Objective/Learning Target:

1. **Analyze the development of addictions according to the stages of substance abuse.**
2. **Assess how identity development may relate to the decision to use tobacco.**
3. **Explain how attitudes about tobacco use from friends and parents influence rates of tobacco use.**
4. **Evaluate the role of the media in encouraging tobacco use.**

# Addiction

- Each day in the United States,
- 3,200 teenagers smoke their first cigarette
- 2,100 teenagers and young adults who were occasional smokers become daily smokers
- 9 out of 10 cigarette smokers first tried smoking by the age of 18

# Stages of Addiction

- **Experimentation**

- User uses a substance “just to try it”

- **Regular Use**

- User develops habit of regularly using substance

# Stages of Addiction

- Tolerance

- User's body needs more and more of substance to achieve the same effects

- Dependency and Addiction

- User relies on the substance to function or feel "normal"
- Habit interferes with personal responsibilities and relationships

# Critical Thinking...

*What is a physical versus a psychological dependence?*

Dependence is physical when the body needs a certain amount of a substance to function normally; psychological dependence causes people to believe they need a substance to feel “normal”

# Social Attitudes

- Parents' attitudes
  - Cultural norms
  - Trends in the media
  - Friends and peers
- Teens who have friends who smoke are much more likely to smoke themselves

