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Lesson Plan: Mr. Gross Mouth





Learning Objective:

Participants will be able to describe the effects of tobacco use on the teeth, tongue and gums.

What is "Mr. Gross Mouth"?

A life-sized model of the teeth, tongue and gums showing the effects of using tobacco.



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
- Water
- Paper towel
- Gloves
- Plastic or glass container with lid
- "Smokeless Tobacco" handout

Preparation:

- Review the "Smokeless Tobacco" handout
- Take the Introductory Tobacco Cessation Course (available on nuquits.ca)
- Remove "Mr. Gross Mouth" from the box, remove the foam packing and take off the plastic wrapping around the tongue.
- Prepare the tobacco juice:
 - Put on gloves and take out a small amount of tobacco (just what you need for the demonstration).
 - o Place the tobacco in a clean glass or plastic container with a lid.
 - o Fill the container with a small amount of water and put on the lid.
 - Shake the container well to mix the contents.

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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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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.