

Name \_\_\_\_\_

Date \_\_\_\_\_

## Anti-Smoking Limericks

A nonsmoking campaign can be conducted with humor. An enjoyable form of humor is the *limerick*. A limerick is a short nonsense poem that follows these rules:

- Lines 1, 2, and 5 rhyme with one another.
- Lines 3 and 4 rhyme with each other.
- Lines 1, 2, and 5 usually have from 8 to 10 syllables.
- Lines 3 and 4 usually have 6 syllables.

Examples:

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| <ol style="list-style-type: none"><li>1. There lived a sweet girl named Elaine</li><li>2. Who secretly smoked in the rain.</li><li>3. Her mother, who caught her,</li><li>4. Said, "Don't you know, daughter,</li><li>5. Most people who smoke have no brain?"</li></ol> | <ol style="list-style-type: none"><li>1. A handsome young teen hit the scene.</li><li>2. At wrestling he really was mean.</li><li>3. When he started to puff,</li><li>4. The coach said, "Enough!</li><li>5. I like you, but you're off the team."</li></ol><br><ol style="list-style-type: none"><li>1. A tough guy who smoked after school</li><li>2. Thought he was nobody's fool.</li><li>3. When he tried to quit,</li><li>4. A huge nicotine fit</li><li>5. Made him break the school's "No Smoking" rule.</li></ol> |
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NOW, MAKE UP YOUR OWN!

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**PART TWO:** After you create your limerick use it to create an anti-smoking ad. Draw pictures to go with your limerick and include both in your ad. BE CREATIVE. You may work with only one other person. That means **no** groups of three.

### GRADING CRITERIA:

LIMERICK FOLLOWS GUIDELINES

10 POINTS

# THE HARMFUL EFFECTS OF SMOKING

## BRAIN

### PLEASURE AND THEN SEDATION

- Nicotine, the highly addictive chemical in cigarettes and tobacco, stimulates the "pleasure centers" in the brain - creating pleasure and alertness. Nicotine initially stimulates the brain, then acts as a tranquilizer and sedative.

### BRAIN ALTERATION, WITHDRAWAL, AND ADDICTION

- Nicotine directly affects, alters, and takes control of specialized receptor cells in the brain responsible for regulating well-being, mood, and memory. The drug remains active 20-40 minutes, then withdrawal symptoms begin. Mood changes, person becomes irritable, anxious, and discomfort becomes more severe - stimulating intense cravings for more nicotine. Regular and long term use lead to addiction.

## THROAT

- Cancer of larynx and esophagus, irritates membranes of the throat.

## HEART

- Nicotine raises heart rate, increases blood pressure, and constricts blood vessels.
- Carbon monoxide (deadly gas produced from cigarette smoke) decreases delivery of oxygen to the heart, increasing risk of heart attack and strokes.
- Causes weakening of the heart muscle's ability to pump blood, leading to death.
- Causes aortic aneurysms (blood-filled sac in aorta) and pulmonary heart disease.

## LIVER

- Cirrhosis of the liver.

## ADRENAL GLANDS

- Stimulates adrenaline production, speeding up the heart and increasing blood pressure.

## VERTEBRAE

- Increased risk of vertebral cancer.

## REPRODUCTIVE SYSTEM MALES & FEMALES

- Reduces sex drive and increases risk of impotence in males. In females, increased chance of cervical cancer, less fertile, and brings on menopause earlier.

## PREGNANCY & UNBORN BABIES

- Smoking increases chance of miscarriage, pregnancy complications, bleeding, and premature delivery.
- Smoking during pregnancy may cause impairment of baby's growth, intellect, and emotional development.

## CENTRAL NERVOUS SYSTEM

- Nicotine stimulates adrenaline production
- Heart rate goes up 15-20 beats per minute
- Increases blood pressure
- Constricts blood vessels
- Reduces sex drive
- Inhibits urine formation
- Depresses hunger
- Reduces anxiety and pain
- Irritates mouth and throat
- Major cause of heart attack, lung diseases, strokes, and death

## MOUTH

- Dulls taste buds, irritates membranes of mouth, bleeding and receding gums, gum disease, foul breath, and numbness.
- Staining teeth, tooth decay and loss of teeth. Cancer of mouth.

## LUNGS

- Causes progressive limitation of air flow in and out of lungs - Chronic Obstructive Lung Disease.
- Damages and destroys tiny air sacs of the lung - reducing lungs' ability to bring in oxygen and remove carbon dioxide
- Emphysema.
- Causes bronchial tubes to be inflamed, thickened, and mucus increases; resulting in narrowing of air passages
- Chronic Bronchitis.
- Tar and other particles settle in bronchial tubes causing lung cancer. Tar and smoke destroy tiny cells that clean, protect, and remove foreign particles from lungs.

## STOMACH AND DUODENUM

- Stomach and duodenal ulcers develop, creating burning pain.

## KIDNEYS

- Reduces kidneys' ability to process fluids and waste, inhibiting formation of urine. Cancer.

## BLOOD VESSELS

- Nicotine causes blood vessels to constrict, increasing blood pressure, and risk of heart attack.

## BLADDER

- Cancer of bladder.

## BONES

- Increases risk of early onset of Osteoporosis (weakening, softening and thinning of the bone).