



TATU PROJECTS OR ACTIVITIES

Here are some great ideas for cool anti-tobacco activities you can host at your school or community center.

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1. Got Lungs?

Activity ideal for health fairs, Lunch and Learns and classroom lessons. The activity is designed to identify the number of people affected by lung disease associated with smoking and types of lung diseases related to tobacco use. Target audience: 4th Grade and up. Requires: Small amount of \$ for supplies.

Got Lungs provides you or your group with an opportunity to educate others on the effects tobacco has on the lungs. This activity will drive home the fact that smoking can lead to chronic bronchitis, emphysema, or lung cancer. A display can be created for health fairs, during school lunches or in your classroom.

Your display can include any or all of the following resources:

- The ABC's of Smoking
- Pigs Lungs (Healthy and Diseased)
- Secondhand Smoke

Make copies of the lung activity sheet. Have the following supplies at your table:

- Copies of the lung
- Colored markers, pens or colored pencils
- Tape to hang lung copies

Ask participants to fill in the name of someone affected by lung disease and what type of disease. Watch the wall fill up with the number of people affected by lung disease.

Resources are available from the American Lung Association of Delaware—1-800-LUNG-USA.

Desired Outcome of Activity

- Increase awareness of diseases related to tobacco use
- Increase awareness of the effects of secondhand smoke
- Increase participation in NOT
- Distribute information such as KIBG materials
- Recruit new members to the KIBG



2.

Project Penguins

Project Penguins is ideal for several classes, or a class assembly. It works well in settings that have large paved areas for the graffiti portion of this project. The project is designed to educate participants on the number of chemicals found in cigarette smoke and the dangers associated with tobacco use. "PENGUINS" is an acronym for the following chemicals— Polonium 210, ETHYL CARBAMATE, NICKEL, GLYCEROL, URETHANE, ISOPRENE, NICOTINE, STYRENE Target audience: 4th grades and up. Requires: \$\$ for incentives for the winning team and supplies for graffiti activity.

Prior to creating a huge chalk graffiti activity on a large patio or parking area at your school or community center or revealing the meaning of the acronym "PENGUINS", take time to educate the participants on the number of chemicals found in cigarette smoke by challenging them to find as many chemicals in cigarette smoke.

Start the challenge by sending teachers or posting the following message at your school or community center:

- *Did you know there are over 4,000 chemicals found in cigarette smoke?*
- *Could you even name 5?*
- *The members of School or Group's name Kick Butts Generation, hereafter known as the KBG would like to challenge your team to a friendly competition.*
- *You and your team members must come up with a list of as many chemicals as you can discover that are found in cigarette smoke. You have until deadline date to complete this task. There will be prizes for the winning team.*

Keep in mind that Project Penguins has a message which will be revealed on date of graffiti activity when the entire school/community center will participate in a special activity. We hope as you do your research each team member will become more knowledgeable about the dangerous effects of these chemicals on the body and that in the end you will choose not to smoke.

Good luck to everyone.

Your team teacher will be responsible for turning in your answers to name of person responsible for collecting entries on deadline date. You must make sure your team teacher's name and your team name is at the top of your list.

More/.



Project Penguins cont/.

On the day of your graffiti activity, draw the penguins and reveal the acronym for "PENGUINS" in your drawing. Ask each group participating to share their knowledge of the chemicals found in cigarette smoke by drawing in an assigned area the chemicals found in the smoke. Ask participants to design their section anyway they want, encouraging them to be creative and colorful with their message. Announce to all the winners that listed the largest number of chemicals found in cigarette smoke. Consider awarding the winners "stress penguins" with the KBG's website imprinted on them-ysmoke.org.

Supplies needed:

Sidewalk Chalk

Penguin stencils—The penguin shape can be created on poster board and cut out providing a stencil to trace.

Prizes for winning team members—Consider stress penguins ordered with the KBG's website imprinted on them.

Desired Outcome of Activity

- Increase awareness of chemicals found in tobacco smoke
- Increase awareness of the effects of secondhand smoke
- Distribute information such as KBG materials
- Recruit new members to the KBG



3.

Rat Scat

This activity drives home the fact that cigarette smoke contains "rat poison", arsenic, and other deadly chemicals. Make sure you get approval from your school's administration before you proceed with the project. Target audience: 7th grade and up.

Requires: \$\$ for supplies and incentives.

Order 50 or more plastic rats. Once received your group needs to meet to attach tags to all the rats' tails. The tags should list a chemical found in cigarette smoke. Reserve a certain number to place a tag on with special significance, such as "Did you know that 1200 Delawareans die every year from tobacco related diseases" or "Did you know every day 1200 people will die nationwide from tobacco related diseases". These special rats will win the individual finding them a special prize. You could consider having a display during lunches on the day of your project and a person showing up at the display with the special message can collect their prize.

Scatter the rats throughout the school early morning, before students arrive, the day of the event. Then watch the reaction as they discover rat after rat! Gear your lunchtime display on the chemicals found in cigarettes.

Materials needed for project:

- 50 or more plastic rats
- Card stock to create your tags
- String to attach the tags
- Prizes for the winners
- Display resources

Resources for the display table are available from the American Lung Association of Delaware—1-800-LUNG-USA.

Desired Outcome of Activity

- Increase awareness of chemicals found in tobacco smoke
- Increase awareness of secondhand smoke effects
- Increase participation in NOT
- Distribute information such as KBG materials
- Recruit new members to the KBG



4.

Building Hope

This project can be a large community event, school or KBG council event. Participants will be asked to create poster board size section of what will become a large mural. They should create a colorful message on their board that sends a message for a tobacco-free community. This project is similar to the creation of large quilts that memorialize or convey messages of hope. Target audience: Anyone-all ages. Requires: \$\$ for supplies and incentives if you chose to give to participants.

Send a message to community groups, KBG council members, or teachers in your school. Ask your participants to take a designated size poster board and create a message they would like to contribute to a large mural that will be created from all the poster boards collected. The message should be for a tobacco-free community, state, or nation. Select a special occasion to display this huge mural in a special location. Set a deadline for when the entries are to be received. Consider incentives for all the participants.

Special occasions to consider displaying the final mural:

Great American Smoke-Out
Kick Butts Day
World No Tobacco Day

Consider getting media attention of your event by sending out media alerts prior to the event.

Check the KBG calendar of events on the ysmoke.org website for dates of special occasions.

Desired Outcome of Activity

- Increase awareness of the devastation of tobacco use
- Distribute information such as KBG materials
- Recruit new members to the KBG



5. Colors of Life

The Colors of Life provides your group with a way of letting participants the opportunity to display a color that designates they know someone affected by tobacco use and what the affect might be. This project should stimulate conversation amongst participants and helps to spread the message that tobacco has an impact on many lives. Target audience: All ages. Requires: No funding.

This project provides awareness on how widespread affects of tobacco use can be. By asking participants to wear a designated color that will convey what type of affect tobacco has had on someone they know will make the day of your event extremely colorful.

A few days before your event post and announce the list of colors to wear and what they represent. Consider the following:

- Black T-shirt—someone has died from tobacco use
- Red T-shirt—you know someone who is a current smoker
- Yellow T-shirt—someone has emphysema
- Blue T-shirt—someone has lung cancer
- Green T-shirt—someone has throat cancer
- Pink T-shirt—someone has breast cancer
- Brown T-shirt—someone has C.O.P.D. (Chronic Obstructive Pulmonary Disease)
- Grey T-shirt—someone has heart disease

Your message should also include when to wear the T-shirt. The day of the project consider announcing throughout the day statistics associated with each disease. Check out different websites from the KBG's website of resources.

Consider holding this event on the day of an assembly or pep rally and ask participants to sit together with others wearing the same color shirt. Take a picture to go on your school's website on your club's page or place it in your next school news edition with a short story on tobacco related diseases and reasons not to smoke!

Desired Outcome of Activity

- Increase awareness of diseases associated with tobacco use
- Distribute information such as KBG materials
- Recruit new members to the KBG



6.
Exposed

A great and gross way to expose the effect of tobacco use. This will become the most popular T-shirt to wear in your school! Make sure you get permission from the school's administration to wear the extremely graphic T-shirt. Target audience: 7th grade and up. Requires: \$\$ for T-shirts and silk-screening.

Gross out your friends by wearing T-shirt art that graphically shows the effect of tobacco use on the lungs. Have T-shirts silk-screened with a diseased lung on the front and even the back, if your budget permits. Designate a special day for your group members to wear the shirts. Make sure you tie-in an educational message to those viewing the shirt. Consider special announcements or ask teachers to write a message on their boards for the day.

Messages to consider:

Are cigarettes worth the permanent damage to your lungs?
Secondhand smoke causes 3,000 lung cancer deaths every year.
Emphysema is a slow death of suffocation—is that what you want?

Supplies needed:

T-shirts to silk screen
Picture of diseased lung to transfer to a T-shirt

Desired Outcome of Activity

- Increase awareness of the diseases associated with tobacco use
- Increase participation in NOT
- Distribute information such as KBG materials
- Recruit new members to the KBG



7.

Sounds of Death

Want a way to convey the toll that tobacco use has on people. Remember-smoking kills more people than alcohol, aids, car crashes, illegal drugs, murders and suicides combined. This involves a series of announcements throughout the day. You need to coordinate this with your administrations approval. Target audience: 4th grades and up.

Requires: Small amount of \$\$.

Your group will need to meet and coordinate schedules for the day of the project and prepare the supplies for the project. Members will drop BBs into a metal coffee can representing the number of people who die nationwide today from illegal drugs (cocaine-heroin), the number of people who will die today from car crashes, the number of people who will die today from AIDS and then the number of people who will die today from drunk drivers. Finish with a continuous stream of BBs hitting the can for tobacco related deaths for the day.

- 7 BBs—illegal drug use
- 68 BBs—car crashes
- 92 BBs—AIDS
- 287—drunk drivers
- 1292—tobacco related deaths

Consider providing other messages related to the number of deaths associated with tobacco use:

1,200 Delawareans die annually from tobacco use
1,200 die every day, all day
19,100 kids who now smoke will die as adults from their habit
Tobacco is responsible for more than 4,000,000 deaths worldwide every year. That's more than 450 people every hour.

Supplies needed:

- 1746 BBs
- 5 Coffee Cans (metal creates the best sound)

Desired Outcome of Activity

- Increase awareness of statistics associated tobacco use deaths
- Increase participation in NOT
- Distribute information such as KBG materials
- Recruit new members to the KBG



8.

Walk the Walk—Talk the Talk

This is a great community, school-wide or KBG council event. Organize a 5K Walk-Run. Tie in tobacco facts to raise awareness of the participants about tobacco use and the deadly effects. Target audience: Anyone-all ages. Requires: \$\$ for event.

You and your group can organize a Walk-Run. Make sure as you prepare that you address the following recommendations:

- Select a date and advertise heavily
- Select your location and clear use of the area with the proper authorities
- Hire security if required by the school or community site you select
- Organize volunteers to time participants OR
- Hire an official time keeper (this will require funding)
- Request funding well in advance of the event
- Order supplies and incentives well in advance of the event

On the day of the event, have your group members wear specially made T-shirts with the events message. Consider handing out T-shirts with the event message to all participants. Set up a display table that brings awareness to the participants on the effects of tobacco use. If you provide snacks for the walkers/runners, make sure they are healthy snacks!

Supplies needed:

- Display resources
- T-shirts (If the group selects to give to participants)
- Healthy Snacks
- Water

Desired Outcome of Activity

- Increase awareness of tobacco use
- Distribute information such as KBG materials
- Recruit new members to the KBG

Resources for the display table are available from the American Lung Association of Delaware—1-800-LUNG-USA.



9.

Quote of the Day

*A perfect opportunity to spread the KBG message—"tobacco use— a slow suicide" stop and consider what you are doing to your health. Target audience: Anyone-all ages.
Requires: No funding.*

Select a day to promote your group's message. You can consider using the KBG's slogans or create your own. Coordinate with your school's administration on when and how you will present the "quote of the day".

Suggested quotes:

"If we can teach a 12-year old to understand the dangers of tobacco use, we have quite possible kept him tobacco-free for life."

Deborah P. Brown

Vice President Community and Advocacy,
American Lung association of Mid Atlantic.

"There is no such thing as a safe level of secondhand smoke, ever."

Surgeon general of the United States, June 2006

"Why would anyone want to inhale rat poison, ammonia and over 4,000 other chemicals? Because that's what you do when you smoke..."

KBG member (14)



10.

1 in 3

One out of every three youth will die prematurely from tobacco use. That's one too many! This project is designed to increase awareness on why kids should not initiate tobacco use. Your group can tie in other facts related to tobacco use, but the prevailing message should be "1 in 3 will die". Target audience: 7th grades and up. Requires: No Funding.

Determine the total number of students attending your school—your attendance or main office should have the count. Then with your group on cardstock or regular 8 ½ X 11 paper place a large X. Repeat this until you have a representation of 1/3 of the population at your school. Then before students arrive for school on the designated day of the event tape the X's randomly to lockers throughout the school. Announce that the recipient of the X must bring this with them to either an assembly or pep rally. Ask this group to sit together and announce that they represent the 1 out of 3 that will die prematurely from tobacco use. Make sure you do this at an event where the entire student body is present to achieve the BIG IMPACT!

OR

At your next basketball home game hand out white papers with red papers randomly mixed in. Right before the National Anthem, the KBG members will ask the entire crowd to stand up, hold their papers in front of them, and then explains that those marked with a red paper represents the 1 in 3 Delaware youth that will die prematurely from tobacco each year. Then he/she asks for 60 seconds of silence in memory of them. Use these opportunities to set up a display that will aid in increasing awareness. Consider recruiting new members into the KBG.

Remember to keep your audience in suspense until your announcement is made. To add to the fun place a special message or an X on several of the papers and ask the recipient to retrieve their prize at your display table.

Supplies needed: Paper, Resources for display table, incentives if you are rewarding random participants

Desired Outcome of Activity

- Increase awareness of 1 in 3 statistic
- Distribute information such as KBG materials
- Recruit new members to the KBG

Resources for the display table are available from the American Lung Association of Delaware—1-800-LUNG-USA.



11.

Day of Death or Ring of Death

These projects can be combined or held separately. The intent is to raise awareness that continued tobacco use can eventually lead to death. Target audience: 5th grades and up. This will require approval from the school's administration or your community center's director's approval. Requires: No Funding.

Group members should agree on the appropriate day to stage this activity and the number of deaths they want to acknowledge for the activity. It is recommended that you chose a number that represents the amount of time at school and the number of people that die during that time-frame. You can choose the number of Delawareans that die that day or the number nationwide; which ever you believe will deliver your message.

Once agreed upon make arrangements with the American Lung Association of Delaware to borrow the Grim Reaper costume. And make sure you get permission from your principal or director. At a designated time during the day the Grim Reaper will pay visits to random class rooms and write a message on the board (this should tie in with the number of deaths that will occur that day due to tobacco use). The Grim Reaper can also choose to select random students (one from each class), collecting enough students to represent the number your group agreed upon.

The students collected will be taken momentarily to a designated area and will be given white faces or T-shirts that indicate they represent a statistic related to the number that will die today from tobacco use. They are asked to remain this way for the remainder of the day so that other students receive the message.

12.

Ring of Death

This can be tied in with all of the above activities. Each time the Grim Reaper arrives at a class room a member accompanying the Grim Reaper will ring a bell.

Supplies needed:

- Grim Reaper Costume
- White Face Paint
- T-shirts with message imprint
- Incentives for students selected by Grim Reaper

Desired Outcome of Activity

- Increase awareness of statistics associated with tobacco use
- Increase participation in NOT
- Distribute information such as KBG materials



13.

QUICK AND EASY ACTIVITIES

Death Clock
Tobacco Trivia
Announcements & Videos
Karnival

Death Clock

Contact the American Lung Association and acquire a set of numbers that can be posted throughout the day. This is based on the World Health Organization's statistics:

The Global Death Clock began ticking on October 25, 1999. On that day, negotiations began in Geneva, Switzerland, on the World Health Organization's International Framework Convention on Tobacco Control. The Death Clock is a reminder that more than 7 people die every minute, even as our governments work toward controlling the global tobacco epidemic...**For more information, go to www.tobaccofreekids.org**

Click on Global Initiatives and start your clock with the stat listed at the time you log on. On the day of your event start adding 7 every minute or calculate how many to add every hour and make sure your members help keep the clock current and accurate throughout the day.

Tobacco Trivia

This can be played over a week's time, in one classroom period or during a Lunch and Learn. Have a series of tobacco trivia questions prepared and ask them during the designated time frame. Award prizes for correct answers.

Announcements and Videos

Take advantage of your school's PA system, or video (TV) capabilities and increase awareness through these mediums. The messaging can be a creative way for your group to increase awareness of their meeting days and times and can help to increase membership in the KBG.

Karnival

Karnival is a ready-made series of tobacco games and challenges that help educate youth on the dangers of tobacco use. Made possible by the Division of Public Health's Youth Tobacco Control Contract and funded by the Delaware Health Fund Karnival is available as a whole unit or as individual games. Contact the American Lung Association for details. 1-800-LUNG-USA.