

## Betcha Can't Eat Just One!



### The Power of Potato Chips

To illustrate how cravings can be induced, and to explain the differences between wants and chemical addiction.

Just one potato chip teases the taste buds and creates a sensation of want. Though not a perfect analogy, this exercise can serve as a springboard for discussing the concept of addiction with your class.

**Supplies:** One large bag of potato chips. Optional: additional chips for snacking during the discussion.

**Directions:** Pass the bag of potato chips as students enter the room, instructing that students take only one chip. Tell the students to eat the chip, then ask the following questions:

How many of you would like another chip? How do cravings for potato chips differ from cravings for tobacco products? (nicotine is a physically addictive drug). How might your body react if you stopped eating potato chips today? (no withdrawal symptoms)

Ask, "How might your body react if you were addicted to nicotine and tried to stop using tobacco? (This includes cigarettes, cigars, and smokeless tobacco.)

Discuss the withdrawal symptoms that people go through when they try to stop smoking.

- restlessness
- eating more than usual impatience
- frustration, anger difficulty concentrating
- excessive hunger
- depression loss of energy/fatigue
- dizziness
- stomach or bowel problems
- headaches, sweating
- insomnia, (not being able to sleep)
- heart palpitations
- tremors having a strong desire to smoke again.

Tell the children that It would be pretty bad to have to go through any of these symptoms, but when you try to give up using nicotine, you may suffer through a combination of them.

Ask, "What are tobacco companies giving away when they offer free samples through the mail or multi-packs for the price of one?"

**Useful quote:** "All good drug dealers know that in the beginning when you are trying to get people hooked, you give the stuff away."

## Bubble Wrap

This exercise will give you the full affect of how someone who has smoke related emphysema, breaths day in and day out.

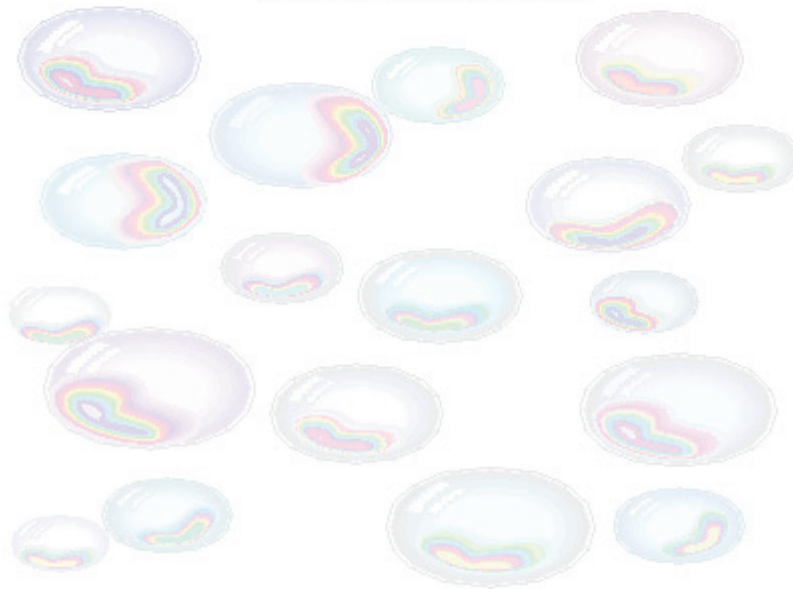
Small air pockets in the lungs are called alveoli. They help move the oxygen out of the air you breathe and into your body.

Air becomes trapped into the alveoli, and begin to burst as the chemicals in the cigarettes, like tar, make them less able to let the air out.

The trapped air explodes the pockets and they are no longer able to help with breathing.

The walls of your alveoli pop just like these bubbles. This is the disease emphysema which caused long term smokers to suffocate slowly.

The bubble wrap you have in your hand represents your alveoli. Once you pop them, they no longer can expand and no longer able to function. Go ahead and pop those bubbles.





## Straws

This exercise demonstrates how difficult it is and how it feels to breathe like someone with emphysema.

Is there any of you that have asthma?  
Please do not participate in this exercise.

1. I would like you all to stand up and push in your chairs.
2. When I say go, I would like you to run/jog in place for 1 minute while holding the straw in your hand.
3. DO the MINUTE
4. Now stop and put the straw in your mouth, pinch your nose with one hand and breathe only through your mouth.
5. I want you to breathe like this for one minute. If you can't make it to one minute, please sit down when you take a breath through you nose or with your mouth open.
6. After one minute: if anyone standing, stop breathing through the straw.

How did that feel, did you feel panicky about getting enough air?

This is how Emphysemics feel especially if they start coughing. It gets harder to catch their breath.

For all of you doing this exercise, you had a choice of when to start breathing normally but as an emphysemic how would you like to breathe like this for 10-20 years?

