



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
www.cdc.gov/healthyschools/sher/standards/index.htm

These activities will help your students learn about asthma and how it can affect people's lives.

Related KidsHealth Links

Articles for Teens:

Minisite on Asthma

TeensHealth.org/en/teens/center/asthma-center.html

Asthma: Jordan's Story (Video)

TeensHealth.org/en/teens/jordan.html

Asthma: Monica's Story (Video)

TeensHealth.org/en/teens/monica.html

Asthma

TeensHealth.org/en/teens/asthma.html

School and Asthma

TeensHealth.org/en/teens/school-asthma.html

What's an Asthma Flare-up?

TeensHealth.org/en/teens/flare-up.html

How Do Asthma Medicines Work?

TeensHealth.org/en/teens/asthma-medicines.html

Can People With Asthma Play Sports?

TeensHealth.org/en/teens/asthma-sports.html

Smoking and Asthma

TeensHealth.org/en/teens/smoking-asthma.html

Resources for Teachers:

Asthma Special Needs Factsheet

KidsHealth.org/en/parents/asthma-factsheet.html

Asthma and Sports Special Needs Factsheet

KidsHealth.org/en/parents/asthma-sports-factsheet.html

Asthma: Exercise-Induced Asthma Special Needs Factsheet

KidsHealth.org/en/parents/asthma-sports-factsheet.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What's an asthma flare-up? What triggers do you think could cause a flare-up?
2. How do people control their asthma? How does it affect their ability to play sports or do other activities?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Helping Students With Asthma

Objectives:

Students will:

- Learn about the challenges for teens with asthma
- Become part of a support system to help peers control asthma

Materials:

- Pen and paper or word processing application
- Video recording equipment or smartphone

Class Time:

25 minutes

Activity:

Many teens do a good job of controlling their asthma, but some of them could use some help. First, watch the two TeensHealth.org videos about Jordan and Monica, who have asthma. If possible, interview someone who has asthma and ask these questions:

- What should high school students know about asthma?
- How can students help classmates control their asthma during the school day?

As a class, brainstorm all the things you know about how students control their asthma. Write your ideas on the board. Do they take medications at school? Do they go to the nurse? Do they carry inhalers? Consider their school activities, too. Do teens with asthma participate in school activities? Sports? PE class? And what asthma triggers do teens face at school?

Now, work in small groups to write a script for a video on how students can support classmates with asthma manage their conditions, including avoiding triggers at school and taking medications during the school day.

Record your video, post it on social media.

[Note to instructor: Choose the best video to be shown at a school assembly.]



Organizing Against Asthma

Objectives:

Students will:

- Learn about environmental triggers
- Determine how government agencies and health organizations can help people with asthma
- Advocate persuasively to help meet the needs of people with asthma

Materials:

- Computer and printer, or pen and paper
- Internet access or school library

Class Time:

30 minutes

Activity:

You may have heard asthma described as a public health problem. That's because it affects a lot of people and the government and various health-related organizations try to help people with the condition.

First, read these articles:

- "Dealing With Asthma Triggers" (TeensHealth.org/en/teens/asthma-triggers.html)
- "Ozone, Air Quality, and Asthma" (TeensHealth.org/en/teens/ozone-asthma.html)
- "Asthma-Safe Homes" (TeensHealth.org/en/teens/asthma-homes.html)
- "Can the Weather Affect a Person's Asthma?" (TeensHealth.org/en/teens/weather-asthma.html)

Next, in a 1-page essay, describe what you think government agencies and health organizations might be able to do to help people with asthma. For example, how might they address air quality problems? How can they help kids in the city, who are more likely to have asthma? How can they help encourage healthy behaviors and discourage unhealthy ones? How can they help people get the treatments they need?

Extension:

Public health problems are also addressed in schools. Write a 1-page essay describing what can be done in your school to help students with asthma control their symptoms. Can students help, too?

Reproducible Materials

Quiz: Asthma

KidsHealth.org/classroom/9to12/problems/conditions/asthma_quiz.pdf

Answer Key: Asthma

KidsHealth.org/classroom/9to12/problems/conditions/asthma_quiz_answers.pdf



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. When people have asthma, their airways can be overly sensitive to:
 - a. exercise
 - b. dust
 - c. cigarette smoke
 - d. all of the above

2. A person having an asthma flare-up:
 - a. may cough, wheeze, and be short of breath
 - b. can't get any air into the lungs
 - c. can stop the flare-up by avoiding triggers
 - d. often continues to have symptoms after it is over

- True or false:**
 3. Smells from perfumes, cosmetics, cleaning solutions, paint, and gasoline can trigger asthma symptoms. T F
 4. Exercise-induced asthma usually means the end of participating in sports. T F
 5. Weather can trigger asthma symptoms. T F
 6. Asthma can cause respiratory tract infections. T F
 7. Laughing and crying can sometimes trigger an asthma flare-up. T F

8. Asthma is treated in two ways:
 - a. with antihistamines and air purifiers
 - b. by building resistance to triggers and keeping the house clean
 - c. by avoiding potential triggers and with medication
 - d. with a nebulizer or drugs

9. People with asthma might need two kinds of medications:
 - a. nasal decongestants to minimize mucus and antihistamines to control allergic reactions
 - b. quick-relief (fast-acting) medications to stop symptoms and long-term medications to prevent symptoms
 - c. pills and liquids
 - d. expectorants for coughing and antihistamines for allergies

10. It's very important to monitor asthma and prevent flare-ups. An asthma journal and peak flow meter can help.
A peak flow meter:
 - a. measures oxygen levels during an asthma flare-up
 - b. helps people measure their asthma medications
 - c. should not be used when a person is having symptoms
 - d. uses green, yellow, and red color-coded readings to tell people if their asthma is under control



Quiz Answer Key

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