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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

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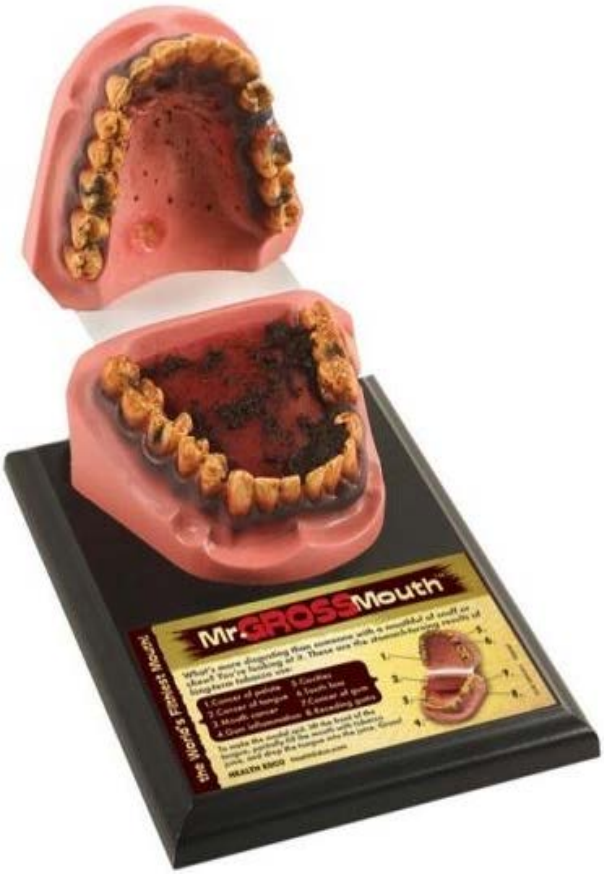
Department of Health
Munaqhiliqiyitkut
Ministère de la Santé

Lesson Plan: Mr. Gross Mouth



Learning Objective:

Participants will be able to describe the effects of smokeless tobacco use (chew, snuff) on the teeth, tongue and gums.

What is “Mr. Gross Mouth”?

- A hinged, life-size model of the teeth, tongue and gums showing the effects of using smokeless tobacco.
- This hand-painted, realistic model is mounted on a wooden display base and comes with a jar of tobacco to create tobacco juice.

Target Group for “Mr. Gross Mouth”:

Use it in individual or group settings to teach about the harmful effects of smokeless tobacco. This resource is best used with young Nunavummiut.

Materials:

- Mr. Gross Mouth model
- Jar of tobacco juice
- “Smokeless Tobacco” Handout

Preparation:

- Review the “Smokeless Tobacco” Handout (available on nuquits.ca under Resources).
- Take the Introductory Tobacco Cessation Course (available on nuquits.ca under Resources/Healthcare Providers).
- Remove “Mr. Gross Mouth” from the box, remove the foam packing and take off the plastic wrapping around the tongue.
- Prepare the tobacco juice:
    - Fill the jar almost to the top with water.
    - Shake the jar well to mix the contents.

Instructions:

- Have the group gather around “Mr. Gross Mouth”.
- Open the mouth and point out the 8 harms of smokeless tobacco using the diagram attached to the wooden base of the model:
    - 1. Cancer of the roof of the mouth (growth of cells that are not normal)
    - 2. Cancer of the tongue
    - 3. Mouth cancer
    - 4. Gum inflammation (red, swollen gums)
    - 5. Cavities (rotten part of the tooth)
    - 6. Tooth loss (gums to pull away from teeth and the tooth falls out)
    - 7. Gum cancer
    - 8. Receding gums (gums move back from the tooth)
    - Smokeless tobacco also causes bad breath and stained teeth.
- Then add tobacco juice to “Mr. Gross Mouth”:
    - Put paper towel under the model.
    - Remove the tongue and add half the juice.
    - Put the tongue back in place.
- Then demonstrate “Mr. Gross Mouth”:
    - Lift the front of the tongue with the tongue depressor from the box.
    - Drop it back into the mouth.
    - Repeat several times.

Storage Instructions:

- Place the tongue in the plastic bag when not in use.
- Wipe the mouth with a damp cloth when needed; do not soak the tongue and mouth in water.
- Store in a cool, dry place.

Key Messages:

- All tobacco products, including smokeless tobacco, are harmful.
- Nicotine in smokeless tobacco is addictive.
- Quitting smokeless tobacco has the same challenges and benefits as quitting smoking.