

Hookah Module Discussion Guide

The discussion points below are designed for you to initiate an essential conversation with a trusted adult in your life. It does not matter if you know the factual answer; you can research that together at a later time. What is important is that you are able to communicate with a trusted adult, to broaden your perspective on this topic.

Does one inhale smoke deeper or shallower using hookah?

Would it be healthier to smoke cigarettes or hookah?

Does the water jar filter the smoke content to make hookah safe?

Why is hookah popular?

Imagine you are sitting with a group of friends; some of who are using hookah, and others are not. You are not using hookah. What do you think are the risks of hookah in this situation, to you?

Under what circumstances do you think someone would try hookah?



Tobacco Prevention Toolkit

Division of Adolescent Medicine, Stanford University

www.tobaccopreventiontoolkit.stanford.edu, tobprevtoolkit@stanford.edu