

- 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:

- Understand that smoking is a problem which has various factors which contribute to why smokers begin and then continue smoking.
- Recognize that in addition to physical factors that having confidence that you can quit and being surrounded by other smokers also contribute to smoking behavior.

Suggested Approach:

- Discuss how smoking in the environment keeps others from being able to quit smoking.
- Ask group members how they feel about different factors and which they feel contribute most in their smoking.

Chapter 5:**What is carbon monoxide?****(Consumer's Handouts Section 5: Chapter 5)****Objectives for this Chapter:**

- Educate the group on the health risks of carbon monoxide.
- Give feedback to group members on their own carbon monoxide level and associated risks.

After reading this section, individuals will:

- Know what carbon monoxide is and why it is so dangerous to their health.
- Know their own CO level and what level of health risk they are at in relation to their CO level.
- Understand that their CO level will quickly go down to safe levels by quitting smoking.

Suggested Approach:

- After reading these pages, encourage individuals to talk about their knowledge about carbon monoxide before this class.
- Take a CO level of everyone in the group and give them an idea of what their CO level indicates regarding health risk factors.
- Discuss how quitting smoking will quickly make their CO level return to zero.

Supplementary/ Other discussion information:

- Most people now have carbon monoxide detectors in their homes like smoke detectors to alert them if this poison is in the air in dangerous levels.
- Carbon Monoxide Meter* (See Section 8 Appendix/Forms)