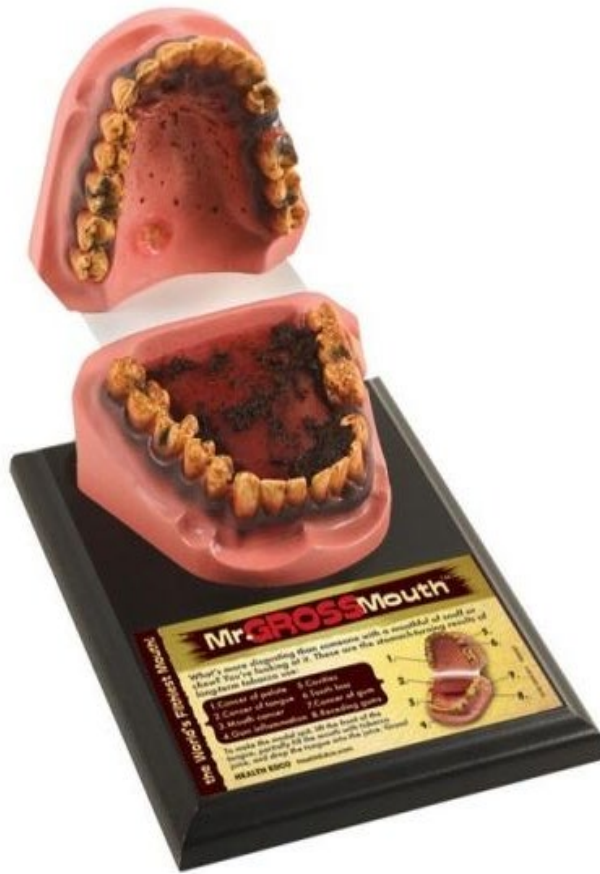




Lesson Plan: Mr. Gross Mouth





Instructions:

- Have the group gather around “Mr. Gross Mouth”.
- Open the mouth and point out the 8 harms of tobacco (especially chew, snuff) 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)
 - Tobacco also causes bad breath and stained teeth.
- Add tobacco juice to “Mr. Gross Mouth”:
 - Put paper towel under the model.
 - Remove the tongue and add the juice.
 - Put the tongue back in place.
- 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.
 - Ask the group to notice how the tobacco spreads around the entire mouth.

Storage Instructions:

- Wipe the mouth with a damp cloth when needed; do not soak the tongue and mouth in water. Place the tongue in the plastic bag when not in use.
- Store in a cool, dry place.
- It is important to store the model kit, including the tobacco, out of reach of children and youth.



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Building *Nunavut* Together
Nunavut iuqatigiingniq
Bâtir le *Nunavut* ensemble

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Department of Health
Munaqhiliqiyitkut
Ministère de la Santé

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.