Lesson Plan: Cost Calculator

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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Learning Objective:

Participants will be able to describe how much it costs to use tobacco regularly.

What is a "Cost Calculator"?

It is a paper cost wheel that can quickly determine how much a person spends on tobacco in 1 week, 1 month, 1 year, 5 years, 10 years and 20 years based on the number of cigarettes smoked in a day or the number of cans of smokeless tobacco (chew, snuff) used in a week.

Two versions are available: one for cigarettes and one for smokeless tobacco (chew, snuff).

Who Should Use this "Cost Calculator"?

The target group for cost calculator is anybody who uses tobacco and needs motivation to consider quitting. It can be used with individuals at community events, in schools with youth, or with groups.

Materials:

- Chewing Tobacco Cost Calculator
- Cigarette Cost Calculator
- Actual Calculator

Preparation:

- Try the cost calculator out for yourself using an example (someone who smokes 10 cigarettes per day and 2 cans of smokeless tobacco per week).
- Take the Introductory Tobacco Cessation Course (available on nuquits.ca under Resources/Healthcare Providers).
- Make sure to have enough "cost calculators" for each participant to take one home.

Instructions:

- An opening line that always works is "want to see something scary?". They always say "YES!"

- Ask the participant(s) how many they use each day (cigarettes) or how much they use each week (smokeless tobacco).
- Ask them how much each package of cigarettes or can of chew costs them. Let them know the amount used for the cost calculator might be slightly different. If you have brought along an actual calculator, you can show them exactly what their tobacco use costs in their community.
- Spin the wheel so the white arrow lands on the number of cigarettes per day or the number of cans of chew per week.
- Read out the cost for 1 week, 1 month, 1 year, 5 years, 10 years and 20 years.
- Get people talking! You can ask these questions to get the participants talking and thinking about this new information:
    - "Are you surprised by the cost? Why or why not?"
    - "What are your feelings about this?"
    - "What could you buy with the amount of money you would save by quitting tobacco for 1 year? 2 years? 5 years? 10 years? 20 years?"
    - "Do you feel ready to change your tobacco use? If yes, what will you change?"
- Provide the participant(s) with a copy of the "cost calculator" to bring home to share with their family.

Tips to Make Your Presentation Work:

- The cost calculator is a great tool to use with any of the other resources like the Smokerlyzer, Pigs Lungs or Mr. Gross Mouth.
- Make sure to get people talking. Use the discussion questions (above) to help people think about and reflect on the cost calculator information you just presented.
- Encourage the participant(s) to start a money jar once they have quit so they can see how much they are saving from not buying tobacco.