

bc.tobaccofacts

Welcome to the fourth issue of *bc.tobaccofacts*,
a newsletter for B.C. educators.

We want you to know

- the truth about tobacco,
- what its use is doing to our kids, and
- what YOU can do about it.



This newsletter offers activities that you can use to help your students be free from tobacco addiction. The activities are congruent with prescribed learning outcomes from the Personal Planning curriculum and can be integrated into your English Language Arts or Fine Arts curricula.

Each volume of *bc.tobaccofacts* is a unit of instruction designed to be used by your entire class. The lessons are packed with things that students enjoy doing and that lead to positive learning about remaining or becoming tobacco-free. And everything you need to teach the lessons is provided—from student handouts to overhead transparencies to assessment tools.



Contact your local health unit and talk with the Regional Tobacco Reduction Coordinator (RTRC) for your area. RTRCs will be pleased to supply you with *bc.tobaccofacts* or arrange an orientation workshop for your staff. RTRCs have the most current information about tobacco prevention and cessation. As well, they have posters and videos for you to use in your classroom. Call today!



Please help us share B.C. classroom and school projects with others through this newsletter. As you use the *bc.tobaccofacts* resources, please send photographs of your students' work and your tobacco prevention ideas to us by contacting:

Tobacco Control Branch
Ministry of Health Planning
1520 Blanshard Street, 2nd Floor
Victoria, BC V8W 3C8

Tel. 250.952.1709

Fax 250.952.1570

It's Very Graph-ick!

bc.tobaccofacts offers a variety of opportunities for you to integrate a smoking prevention lesson with your math program.

Students can design their own surveys and collect data from their classmates, communities, parents and friends. OR they can do research by using the Web or school library. Whatever way they choose to collect the data, it can be interpreted through different kinds of graphs and tables.



Two grade six students from Okanagan Landing Elementary School in Vernon are shown using data to construct a bar graph of the age at which people start smoking.

Try researching and graphing:

- Age people start smoking
 - How people got their first cigarette
 - Reasons people don't smoke
 - Reasons people start to smoke
 - The gender difference of tobacco users
 - Money spent advertising tobacco products in different countries
 - Number of smokers in each province
 - Percentage of tobacco users in 10 countries
 - Rate of tobacco use in Canada over the last 30 Years
- etc., etc., etc.

And, if you want to play with Graph-ick...

Find some pictures of lungs and other body parts diseased through tobacco use. *Gasp* magazine, distributed by the Ministry of Health Planning, is a super source of photographs. Or check out our provincial Web site: www.tobaccofacts.org

WHERE DO KIDS GET THEIR FIRST CIGARETTES?

It is illegal to distribute or provide tobacco products to anyone in British Columbia who is under 19 years old. So, where do teens get cigarettes? Have your students create a simple questionnaire asking smoking teens where they got their cigarettes. Ask them to complete it over a weekend and list, then graph the results on Monday morning.

STARTLING FACT

Tobacco use increased dramatically following the September 11 terrorist attacks in the United States. A national survey done in October for the drug firm GlaxoSmithKline and the American Cancer Society found that smokers increased their cigarette use by 75% after the attacks, anthrax scares and security crackdown.

—from Action on Smoking and Health

HOLD YOUR BREATH!



Tobacco smoke contains over 4,000 chemicals, including many that are known to cause cancer and some that are poisonous. This smoke is not only dangerous to the smoker. It is also harmful to nonsmokers who breathe it in when it is released into the air. UGH! Who wants to breathe in chemical-filled smoke that's already been through someone else's lungs? GROSS!

Here are some substances found in tobacco smoke. Use your dictionary to match them to their definitions. Then, create a crossword puzzle using the words. Give it to a classmate to solve. HAVE FUN!

- | | |
|------------------------|---|
| 1. ___ acetone | A. preserve bodies |
| 2. ___ acetic acid | B. flammable gas |
| 3. ___ ammonia | C. charcoal lighter fluid |
| 4. ___ butane | D. used as a toilet or floor cleaner |
| 5. ___ cadmium | E. vinegar |
| 6. ___ carbon monoxide | F. main ingredient in nail polish remover |
| 7. ___ DDT | G. cigarette lighter fluid |
| 8. ___ formaldehyde | H. found in flashlight and car batteries |
| 9. ___ hexamine | I. addictive drug |
| 10. ___ methane | J. poisonous gas found in car exhaust |
| 11. ___ methanol | K. insecticide banned in Canada |
| 12. ___ naphthalene | L. rocket fuel |
| 13. ___ nicotine | M. chemical found in mothballs |



ANSWERS: 1-F, 2-E, 3-D, 4-G, 5-H, 6-J, 7-K, 8-A, 9-C, 10-B, 11-L, 12-M, 13-I

Think... and THINK AGAIN!



Next time you think that actor in the movie looks very glamorous smoking that cigarette, **THINK AGAIN!**

Smoking causes
bad breath
yellow teeth
stains on your fingers and nails
premature wrinkles
stinky hair and clothes

How glamorous is **THAT???**



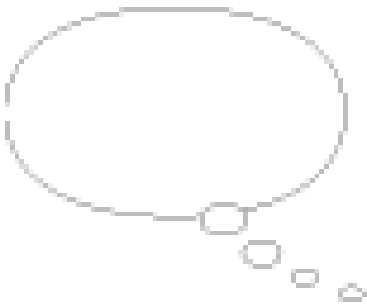
If you think using cigars or spit tobacco or snuff are safe ways to use tobacco, **THINK AGAIN!**

Some cigars contain as much tobacco as a whole pack of cigarettes. They are addictive and increase your risk of cancer, just like cigarettes.

The American Cancer Society says that spit tobacco increases your chance of oral cancer by as much as 50 times.

Spit tobacco has levels of nicotine equal to cigarettes and puts you at risk for lip, mouth or gum cancer.

How safe is **THAT???**



Do some research and create your own **Think... and THINK AGAIN** vignette. Design **Think... and THINK AGAIN** posters and display them in the school or in your neighborhood.



How observant are you?

Be a DETECTIVE next time you're at the mall or shopping downtown.



How many stores are located at the mall or on the main street? _____

How many stores sell tobacco products? _____

What percentage of stores sell tobacco? Do the math. _____



What sign is displayed regarding the age people have to be to purchase tobacco products? _____

Where is this sign displayed? _____

Is it really noticeable? _____

Have you ever seen anyone asked for identification? _____

Check all the stores where tobacco products are sold.

- pharmacy**
- chain grocery store**
- small grocery store**
- gas station**
- department store**
- convenience store**
- others: _____**



Where are tobacco products located inside the stores?

- behind the checkout counter**
- in a special case**
- in a locked case**
- in a special display**
- other place: _____**





Did you observe any tobacco promotions or advertising on the doors or windows or displays? _____

What were they? _____

Were they in colour or black and white? _____

On your way to the mall, did you see a billboard promoting tobacco in any way—like sponsoring an event? If yes, describe it.

Was any merchandise available that had a tobacco brand slogan on it? If so, what was the merchandise?



How many anti-tobacco messages did you see? _____

Where were they located and what did they say?



TEACHERS Have your students complete this observation on a weekend. Use the data to discuss how easy it is to find and purchase tobacco and how tobacco is displayed and advertised. Have students consider ways in which we could reduce easy access and appeal of tobacco products. AND—it's always a good idea to have kids practice saying "NO!" to tobacco!