

Today and Tomorrow

**Tobacco
Free
Students**



**An
Anti-Tobacco
Tool-Kit for
Educators and
Advocates**

**Be a Hero
and
Save the Day!**

The Youth Leadership Council of Licking County is an award-winning youth prevention and leadership development project of Pathways of Central Ohio with support from Our Futures in Licking County and funding from Ohio Mental Health & Addiction Services, Mental Health & Recovery for Licking and Knox Counties and the Licking County United Way.

**YOUTH
LEADERSHIP
council**
of Licking County

Acknowledgements

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We would like to thank the following individuals for their help on this project and their commitment to ensuring Licking County is a happy, healthy, safe and drug free place to live, work and go to school.

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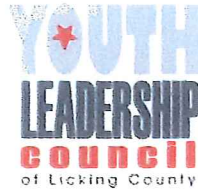
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Table of Contents

Introduction Letter	1
Lesson Overviews	2
Lesson 1 Growing a Healthy Me	3-4
Lesson 2 How to Say "NO"	5-6
Lesson 3 "Tobacco Tommy"	7-8
Lesson 4 A Tobacco Read and Write	9-11
Lesson 5 Anti-Drug Door Decoration	12
Lesson 6 Are You Addicted	13
Addiction and Why You Just Can't Stop	14-17
Lesson 7 Cup a Fence: Spread the Message	18
Lesson 8 Tobacco Pressure Skits	19-21
Suggested Online Activities	22-23
Supplemental Activities	24-28
Tobacco Free Pledge	29
How Quitting Helps Your Body	30
What's in a Cigarette	31
Additional Resources	32



February 22, 2017

Dear Community Partner,

The YLC is an award-winning youth prevention and leadership development project comprised of high school students from across Licking County who work to make Licking County a happy, healthy, safe and drug-free place to live, work and go to school.

As YLC members, we are responsible for completing a project that positively impacts the community. For my project, I am bringing awareness about tobacco in Licking County. My project entitled *Save the Day* is aimed at educating middle/elementary school students on the effects of tobacco on the body. The project is based around National Kick Butts Day-a national day of activism that empowers youth to speak up and take action against tobacco use- which is being celebrated on March 15th this year.

To complete my project I need your help! I would like to provide you with posters to be hung up in your building, alongside some facts about tobacco that could be read over morning announcements. I would also like to provide you with a list of ideas for the event, including allowing students to dress up as superheroes for \$1- by so doing, proceeds would go to the YLC to benefit the community, and the students would have "saved the day." We hope that this project will help bring awareness to current concerns facing Licking County, and help people to better understand the dangers of tobacco.

To accept or decline participation, or to ask any questions, please feel free to contact YLC Project Director, Bobby Persinger at bpersinger@pathwaysco.org or 740-345-6166 ext. 228.

Thank you!

Nathaniel Amoah

Nathaniel Amoah
LHHS Student and Project Leader



Lesson Overviews

Growing a Healthy Me K-1st

Objective: Students will learn how to keep their body healthy and free from tobacco and other drugs.

How to Say No K-1st

Objective: Students will learn how to effectively say "no" to tobacco by learning basic resistance skills.

Tobacco Tommy K-1st

Objective: Students will be able to identify areas of the body that are negatively affected by tobacco

A Tobacco Read and Write K-5th

Objective: Students will be able to think creatively on how to incorporate what they learned from the reading and translate it to how they can be tobacco free.

The Anti-Drug Door Decoration Contest 2nd-3rd

Objective: Students will learn the harmful effects of tobacco and create anti-tobacco messages/pictures to be displayed in their classroom.

Are You Addicted? 2nd-5th

Objective: Students will know the meaning of addiction and have a greater understanding of how addiction works.

Cup a Fence: Spread the Message 4th-5th

Objective: Students will have the opportunity to actively spread an anti tobacco message at their school.

Tobacco Pressure Skits 4th-5th

Objective: Students will develop tobacco pressure skits that will require them to practice resistance skills in front of their peers.

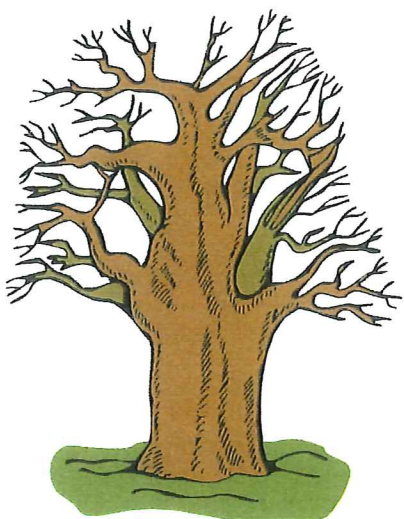
Growing a Healthy Me

- Age range: K-1st
- Time: 25 minutes
- Objective: Students will learn how to keep their body healthy and free from tobacco and other drugs.
- Resources needed: Tree worksheet (If you want to enlarge the handout to make it a classroom project, do so.)
- Discussion: Ask the students if they have any plants or gardens. Discuss what it takes to make the plants grow strong and healthy: water, sun, weeding, nutrients, etc. How do you know if the plant is healthy? How do you know if it is dying?
- After discussing the different needs of healthy plants, discuss how our bodies need to be taken care of to be healthy. Ask what kind of things the children need to keep their body healthy: nutritious food, good sleep, maybe a trip to the doctors to get shots, or going to the dentist to clean your teeth.
- After taking their comments explain that another way to stay healthy is to not take drugs unless the doctor gives them to you. One of these drugs is tobacco. Tobacco is very harmful to our bodies. It makes it harder to breathe, causes us to cough, can cause asthma attacks, ear infections, and other even more serious illnesses, like heart disease and cancer. To stay as healthy as possible we need to stay away both smoke and smokeless tobacco.
- Activity description: Give students copies of the worksheet. Read the poem together. Have the children chant, "I want to be a healthy me!" Instruct them to draw around their hands in the big box. Their hands should be colorful like a healthy tree. Display their pictures, or send them home with a note to parents about the tobacco-free message you are teaching.

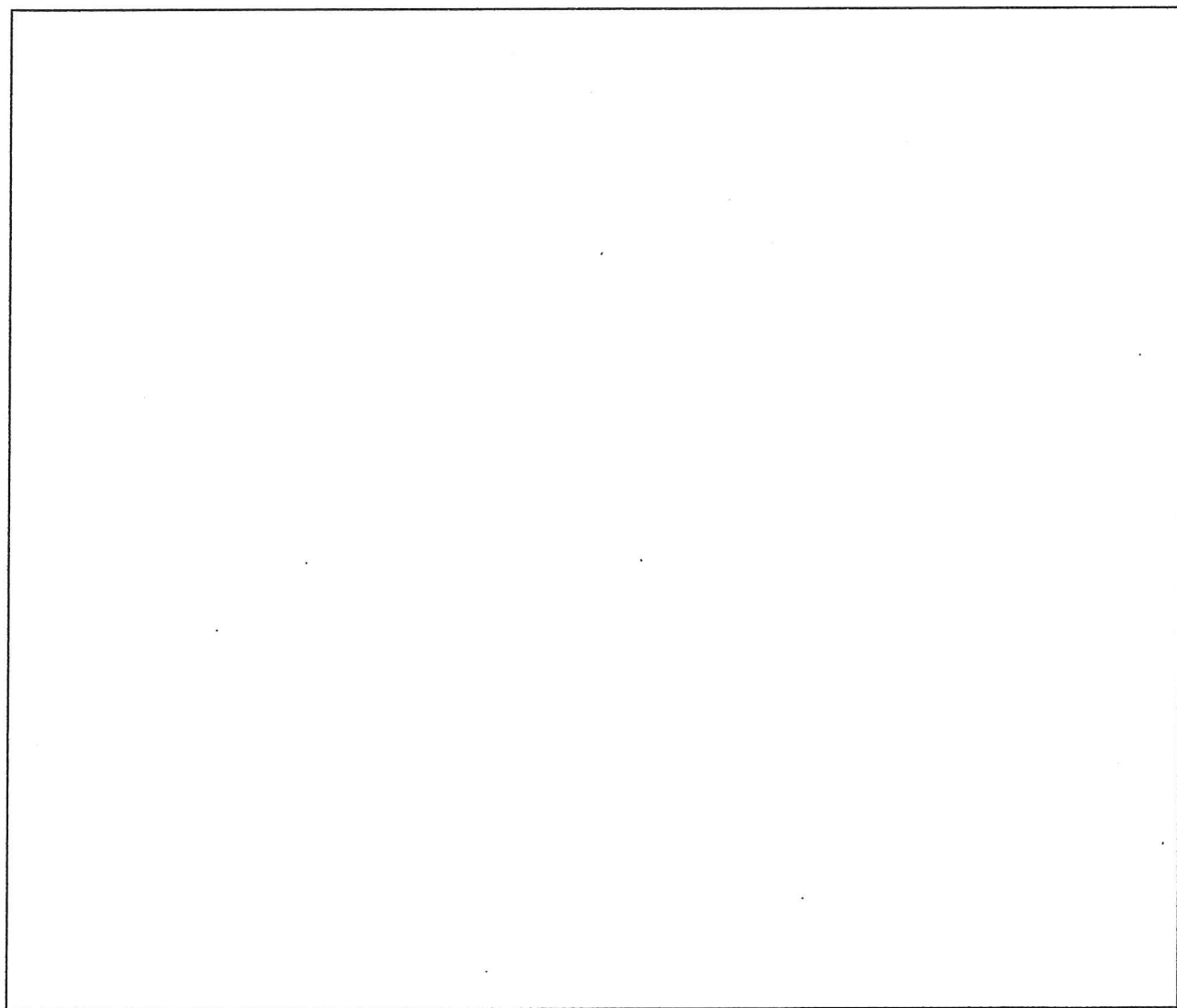
Poem

I want to be a healthy me.
I want to grow strong and tall like a tree.
No tobacco for me,
I'll let it be.

NAME _____



**I want to be a healthy me.
I want to grow strong and
tall like a tree.
No tobacco for me,
I'll leave it be.**

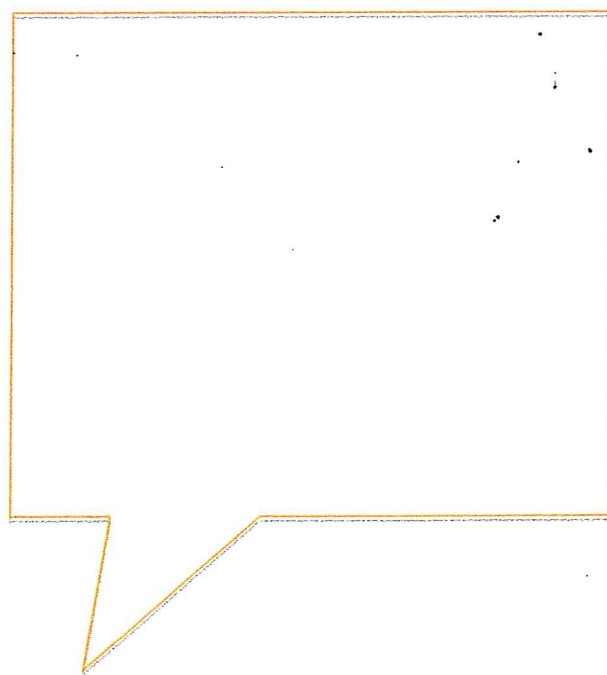
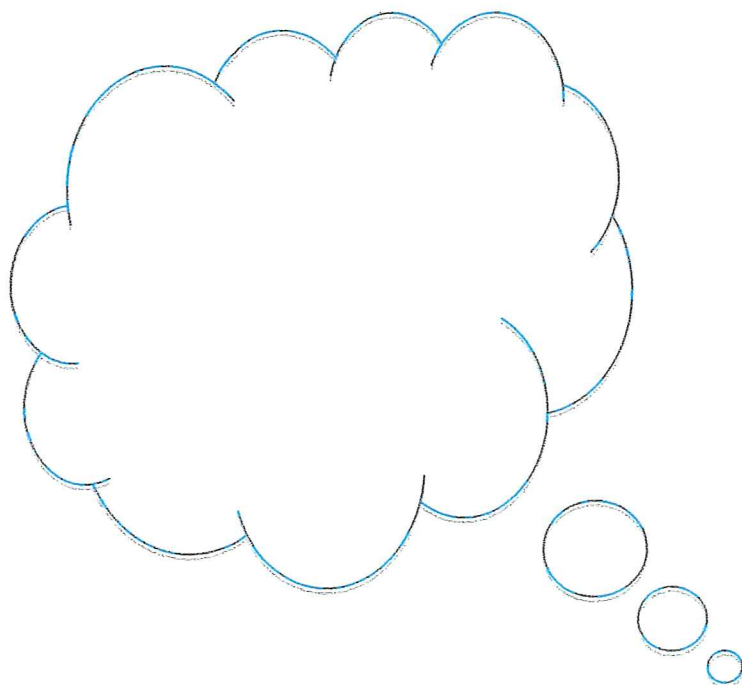
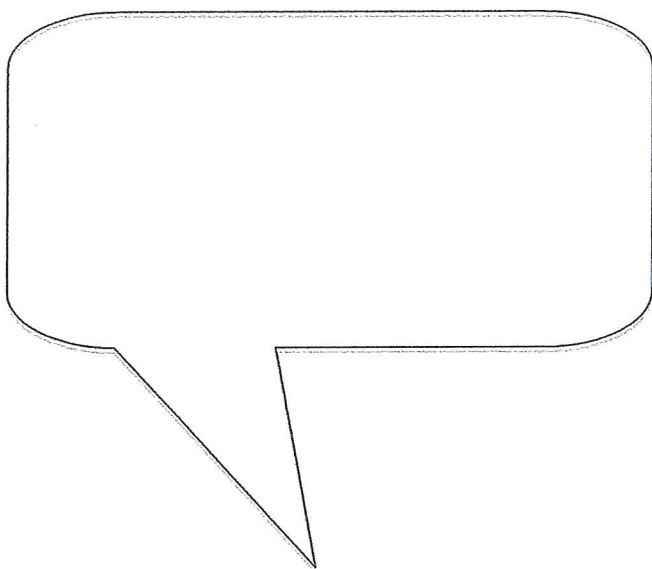
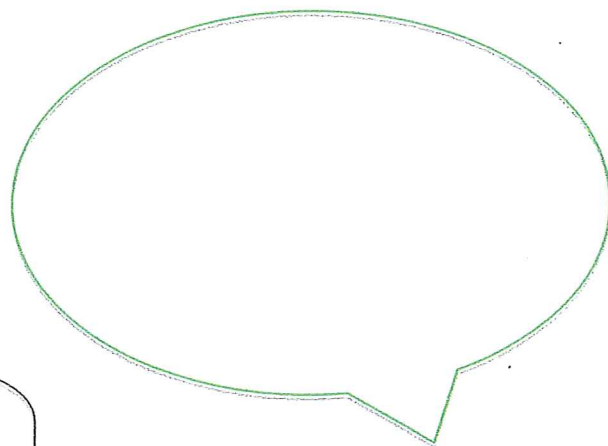
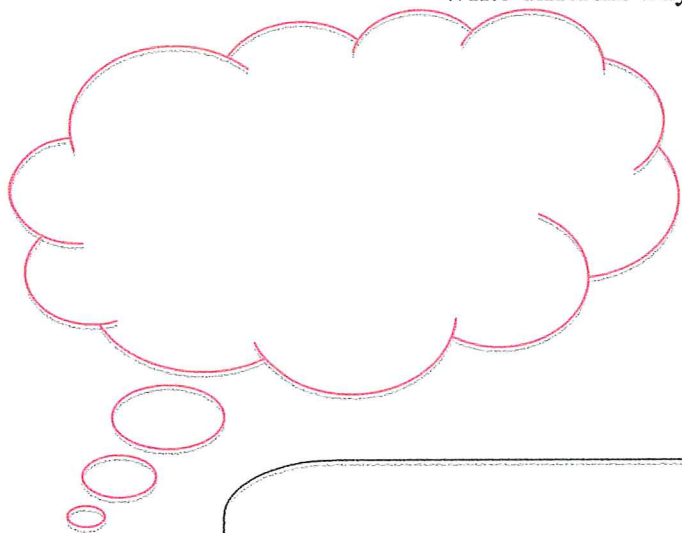


How to Say No

- Age range: K-1st
- Time: 20 minutes
- Objective: Students will learn how to effectively say "NO" to tobacco by learning basic resistance skills.
- Resources needed: Speech bubble worksheet
- Discussion: Discuss with your students the meaning of "NO" and how to make it more effective. Explain the way that we say no is very important and sometimes it is helpful to add more information to our "NO" statements.
- Ways to say "NO"
Simply Say "NO"
Say "NO" and walk away
Say "NO" and give a health reason (Smoking hurts my lungs)
Say "NO" and suggest something else to do
- Have students practice saying "NO" in different situations. For example bullying, violence, cheating, lying, tobacco use.
- Activity description: Distribute the speech bubble worksheet and ask students to complete the each bubble with a "NO" statement to tobacco.

NAME _____

Write different ways you can say NO to tobacco.



“Tobacco Tommy”

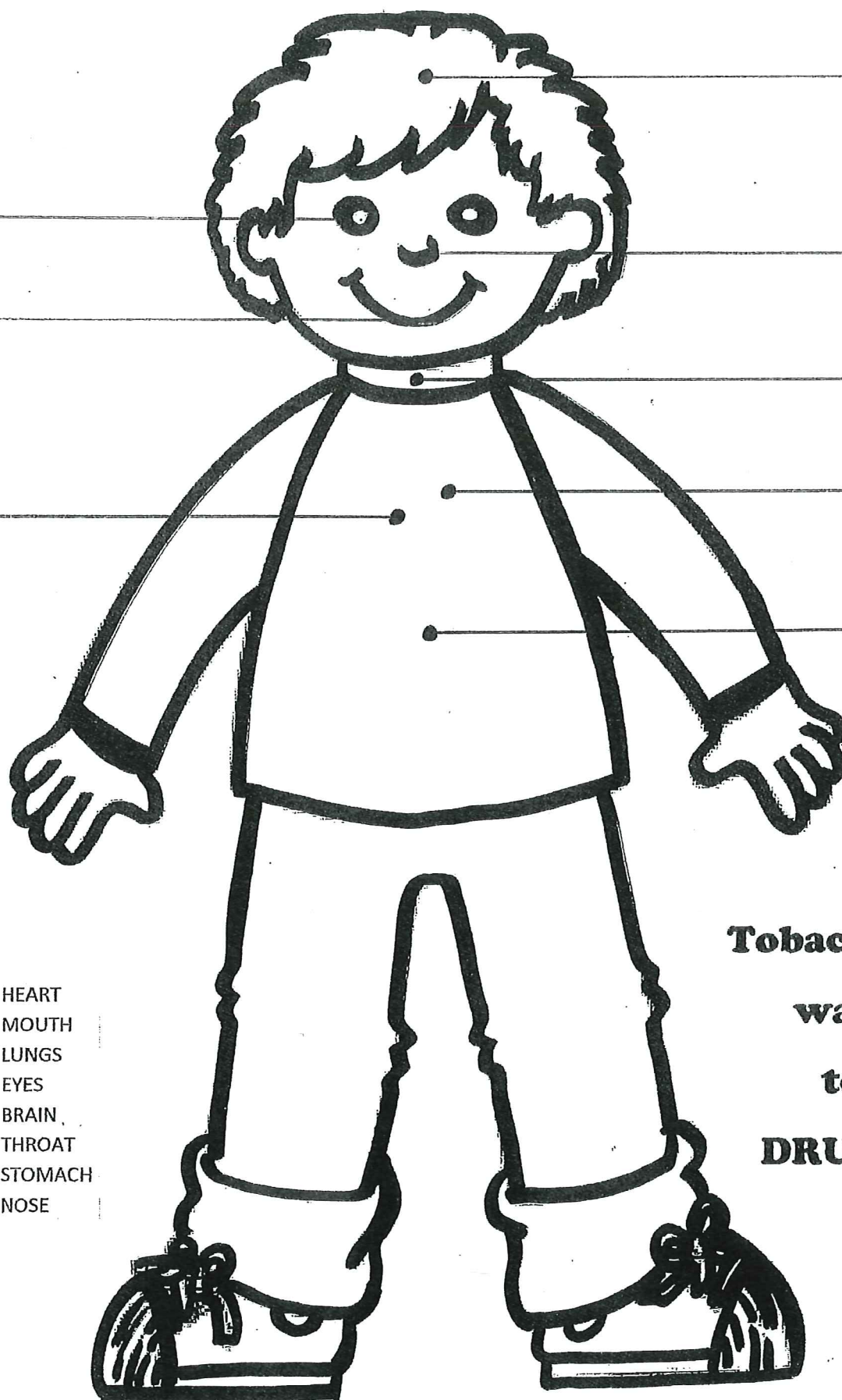
- Age range: K-1st
- Time: 30 minutes
- Objective: Students will be able to identify areas of the body that are negatively affected by tobacco
- Resources needed: “Tobacco Tommy” worksheet
- Discussion: Talk about the ways tobacco can harm the body.

The parts of the body that are affected and what happens:

- Brain- signals in the brain begin to not work properly
- Nose- reduced sense of smell
- Throat- breath smells, cancers, sore throat, reduced sense of taste
- Heart- produces a faster heart rate; 36,000 extra beats per day. This leads to a worn out heart and irregular heartbeats or heart attack
- Lungs- cough, shortness of breath, colds, asthma
- Stomach- ulcers or cancer

Activity Description: Distribute “Tobacco Tommy” worksheet to students. Have students label the areas of the body that are affected by tobacco. Then students can color Tommy. A suggested way to go through this activity is to give students the description of harm and let them figure out how parts of the body are affected.

NAME _____



HEART
MOUTH
LUNGS
EYES
BRAIN
THROAT
STOMACH
NOSE

Tobacco Tommy
wants me
to stay
DRUG FREE!

A Tobacco Read and Write

- Age range: K-5th
- Time: 20 minutes – 1 hour (Depending on age group)
- Objective: Students will be able to think creatively about how to incorporate what they learned from the reading and translate it to how they can be tobacco free.
- Resources needed: Recommended books
- Discussion: Explain to the students that there can be many things in our lives that teach us to be healthy, positive, caring, and smart. We learn how to treat others and how to treat ourselves. Books are one of those treats.
- Activity description: Students can experience the books as a class, reading individually, or in pairs. Think about doing one book as a whole class then break up and ask the students to repeat the activity. Encourage students to think about the story and try to compare the story to living a tobacco free life.

Grades K -1

Read The Very Hungry Caterpillar by Eric Carle

After popping out of an egg on Sunday, the very hungry caterpillar eats holes through the book's pages as he eats his way through a variety of foods, beginning with one apple on Monday and two pears on Tuesday and ending with five oranges on Friday and 10 different foods on Saturday (chocolate cake, ice cream, a pickle, Swiss cheese, salami, a lollipop, cherry pie, sausage, a cupcake, and watermelon).

Not surprisingly, the very hungry caterpillar ends up with a stomach ache. Fortunately, a serving of one green leaf helps. The now very fat caterpillar builds a cocoon. After staying in it for two weeks, he nibbles a hole in the cocoon and emerges a beautiful butterfly.

Just like the caterpillar we must learn to put the good things in our bodies which allows us to grow and be healthy.

No Thanks, but I'd Love to Dance: Choosing to Live Smoke Free by Jackie Reimer
Conveying a positive, nonjudgmental message to children, this tale provides techniques for empowering them to refuse offers of tobacco in pursuit of a healthy, active lifestyle. Belle, an exuberant six-year-old, and her beloved Grandma Bee share a great love for dancing. As a result of tobacco use earlier in her life, Grandma Bee must now use an oxygen tank to assist in her breathing. Observant Belle, who cannot imagine life without dancing, consciously makes the lifelong choice to dance instead of smoke.

Writing Prompts

I can be a healthy me by... (all the things we do to stay healthy)

My body is important because... (why is your body important to you)

Grades 2-3

Stanley and the Class Pet by Barney Saltzberg

Finally! It is Stanley's turn to take the class pet home for the weekend. He can't wait to show Figgy to his mother and spend some quality time taking care of the bird. But when Figgy flies the coop, Stanley is faced with a very tricky problem. What to do? And whose fault is it, really — his, for agreeing to open Figgy's cage, which he knew was a bad idea, or Larry Finchfeather's for suggesting it. Talk about responsibility and how poor choices can lead to bad things happening.

You Can Say No To Drugs by Neil Super

Describes, in simple terms, how to say "No" to drugs, how to listen to your own feelings, how to handle peer pressure, and how to become a drug-free kid.

Writing Prompts

I will stay away from peer pressure by... (write about the harmful effects of tobacco and how to say no)

Smoking will keep me from... (what will smoking keep you from in your life)

Grades 4-5

Smoking Stinks by Kim Gosselin

Maddie and Alex prepare for their school health report about smoking, and learn from Maddie's grandfather why he started smoking and why he hasn't quit. The story stresses the importance of never using tobacco products and the dangers of passive smoke, particularly to children with asthma and allergies. This book has received positive reviews from the American Cancer Society, the American Lung Association, and many health care professionals.

Three Questions by Jon Muth

What is the best time to do things? Who is the most important one? What is the right thing to do? Nikolai knows that he wants to be the best person he can be, but often he is unsure if he is doing the right thing. So he goes to ask Leo, the wise turtle. When he arrives, the turtle is struggling to dig in his garden, and Nikolai rushes to help him. As he finishes work, a violent storm rolls in. Nikolai runs for Leo's cottage, but on his way, he hears cries for help from an injured panda. Nikolai brings her in from the cold, and then rushes back outside to rescue her baby too. Making the right choice can sometimes be difficult.

Writing Prompts

The best time and place for me to share the drug free message is... (write about how you can share the drug free message)

My natural high in life is... (instead of smoking what do you do that is fun or exciting, or encouraging to you)

Summaries taken from amazon.com

The Anti-Drug Door Decoration Contest

- Age range: 2nd-3rd
- Time: 45 minutes-1 hour
- Objective: Students will learn the harmful effects of tobacco and create anti-tobacco messages/pictures to be displayed in their classroom.
- Resources needed: Crayons, markers, scissors, glue, tape, paper, anti-tobacco messages/pictures
- Discussion: Talk to your students about the harmful effects of using tobacco. Discuss what happens right way, after a short time of using tobacco, and then after a long period of time.

First Time	After a Short Time	After a Long Time
Hearts beats faster and harder	Addicted	Death
Breath smells	Hard to breathe	Cancer
Cough	Yellow teeth	Heart disease
Dizzy	Less money	Lung disease
Trouble	Sores on tongue	Wrinkles
Harms others	Trouble	Gum disease
*This list is not all inclusive, but key points to start the discussion.		

After discussing these topics, start to mention what the students can do instead of smoking. Talk to them about their favorite activities. After talking about their activities, ask them how tobacco would affect their performance. For example, if one of your students is a dancer, smoking will affect his or her performance because he or she would lose his or her breath more easily.

- Activity description: Once students have a good understanding of the harmful effects of tobacco have them create anti-tobacco messages and/or draw pictures for the classroom door. If you do not want to hang it on the door, doing a collective banner in the classroom or somewhere in the building is perfectly okay. Encourage the students to use thier imagination and see what they can create.

Are You Addicted?

- Age range: 2nd-5th
- Time: 20 minutes (may be shorter or longer depending on how many students)
- Objective: Students will know the meaning of addiction and have a greater understanding of how addiction works.
- Resources needed: Sewing thread, straws
- Discussion: Discuss addiction with the students. Ask them if they think they can get addicted from using tobacco. After discussing this, ask if any of the kids want to help demonstrate how quickly it takes to become addicted to smoking tobacco. (Addiction information is provided for you. This explains a great way to discuss addiction with young people.)
- Before starting the demonstration, explain to them that you will wrap the thread around their two index fingers and that every loop represents a cigarette.
- Take the volunteers fingers and wrap the thread around them once and see if they can break the thread. If they can, they're not addicted to tobacco.. Repeat, but this time wrap around three times. Keep repeating to show that the more cigarettes one smokes the closer they are to addiction and the harder it will be to quit. Increasing the amount of loops will emphasize that it gets harder and harder to break the thread just like the addiction becomes harder and harder to break.
- Activity description: Distribute a straw to each student. Tell the students to jog in place for one minute. Talk about the effects and instruct them to concentrate on their breathing. Now have the students place the straw in their mouth and plug their nose. Now you can only breathe through the straw while you jog in place for another minute.
- Students will quickly figure out that it is much more difficult to jog while only breathing through the straw. This activity helps to demonstrate how a tobacco addiction affects the body and its ability to function. Breathing can become very difficult.

Addiction and Why You Just Can't Stop

What is addiction?

'Addiction' is a word that usually refers to drugs. Sometimes it's also called 'dependence'.



When someone **first starts** to use drugs, it is called **substance abuse**. We say someone is addicted to drugs when they have no control over whether they use the drug or not. That person feels that they **HAVE** to have that drug.

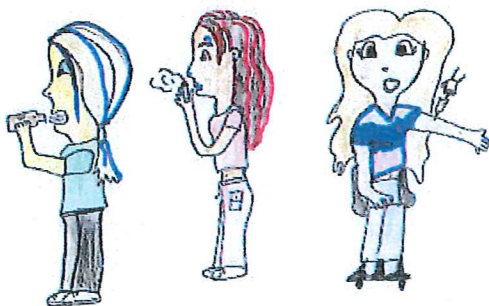
But people can be addicted to a whole variety of things which are not usually labeled as 'drugs'.

Types of addiction

There are two types of addiction.

1) Physical addiction is when a person's body becomes dependent on something. After a while that person's body craves more and more of whatever it is to be able to feel OK. Trying to give up can make that person suffer withdrawal symptoms which can last for quite a long time, but slowly get less as the body gets used to doing without.

These withdrawal symptoms can feel like a really bad dose of flu and make a person feel so sick and depressed that they want to go back to whatever they were taking to feel OK again. It is hard to give up.



2) Psychological addiction is when someone craves something which will change their mood or feelings. They may not get physical withdrawal symptoms, but they may feel lonely, depressed or anxious if they can't get the thing that they desire.

What can be addictive?

People can become addicted to a wide range of things.

- drugs - legal and illegal
- alcohol it can affect your life
- tobacco-Smoking and Passive smoking
- inhalants

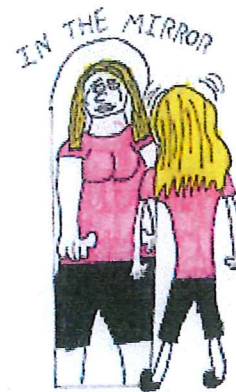


But people can also become addicted to behaviors, which take over their lives...

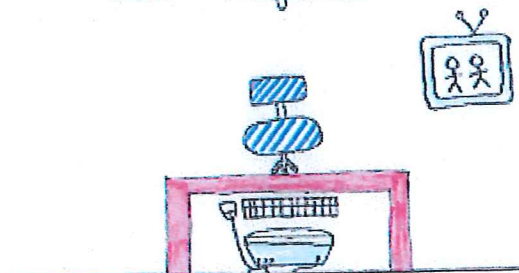
1. harmful or risky behaviors - such as breaking things, vandalism, stealing
2. hurting themselves - like cutting their bodies
3. compulsive behaviors (compulsive means that they feel they have to do it to feel better about themselves).

Compulsive behaviors can include:

- eating disorders, like bingeing on food and then making themselves vomit, or
- compulsive exercise, where they are constantly exercising to make themselves feel good, but are really harming their bodies (yes, professional athletes need to train a lot to keep their bodies ready to compete, but they are following fitness programs which include food, exercise and sports psychology, based on their sport and themselves), or
- gambling, video games, and chatting on the internet.



Wasting Your time on
the computer?...



Signs of addiction

If someone you care about is showing several of these signs, then they could be suffering from an addiction and need help...

1. when someone uses drugs or alcohol to get away from problems or as a usual way to relax
2. when someone seems to 'drop out' of life among family and friends
3. when someone loses interest in something that used to be a big interest
4. not completing school work
5. avoiding friends, or hanging out with kids who use drugs
6. selling their stuff or stealing yours!
7. being very moody and behaving in ways which are unlike their usual behavior
8. getting upset, anxious or really depressed
9. having problems with sleeping or getting out of bed
10. being sick or shaky
11. changes in eating - maybe too much or not enough, or eating at 'different' times.
12. putting on weight or rapidly losing weight.



If someone you care about is suffering from an addiction

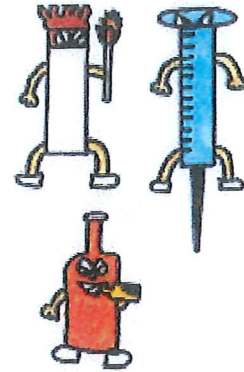
- Tell that person that you care about them and are worried about what they are doing.
- Tell someone you trust about it.
- Do some research on whatever they are using or doing and show them or tell them what you have found.
- Think about your trusted adults and talk to them until something is done.
- **Keep yourself safe by:**
 - asking smokers not to smoke near you (see the topic **Passive smoking**)
 - avoiding being around someone who is addicted to alcohol or drugs because they may not act as they used to
 - telling someone if you feel unsafe
 - not hanging around with that person or their friends
 - not making the mistake of thinking what that person is doing must be cool because they are older than you
 - never trying whatever drug they are using.



What can you do to help?

You cannot really help someone who has an addiction. That person has to help himself.

All you can do is show that you care what happens to him/her, tell those adults you trust about your concerns, and be ready to praise every small step that he/she take to stop the addiction.



What kids say

- "My mom and dad split up because of alcohol".
- "My big sister had to go into hospital because she wasn't eating properly. It was very worrying for all the family".
- "I felt sad when my friend's brother got killed in his car. He had been drinking a lot of alcohol and he was showing off".
- "My dad still smokes but mom makes him smoke outside. He doesn't smoke in his car though".
- "If someone in your family is trying to give up drugs don't shout at them. It's really hard. Just tell them that you love them and want them to be happy".

Drugs are bad
They make you sad
They can even make you mad.
They can make you glad
But not for very long.
Taking drugs is wrong.
So, if you want a happy life
Don't take drugs
And stay out of strife.

- Mikayla

Adapted from: www.mycyh.com

Cup a Fence: Spread the Message

- Age range: 4th-5th
- Time: 1 hour
- Objective: Students will have the opportunity to actively spread an anti-tobacco message at their school.
- Resources needed: Styrofoam/plastic Cups
- Discussion: Talk about how "Big Tobacco" companies target young people and how important it is for young people to fight back with positive anti-tobacco messages.
- Activity description: The goal of this activity is to promote some type of anti-tobacco message. Talk to your students about what they think would be a good way to share a healthy and positive message. It could easily be some type of statistic about the percentage of people who do or do not smoke, how much a pack of cigarettes cost, or what it does to your body or a majority message such as "The majority of young people do not use drugs."

*If cupping a fence is not an option students could create posters to be displayed in the hallways, a chalk on the walk message at the entrance of the school, or daily announcements about the harmful effects of tobacco, etc.

Tobacco Pressure Skits

- Age range: 4th-5th
- Time: Approximately 1 hour and 30 minutes
- Objective: Students will develop tobacco pressure skits that will require them to practice resistance skills in front of their peers.
- Resources needed: Skit template
- Discussion: Ask students for a definition of pressure and ask if they have ever experienced pressure.

Did they say yes? Talk about how pressure can be positive and negative and be internal or external. Many kids give into peer pressure because someone popular asks them to do something and so they do in hope of becoming popular. Kids also say yes because they don't want to lose a friend from saying no.

Lead the students in a discussion on important it is to know how to say no effectively.

Ways to say "NO"

Simply Say "NO"

Say "NO" and walk away

Say "NO" and give a health reason (Smoking hurts my lungs)

Say "NO" and suggest something else to do

Use sample refusal skill role plays to show examples.

Source: mactupp.org

- Activity description: In groups, students will create scenarios of tobacco pressure and be required to show resistance to the pressure. Students will perform the skit for the rest of the class.

Refusal Skills Role Plays

Directions: Have your students line up in two rows facing each other. Read each situation aloud and have them practice "Saying NO" with either an assigned Refusal Skill or one that they choose.

1. Your friend comes up to you just before your big English test and asks you to place your test paper on the side of your desk so that she can look at it from the next seat over. You know your friend probably hasn't studied for the test but you don't want her to flunk since she is your friend.
2. You're hanging out at the mall with two of your friends and three older teenagers approach you. One of your friends knows one of them, and the six of you start introducing yourselves and talking. You talk for a while but something about the way they act doesn't feel good. After a few minutes they offer to take all of you for a ride. Everyone except you agrees; you don't want to go because you don't trust them.
3. You and a friend went to a movie across town that you didn't tell your parents you were going to see. Another friend was supposed to pick you up but never showed. Now its getting late and neither of you have much money. Your friend wants you to hitchhike home with her because it's the cheapest and quickest way to go. You've never hitchhiked before and you're convinced that it's not a good idea.
4. You're talking with your friend in the parking lot when you both pass your principal's car. Your friend tells you to watch for passers-by while he "does something" to the car. You know you wouldn't be the one actually vandalizing the car but you don't feel comfortable about it anyway.
5. Your parents are away and your best friend drops by to introduce you to his older cousin who's visiting from out of town. The three of you strike up conversation, and then the cousin takes out a pack of cigarettes and offers one to each of you. Neither you nor your friend smokes, but your friend takes one as if he smokes all the time. Now it's your turn to decide.

Name(S) _____

Title of Skit _____

Characters _____

Situation _____

Refusal Skill Used _____

Name(S) _____

Title of Skit _____

Characters _____

Situation _____

Refusal Skill Used _____

Additional Online Activities

go to www.tobaccopreventiontraining.org/activities

There are lots of activities to help your students in the tobacco prevention and intervention areas. Some are classroom activities. Some are great homework activities for projects. Some are great group or club activities.

***It is suggested you review these activities and determine if you feel comfortable with the nature of the activity for your students.**

Fire Truck - Smoking is a leading cause of house fires. This game pits you against the fires in the apartment. Great for all levels.

Type or Die - Truth brings us a fun game that will also test your typing skills. The touch of sarcasm goes a long way on this one.

Cigarette Killer - You don't have to read Japanese to understand this game. Use your water gun to shoot the ends of lit cigarettes in the cafeteria.

Interactive Biopsy - Another great interactive feature from Australia lets YOU play doctor with a tobacco victim. Use a scalpel, syringe or tweezers to take body samples and see why this tobacco user may have died. This is definitely for older kids and not appropriate in the elementary grades.

Smokes & Ladders - A great game from Australia that can be played with 1 to 4 players. Split up your class into 4 teams and play it on the projector screen for great learning fun.

The Tobacco Millionaire Game III - This version was demonstrated first at The Florida School Counselors Association Conference in 2013. Counselors from around Florida had a great time looking up answers and trying to win prizes. **Teaching Concept:** Create a blank answer sheet for each student and do the game as a class allowing student self-checking.

The Tobacco Millionaire Game II - This version was demonstrated first at FAHPERD in 2013. Teachers from around Florida had a great time looking up answers and trying to win prizes. **Teaching Concept:** Create a blank answer sheet for each student and do the game as a class allowing student self-checking.

Hang Tobacco Man – This is the familiar hang man game with terms taken from our tobacco prevention course. Some words, names or phrases may be tough the first time through if you did not take our course, but you will be able to learn from this great activity.

The Tobacco Millionaire Game - This is a game based on the traditional millionaire game featuring questions from our online tobacco prevention online course that educators can take in the State of Florida. **Teaching Concept:** Create a blank answer sheet for each student and do the game as a class allowing student self-checking.

Tobacco Atlas - This great resource can be used with your class or given to your students to experiment with at home. The interactive atlas provides statistics on many products and profiles globally. Some may surprise you. This is a great way to integrate tobacco prevention into social studies, geography and mathematics at many grade levels.

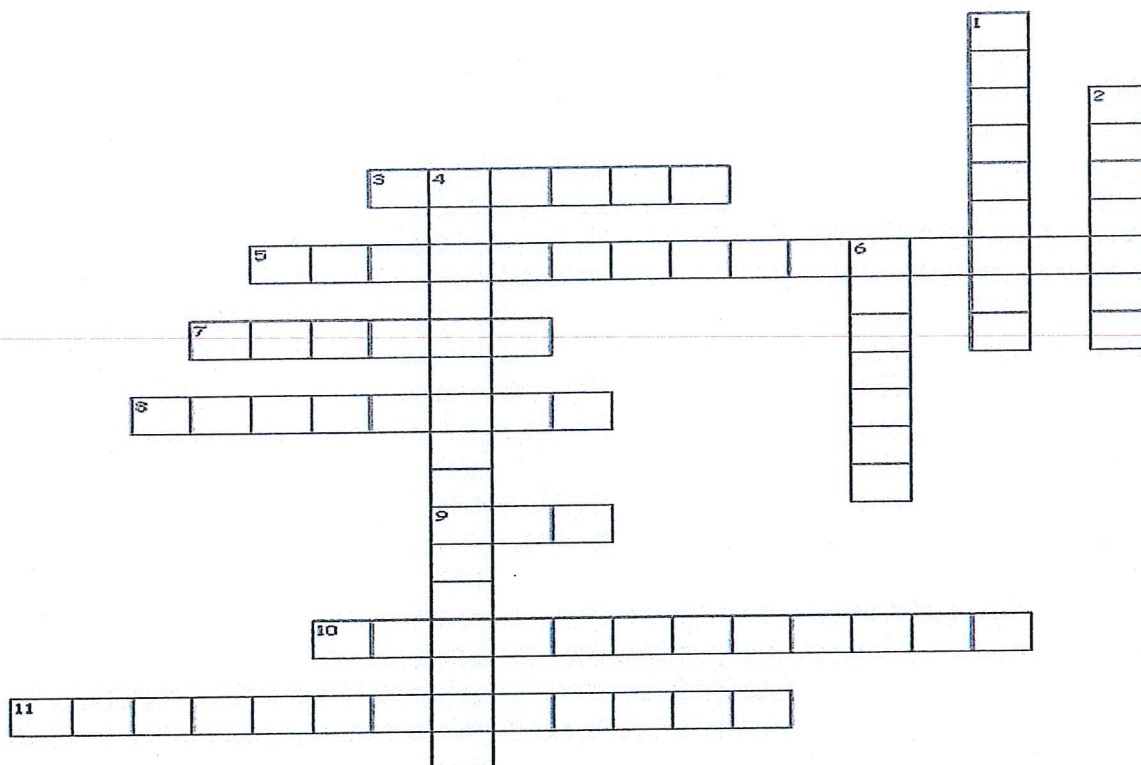
Smoke Free Kids - This page is part of a great site and designed for teachers. It has a "Smoke Free Game" that you can download right there.

New Brunswick Anti-Tobacco Coalition - This page has some great activities and it looks like there was student input on some of the ideas. Many of these are great for middle and high school, especially if you have an active group that likes to get out there and be heard.

Age Me - This site lets you upload a photograph and see the aging process. The influences of tobacco can be made very evident using this site.

Cross Out Tobacco Crossword

Four thousand teenagers try a cigarette for the first time every day. A third will become addicted. Research shows that long term tobacco use can have devastating health complications. Use the clues below to learn more.



Down

1. In the United States, number of states that currently grow tobacco
2. Average number of years a woman will die earlier because of tobacco use
4. Twenty-eight cancer causing agents are found in this product
6. Kills approximately 443,000 Americans each year

Word Bank:

Heart Disease
Second-Hand Smoke
Smokeless Tobacco
Smoking
Twenty One
Cancer

Fifteen
Two
Asthma
Thirteen
Ear Infections

Across

3. In children, second hand smoke causes this
5. This causes an estimated 3,400 lung cancer deaths annually among adult nonsmokers in the United States
7. Half of all people who use tobacco will get this disease
8. Average number of years a man will die earlier because of tobacco
9. One out of ____ will die because of smoking
10. This is a common health problem that occurs because of smoking
11. Children are more likely to get these if they are exposed to second hand smoke



BJC HealthCare

Tobacco-Free: Get the Facts

Solve the puzzle below by working each math problem; then use the key to match your answer to the letter in the alphabet. Place the letter in the gray box to reveal three good reasons to remain tobacco-free.

Key:

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

12	13	2
-10	-12	x 2

2	9	20	7	17	5
x1	x2	-15	-6	+3	+3

15	14	1	5	7	3	7
+4	+6	+0	+4	+7	+2	-3

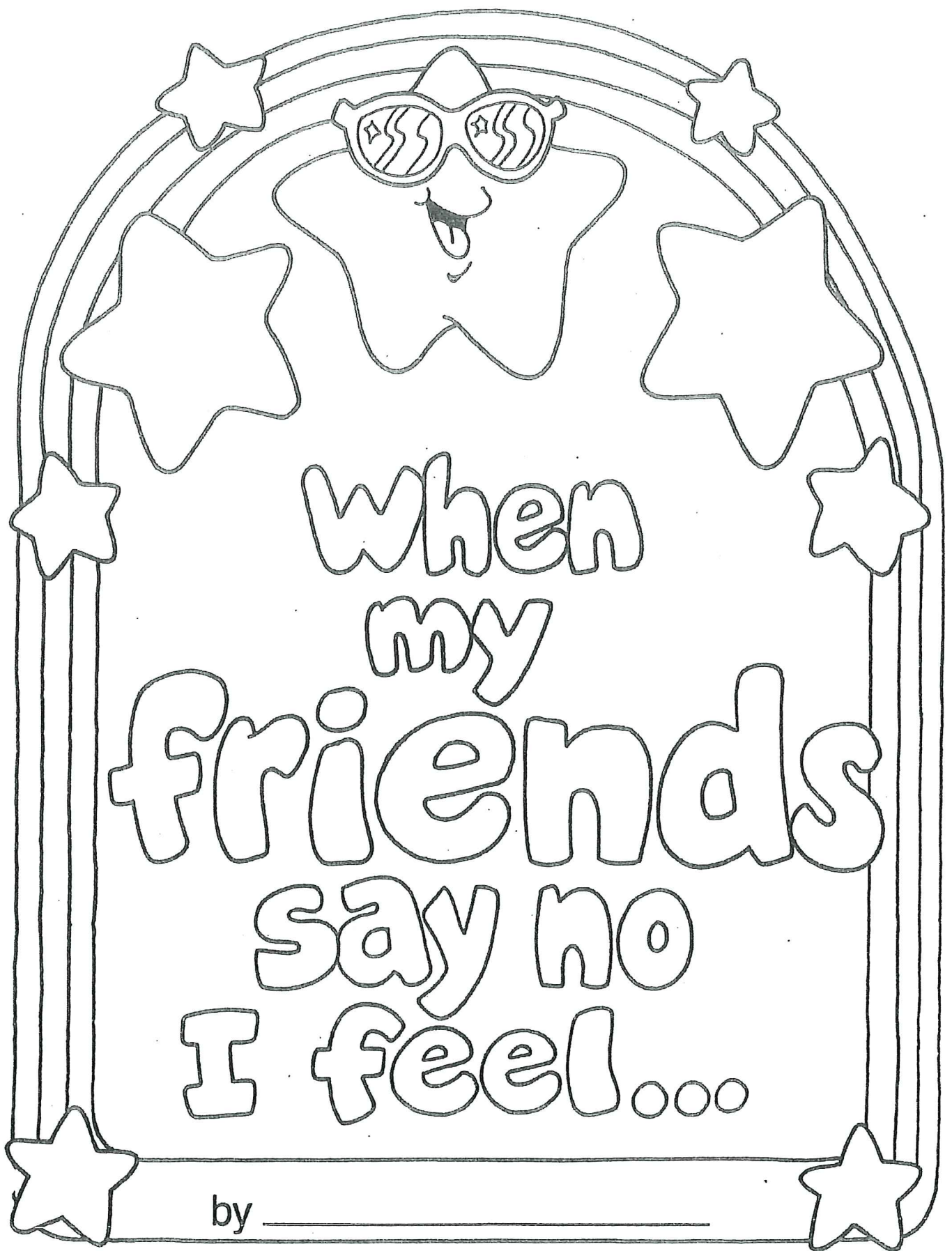
18	5	12	10	6
+2	x1	-7	+10	+2

15	17	16	18	13
+8	-16	+3	+2	-8

21	15
-6	-9

17	11	21	17	5
-4	+4	-7	-12	x5

1017-0411



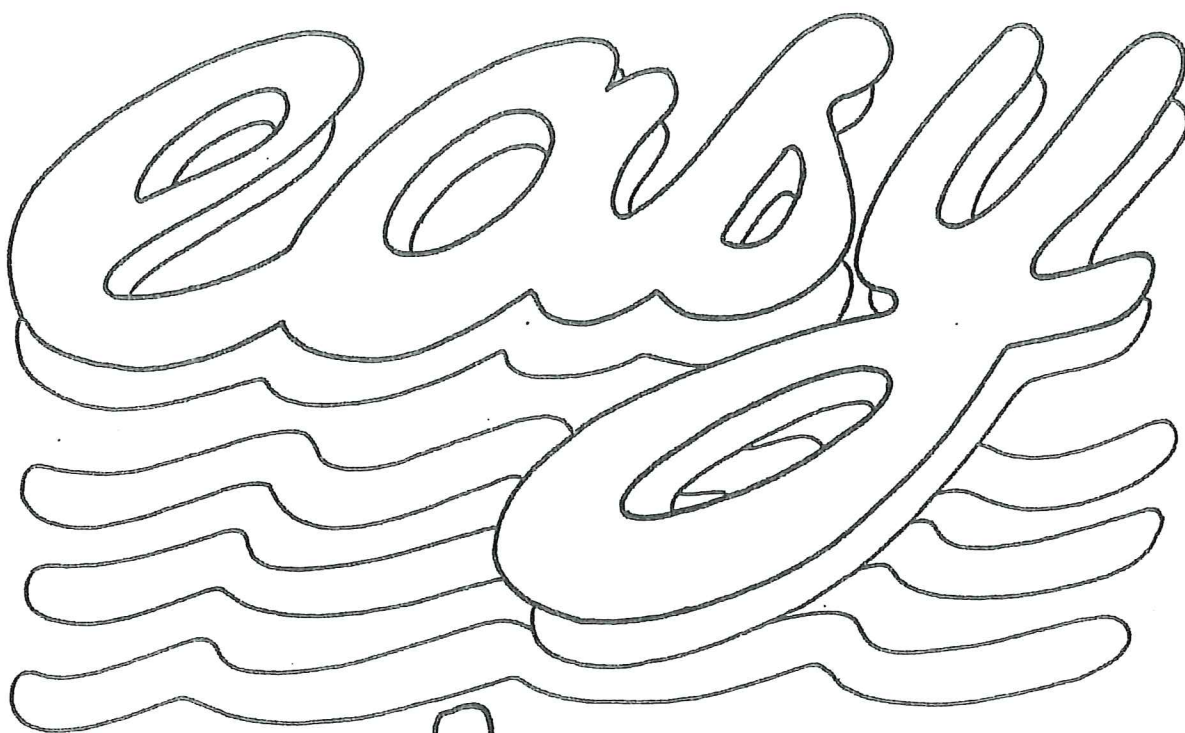
Saying
no was



when...

by _____

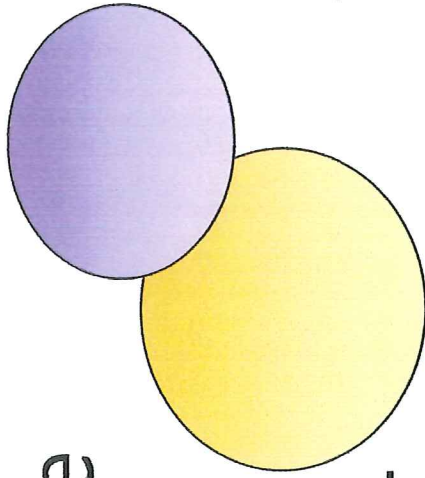
Saying
no was



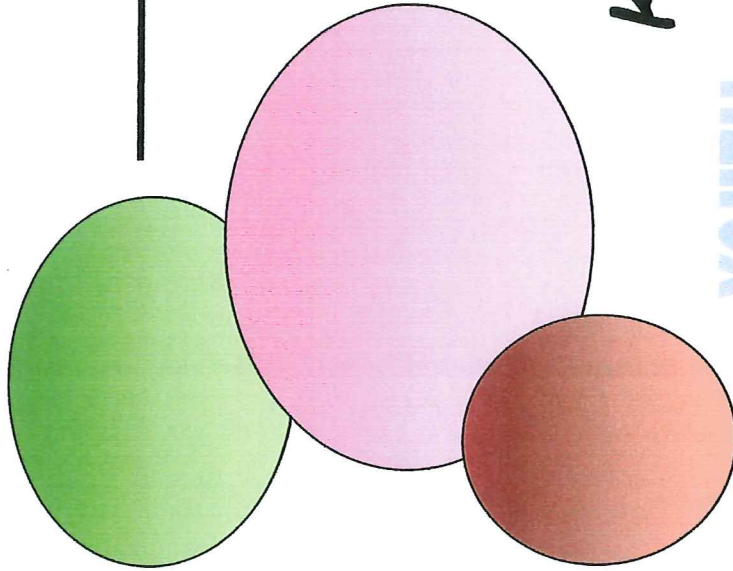
when...

by _____

I pledge to be Tobacco Free
and stay a Healthy Me!

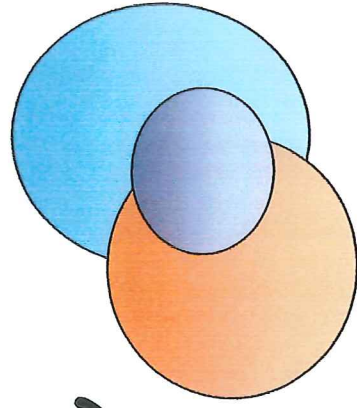


NAME



SCHOOL

DATE



KICK BUTTS DAY
2017

YOUTH
★
LEADERSHIP
council
of Licking County

PATHWAYS
OF CENTRAL OHIO

How Quitting Tobacco Helps Your Body

Short-Term Benefits

48 HOURS

- Ability to smell and taste is enhanced

2 WEEKS TO 3 MONTHS

- Walking becomes easier

1 TO 9 MONTHS

- Body's overall energy increases

Long-Term Benefits

1 YEAR

- Excess risk of coronary heart disease is half that of a smoker

5 YEARS

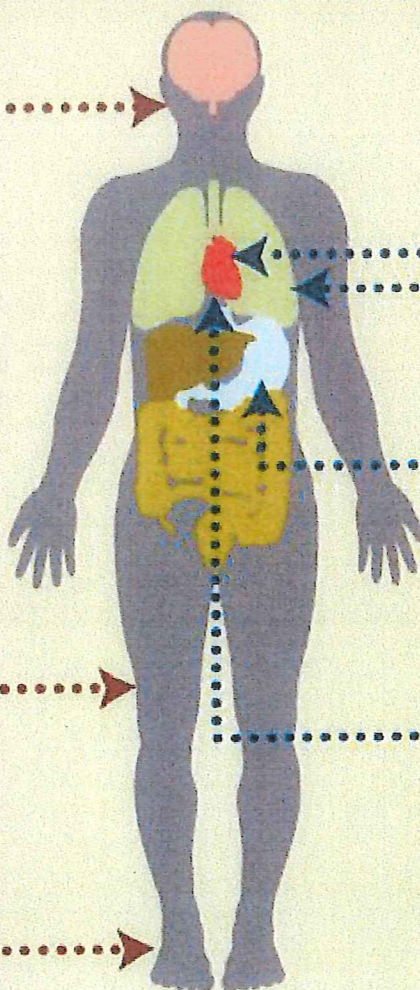
- Lung cancer death rate decreases by almost half

10 YEARS

- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, cervix and pancreas decreases

15 YEARS

- Risk of coronary heart disease is that of a non-smoker



Sources: American Cancer Society and the Centers for Disease Control and Prevention

What's In a Cigarette?



Additional Resources

BJC School Outreach/Youth Development

www.bjcschooloutreach.org

Campaign for Tobacco Free Kids

www.kickbuttsday.org

Centers for Disease Control and Prevention

www.cdc.gov

Florida Statewide Prevention

www.tobaccopreventiontraining.org

Kids Health from Nemours

www.kidshealth.org

Ohio Department of Health

www.odh.ohio.gov

Ohio Department of Mental Health & Addiction Services

www.mha.ohio.gov

Project Alert

www.projectalert.com

Start Talking!

www.starttalking.ohio.gov