

- After reading these pages, encourage individuals to talk about their understanding of smoking as a danger to their health.
- Discuss any physical symptoms or medical problems the consumers have related to smoking (i.e., shortness of breath, difficulty walking, coughing up phlegm).
- Make a phlegm and tar jar out of molasses and clear hair gel which shows how much a pack a day smoker collects in their bodies.

Chapter 3:

What's in cigarette smoke?

(Consumer's Handouts Section 5: Chapter 3)

Objectives for this Chapter:

- Educate the group about the chemicals in cigarette smoke.
- Educate the group that nicotine is **not** a carcinogen, or cancer-causing chemical, although it is the addicting part of a cigarette.

After reading this section, individuals will be able to:

- Understand that the chemicals in burning cigarette smoke are dangerous to their health.
- Identify that some of these chemicals are used in other products that they are familiar with and are very toxic.

Suggested Approach:

- After reading these pages, encourage individuals to talk about their understanding of smoking as a danger to themselves and others.
- Encourage participants to discuss how chemicals in burning cigarettes are harmful.

Chapter 4:

Why do so many consumers with mental illness smoke?

(Consumer's Handouts Section 5 : Chapter 4)

Objectives for this Chapter:

- To understand that mental illness and smoking are linked.
- To recognize that smoking is a complex problem made of biological, psychological and social factors.

After reading this section, individuals will be able to: