



BUDDY POWER

tobacco prevention leader notes

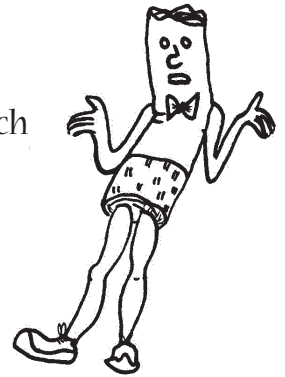
Congratulations! You are a tobacco prevention leader (TPL). Your task is to learn about the dangers of tobacco use and environmental tobacco smoke and share your knowledge with your younger buddies.

GETTING STARTED WITH BUDDY POWER

You are giving your buddy several gifts: a gift of a magazine and a gift of knowledge. You may even be giving your buddy the gift of a long and healthy life by living tobacco-free! When you are settled in your special buddy place, give your buddy the magazine and tell him/her that you're going to be doing lots of fun activities to learn about tobacco.

HELPFUL HINTS

- You are not expected to do every activity in the magazine.
- Let your buddy explore the magazine and make the decisions about which activity to do.
- Make sure that each time you meet you try a different activity.
- Always encourage your buddy.
- Have fun while you're learning together.



TRUE OR FALSE QUIZ ANSWERS

Read the quiz together and have your buddy print the answers. Then, talk about each answer. Be sure to read the following information that you can share with your buddy.

Breathing smoke from someone's cigarette is bad for your health.

TRUE. It is very dangerous to breathe second-hand smoke because you breathe in the smoke that comes from the tip of the cigarette plus the smoke that people exhale. There are more than 4,000 substances contained in this mixture; 40 of these are known to be toxic.

Pets are not affected by cigarette smoke.

FALSE. All living things that breathe air into lungs are affected by cigarette smoke. They are breathing in something that can make them sick.



Light cigarettes (cigarettes that are low in tar and nicotine) are not as unhealthy as regular cigarettes.

FALSE. When people smoke "light" cigarettes they inhale more deeply in order to get the nicotine they need into their system.

TRUE OR FALSE QUIZ ANSWERS

Continued from previous page

You have to be an adult in order to purchase cigarettes.

TRUE. Canadian laws allow only adults to purchase tobacco products.

People who use smokeless tobacco (e.g. spit tobacco, chew tobacco) experience more tooth loss.

TRUE. Smokeless tobacco causes gums to draw away which can cause teeth to become loose.



Most teens smoke.

FALSE. According to the Canadian Tobacco Use Monitoring Survey (CTUMS) only 22% of Canadian teens smoke. If you want to have lots of friends: don't smoke!

Lung cancer is one of the diseases you can get from smoking cigarettes for a long time.

TRUE. Smoking at an early age increases your risk of getting lung cancer. It makes sense. The longer you smoke the greater your chance of getting sick.

Tobacco-related illness is the #1 preventable cause of death in Canada.

TRUE. The National Clearinghouse on Tobacco and Health reports that smoking causes more deaths every year than fires, auto crashes, alcohol, cocaine, heroin, AIDS, murders, and suicides combined.



Most smokers live in North America.

FALSE. According to the World Health Organization (WHO) the majority of the world's 1.1 billion smokers lives in developing countries where there is little education about the dangers of tobacco.

North American Aboriginal people have used tobacco in ceremonies and as a medicine for thousands of years.

TRUE. Many Aboriginal people believe that tobacco is sacred, but they do not believe that people should become addicted to nicotine.

REALITY ROLE PLAY

You might like to join with another group to create a short role-play about the reality of tobacco use.

- Ask your buddy if s/he knows what advertising is and talk about what ads can be seen on television or in newspapers or magazines.
- Talk with your buddy about how advertisers are not always totally truthful about the products they are advertising. Their job is to make people want to buy the products so they use strategies that will tempt them.



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- Read together the 6 S's that tobacco companies often use to advertise cigarettes and tobacco. Think about what is real. What is the truth? e.g. Do people REALLY want to be your friend because you smoke? Maybe the truth is that people DON'T want to be close to you because you smell terrible when you smoke.
- Make up a role-play illustrating the truth about tobacco. You can use the 6 S's and any of the other information contained in the magazine or you can research more facts. Check out www.GoSmokefree.ca
- Share your role-play with the rest of the groups.

CARTOON

Read and discuss this cartoon with your buddy. Think about a tobacco message you and your buddy could share with others through a cartoon or a comic strip and create it.

TOBACCO TRADING CARDS

You might bring a sample of a regular trading card for your buddy to look at. Use the facts in this magazine to create miniature anti-tobacco posters on the cards. (Check out "Second-Hand Smoke Facts" and the "True or False Quiz" to find some facts.) You will probably want to trade cards right away, but check with the teachers to make sure this is okay. (Hint: Ask your teacher for some pre-cut cards to give to your buddy.)

BUDDY POWER BOARD GAME

You must prepare for this activity.

- Trim the left edge of **page 11** back to where the picture begins. Assemble the board with **page 10** on the left and **page 11** on the right, with the left edge of **page 11** overlapping enough to make a smooth seam in the picture. Tape it in place.
- Show your buddy the game and read the instructions.
- Cut out the game cards and glue the fronts and backs together. Find a game piece like a paper clip or penny for each player, and a die. You can make a die by drawing dots with a felt pen on a sugar cube. Have each player choose a game piece. (Hint: Cut out the game cards in advance.)
- Play and enjoy the game. You may need to help your buddy read some of the traps and reward cards.

When you have finished, place the game pieces safely inside the magazine or into an envelope to use another time.

DETECTIVE WALK

Make sure you check with your teacher to get permission to go for a walk in the neighbourhood. If there is no sidewalk, walk on the left-hand side of the road and watch for cars. Keep safe.

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- You can tell your buddy that Canadian landfills get 44,000 tonnes of garbage from cigarette packages alone every year.
- And, it takes five years for one cigarette butt to break down naturally.

You might compare how many butts you found with how many butts other groups found.



LIMERICKS

Read the limericks together and help your buddy understand the rhythmic pattern. You could clap the rhythm together. Then, try to write some limericks to share with other buddy groups. You might also print your limerick on a chart, illustrate it, and display it on a bulletin board.

DO THE MATH

Have your buddy do the math and graph it together. Think of all the things you could do or buy if you didn't smoke. You could make a list on a chart and illustrate it. Or you could create a poster about Money and Tobacco.



SECOND-HAND SMOKE FACTS

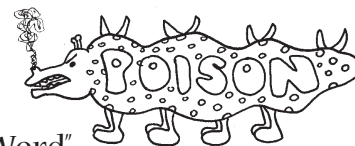
You can read these facts together as part of your buddy reading program. You can talk about them or use them when you do other activities, like making trading cards or creating a cartoon.

FILL-IN-THE-WORD

Before you meet with your buddy make sure that you can pronounce all the words and know what they mean. Teach the vocabulary to your buddy and work together to complete the puzzle. (Hint: Make a chart of the words and meanings and take it with you to share with your buddy.)

WORD BUGS

Let your buddy pick a tobacco related word bug. (Hint: The "Fill-In-The-Word" activity would be a good place to find a word.) Then help them to design a word bug. Look at the example in the magazine. Be creative, colourful and don't forget to display them when you are finished.



Thank you for helping kids stay tobacco-free

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