

## 2. ENGELS: celebrities against smoking

### VAKOVERSCHRIJDEND

### DOELGROEP

1<sup>e</sup> graad ASO, 2<sup>e</sup> jaar (14j)

### DOEL

- Bewust worden van het feit dat roken niet persé stoer is; dat het ook anders kan
- De nieuwe woordenschat kennen en kunnen gebruiken.

### WERKVORM

Interview individueel lezen en per twee bespreken.

Woordenschat leren gebruiken in een klasgesprek over het thema van het interview.

### TIJDSDUUR

1 lesuur

### BESCHRIJVING WERKWIJZE

#### Materiaal

Interview met Boyz II men.

Vragen van jongeren aan Boyz II men.



**Celebrities Against Smoking**



## **Celebrities Against Smoking**

### **What advice would you give teens who want to smoke?**

It's really easier NOT to start, than to stop. Once you begin smoking, your body gets addicted to the nicotine, making it extra hard to quit.

Smoking is a real drag, please be a strong individual and don't give in to all the false advertisement or peer pressure. It ain't worth it dude!

### **What does Boyz II Men think about teen smoking?**

We think smoking is an unhealthy choice. We believe that teens who smoke risk missing out on a full, healthy, and productive life.

### **Have any members of Boyz II Men ever smoked? Have you ever considered smoking?**

No, because singing is so important for us. We couldn't do what we do if we smoked. Our sound depends on taking care of our voices. The worst thing for voices is taking in cigarette smoke.

### **Do you believe your campaign, "Smoke-Free – It's the New Evolution," will help teen smokers give up smoking?**

We hope the campaign will inspire teen smokers to take the necessary steps toward quitting -even better, we hope to give teens another reason not to start smoking in the first place.

Tobacco use is very addictive because of the nicotine, and once you start smoking, quitting can be a challenge.

### **Do you believe your stance against smoking will serve as a role model for teens?**

We're honoured that some teens may see us as role models. That's important, but young people should not focus only on role models. Like all people, role models are also learning and growing, and occasionally they do make mistakes. It's important for teens to check out for themselves the health facts about smoking and then make an informed decision. We hope that decision will be either to quit or never to start smoking.

### **What message do you hope to get out to teen smokers?**

We are not trying to preach or to be self-righteous about smoking. We just want teens to know what we really believe. Our goal is to get the message out about the health and social benefits of being smoke-free.

### **How has smoking personally touched the group?**

Some of us have lost relatives to cancer caused by smoking. Several of our family members and friends smoke, and we hope that someday they will quit. We prefer to limit smoking around us. We are very sensitive to smoke.

A smoke-filled concert stage prevents us from performing at the level that our fans expect from us.

### **Besides the "Smoke-Free --- It's the New Evolution" poster, is Boyz II Men planning other activities to deliver the smoke-free message?**

We want to do some radio and television spots. Additionally, we would like to have the TV spots shown before our concert. Whenever possible, we'll also mention the smoke-free messages during talk shows and interviews with the media.

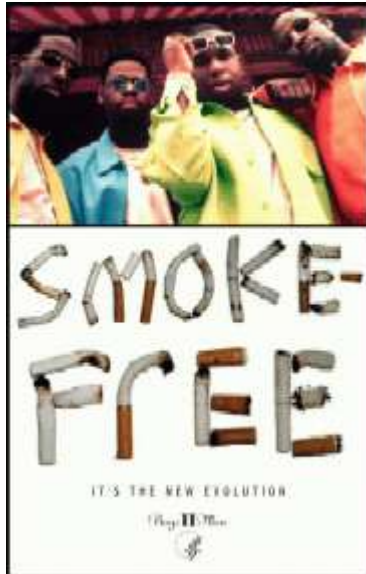
### **Do you think other entertainers and music artists will get involved in the smoke-free issue?**

Some athletes, entertainers, models, and other public figures have already spoken out. We are hoping that our participation will inspire others in the entertainment industry to take a stand against teen tobacco use.

What would Boyz II Men say to teens who believe smoking is cool? The way we see it, becoming ill or risking an early death from cigarette smoking is the farthest thing from cool. Being cool is living life to your full potential.

**What advice would Boyz II Men give to teens who aspire to be singers?**

If you want to do your best — whether it's singing, sports, acting, or even being a super-model — smoke-free is definitely the way to go.



**Does any of your family smoke?**

Yes, unfortunately, we all have family members or friends who smoke. One of the reasons Boyz II Men are so involved in this campaign is that we hope to influence our loved ones to quit. Thanks for writing!

My parents smoke. My mom has tried the patch and stopped for a while, but started up again. My dad stopped just last week. Why can't she stop? We think it's great that BOTH of your parents are trying to quit and recognize that smoking is harmful. Remember that the nicotine in cigarettes is VERY addicting, and some people have a more difficult time than others. Be patient and offer your mom lots of support (don't NAG her!). Now that your dad has quit, he can be a motivating partner as well. Good luck to your mom!

**If you could say five words to everyone on the planet about smoking, what would they be?**

Smoking cigarettes is addictive and will kill you! (That's eight, sorry!)

**What do you think of secondhand smoking?**

We think secondhand smoke is dangerous and causes a lot of sickness. Wanya got a throat infection in Japan from secondhand smoke, and we had to cancel portions of our tour. Most people don't realize that secondhand smoke causes cancer.

**Do you think peer pressure is why most teens begin smoking?**

We think that peer pressure is definitely an influence. However, did you know that the three most heavily advertised brands of cigarettes, Marlboro, Camel, and Newport, are the ones kids smoke the most? Makes you kind of wonder, doesn't it?

**Do you know any singers who smoke?**

Yes, we know several. But guess what, we know more singers who DON'T smoke than do! Smoking can ruin your voice, not to mention your health.

**What are some strategies you use to get people to stop smoking?**

We never force our opinions on anyone, but we do make it known that our staff/band cannot smoke around us. We also participate in health campaigns, like the Centers for Disease Control's Teen Media contest, and we make posters and television commercials with smoke-free messages. Hope this answers all your questions.

**Are your concerts smoke-free?**

We try to perform in smoke-free venues, but not all of them are. Have you seen our commercial we air before our shows? It's a nice way of reminding the audience that smoking can affect our voices, and we hope it gives them a big hint!

**How would it look if you guys just smoked just once in a while?**

Pretty stupid! First, tobacco is addictive...the nicotine is a drug. So, smoking just once in a while can be deadly and habitforming. We sing, and tobacco affects our voices... plus, we don't want to have gross teeth and smell bad for all the special ladies in our lives!

**What is your opinion on other celebrities smoking? Do you think they are setting terrible examples?**

BIIM hopes that all smokers, regardless of whether or not they are celebrities, realize the harmful effects of smoking and quit. However, not everyone chooses to be smoke-free, and we don't condemn our friends, we try to help them. As for celebrities setting terrible examples, BIIM believe the best examples for kids are their parents; however, we are aware that young people look up to singers/actors/models/athletes and try to be like them. There are many celebrities who do provide positive role modeling, but like any group, there are always those who, because of their poor choices, give everyone a bad name.

**My science teacher says smoking is only a psychological addiction. I say it's physical, too. Who is correct?**

We had to check our sources at the CDC but you, and not your science teacher, are correct. (We'd like to be flies on the wall when you share this information!) Addiction to cigarettes is a biological addiction, not just a psychological one! Basically, because nicotine has been scientifically proven to be addictive, and because nicotine exists in all tobacco products, then tobacco use or consumption can be physically addictive. We think you ought to get an extra credit point for this!

**Have you been pressured to smoke/drink?**

Sure, we were pressured to smoke and drink; however, the key is that we all have choices, and every choice we make has a consequence. We always wanted to sing, and we all have spiritual backgrounds. Our health, as well as knowing the difference between right and wrong guided us through those very tough teen years.

**Have you ever chewed chewing tobacco?**

No, none of us has ever used or tried chewing tobacco. It's really, really gross! BIIM

**I don't smoke, but I want my friends to stop. How do I go about telling them their breath smells like an ashtray?**

You may want to offer them gum or breath savers. When your friends ask why, politely tell them that when you get near them, all you can smell is stale cigarette smoke from their breath, and that it doesn't smell very nice!

Most importantly, is your encouragement to get them to stop smoking altogether. You need to be supportive, but don't nag. Usually nagging makes people angry and they tune you out. You can go to CDC's TIPS Web site for tips on quitting.

**What made you decide to back this 'Smoke-Free' idea?**

We decided to become role models for our fans by promoting a smoke-free lifestyle because BIIM believe that this is a healthy lifestyle choice. Here are a lot of people dying from tobacco-related illnesses, and there are a lot of underage kids smoking cigarettes. We hope we can prevent our fans from starting. We also sing in front of large crowds. Sometimes, the smoke from other people's cigarettes irritates our throats. We've even had to cancel some shows because we've gotten so sick from second-hand smoke. We wanted to make our feelings known to the public!

**Do you think you will have a big impact on teens who smoke?**

We're not sure BIIM can influence kids who have started to quit (although we hope so!) but there are a lot of young people who really enjoy our music and look up to us. Even if we can prevent just one fan from ever starting to smoke, then we will feel proud because we believe we will have helped to save a life.

**I was at your Houston concert and I saw your smoke-free message. I really liked it :). But during the concert, this lady in front of me was both smoking and drinking--and she was pregnant! This REALLY bothered me.**

**What do you think about pregnant teens smoking or people smoking around them?**

We feel sad to see a pregnant woman smoking and drinking because we know she is hurting her unborn child AND herself. She probably is not educated about the harmful effects smoking and drinking can have on babies. We would hope she quits soon, not only for her health but for her little one as well.

**What other things as teens do you think we can do to help prevent other teens from smoking?**

Teens have more influence than they think... perhaps the first thing you can do is set a good example and be smoke-free. You don't have to be critical of your friends who do smoke, but talking to them privately (never in front of a group of people) about the dangers of smoking and why, as a friend, you would hope they stop because you care about their health is a first step. Additional activities can include volunteering for your local heart, lung, or cancer society or writing to your local representatives to encourage them to support smoke-free ordinances and laws that protect kids from secondhand smoke. Stay smoke-free and good luck!

**Why do kids smoke when they know it is bad for them?**

Kids smoke for many reasons, not just one. Peer pressure, stress, lack of positive role models, low self-esteem are among some of the reasons. Most kids today DO KNOW that smoking is bad, but they DON'T know how addictive the nicotine is. Kids believe they can quit down the road, but by the time they are mature enough to realize the habit is nasty, expensive, and harmful, they are unfortunately already hooked. That's why Boyz II Men wants to get the word out so kids never start.

Bron: TIPS 4 Youth

**BRONVERMELDING**

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