

# CRUSH

anti-ash brigade newsletter for delaware youth



## THE ANTI-ASH BRIGADE (AAB) IS GROWING

Do you have an AAB group in YOUR school? It's easy! Calling all teachers, school nurses, counselors, even volunteers... you are invited to contact Sheri Towner Gabrelcik at the American Lung Association to learn more about protecting the children in your school from the dangers of tobacco!

1-800-LUNG-USA  
www.ysmoke.org

Welcome to CRUSH,  
the voice of the Anti-Ash Brigade.

We are a Delaware youth movement for kids 8-11, committed to promoting the understandings of the dangers of tobacco.

**BE SMART,  
DON'T START!**

CRUSH

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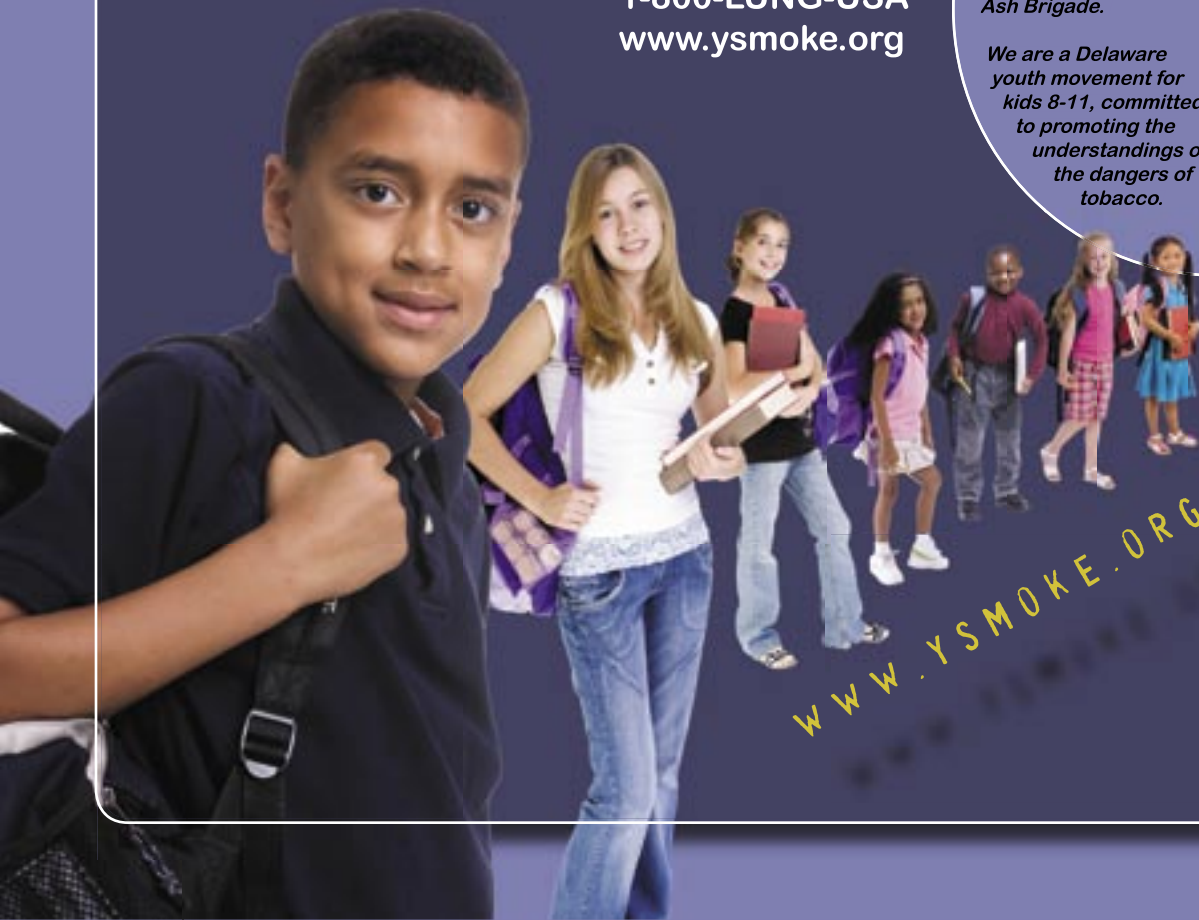
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**ANTI-ASH BRIGADE:**  
Kids playing and staying tobacco-free!



WWW.YSMOKE.ORG

# KIDS PAGE

Smoking a cigarette shortens your life by 5 to 8 minutes!

## DID YOU KNOW?

Each cigarette smoked takes 5 to 8 minutes of your life away? Is it worth it?

Name 8 other things you can do in 8 minutes:

(For example, make and eat a ham sandwich! Draw a cool picture; Call a friend on the cell phone; build a Lego tower; pop some popcorn! Play with your dog; Play Guitar Hero! Eat an ice-cream!)



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

Send your ideas to Miss Sheri at the American Lung Association: [sgabrelcik@lunginfo.org](mailto:sgabrelcik@lunginfo.org).

Source: <http://www.emints.org/ethemes/resources/s00001011.shtml>

## RESPIRATORY ALERT!!!

Smoking can cause lung cancer, emphysema, bronchitis and other respiratory infections.

Label the parts of the respiratory system as you follow a molecule of air from the nasal cavity all the way to the alveoli.

Cigarette smoking can damage all these parts.

### NASAL CAVITY

Where air first enters the body, through the nose.

### TRACHEA

Air continues down this tube into the bronchi.

### LUNGS

Smoking can damage these turning them black.

### BRONCHI

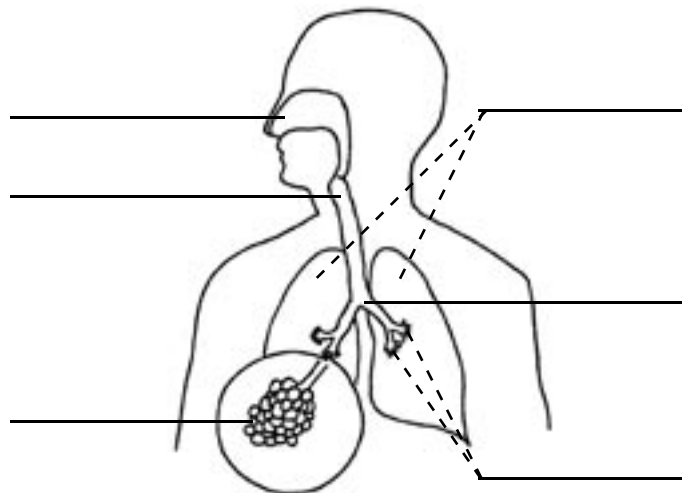
Branches off the trachea, leading into the lungs.

### BRONCHIOLES

Small branches off the bronchi. These lead into the alveoli.

### ALVEOLI

The smallest part of the lungs where oxygen is sent to the rest of the body.



Source: Utah's Department of Health



Smoking can make you very ill!  
It also pollutes the air!

## ANTI-ASH BRIGADE WORD SEARCH

Being tobacco-free is the only way to be! See if you can find the following tobacco items in this puzzle. The words may be found *across, up, down, or diagonally*. Good luck!

<b>TOBACCO</b>	N P R Q S U T O B A C C O L A B C Y G U L V
<b>SPIT</b>	S T C I V Y J I U T L F K T P D L M J S T I
<b>SMOKE</b>	P D T O B R E L D C A V I T I E S T U M H G
<b>COUGH</b>	I B J H U V O B R X M E M N L K S Z P O C M
<b>PUFF</b>	T H L A B G P M C U Y I S L C N F O K K I O
<b>CANCER</b>	R S T B M C H D K D T G P T S D L G S E G A
<b>STINKY</b>	J G O P S C N M A D I T L C I P J M O D A H
<b>CAVITIES</b>	C A N C E R T O R W E P M F H N E W X C R L
<b>POLLUTION</b>	B O E M N T W R P B D U Z D F I K D G A E L
<b>CIGARETTE</b>	M N E R T O C G H K S F M C R P N Y W Q T Z
	P O C U M P R T U D B F R W S L K D D M T E
	C F G H A P O L L U T I O N D X E Y J D E X

Check out your answers at [www.ysmoke.org](http://www.ysmoke.org), click Anti-Ash Brigade.

### WHAT ELSE COULD YOU GROW?

Cigarettes are made from tobacco, which is grown in fields. People are starving all over the world. If the land used to grow tobacco was used to grow food instead, we could feed another 10 to 20 million people! What do you think is the better thing to grow?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Make a list and email it to Miss Sheri:  
[sgabrelcik@lunginfo.org](mailto:sgabrelcik@lunginfo.org).



# CIGARETTES AND THE ENVIRONMENT

Cigarettes aren't just bad for our health. They are bad for the environment, too!

Think of the amount of paper that goes into making each cigarette. More than 3 million kids under the age of 18 smoke. That's a lot of cigarettes – and that means a lot of trees are cut down to make those cigarettes – That paper can never be recycled!

Look around outside. There are cigarette butts everywhere! Do you know that it takes more than 5 years for a cigarette butt to biodegrade? That means that it takes at least 5 years for the cigarette butts to break down, unless someone cleans them up. Gross!

Source: [www.tobaccofreekids.org](http://www.tobaccofreekids.org).



More than 3 million kids under the age of 18 smoke.

## WHAT OUR SCHOOL NURSES ARE SAYING!

"In my 14 years as a school nurse, I have cared for hundreds of students who have to manage their asthma, or diabetes, or food allergies. One thing is for sure - teaching children about the dangers of tobacco in elementary school will help keep them off tobacco products as they mature."

— Susan Hoffmann RN, MSN, NCSN,  
School Nurse at W.B. Simpson  
Elementary School in Wyoming, DE



# KIDS ANTI-TOBACCO KARNIVAL . . . BRING ON THE FUN!

Hey Kids – ask your teacher or school nurse to bring the Kids Anti-Tobacco Karnival to YOUR school!

This fun, tactile, tobacco prevention and control teaching tool is perfect for children in grades 2- 6.

**IT'S FABULOUS! IT'S FUN! IT'S FREE!**

### Karnival FAST FACTS

- Kids LOVE the Karnival
- 1,890 Delaware school kids have enjoyed the Karnival so far
- Over 229 Kick Butts Generation (KBG) teens have been trained to run the Karnival Games
- Kids compete and learn at the same time

Book your Karnival NOW...  
[www.ysmoke.org](http://www.ysmoke.org)  
or call 1-800-LUNG-USA



# PARENT PAGE

## HOW MOMS AND DADS CAN PROTECT THEIR CHILDREN FROM SECONDHAND SMOKE:

- Never smoke during pregnancy or around infants.
- Always take your smoke breaks outside — away from kids and anyone who's pregnant.
- Never smoke in your car with kids — exhaling out the window does little, if anything, to reduce their exposure.
- Insist on smoke-free policies wherever kids go — school, day care, restaurants, etc.
- Ask visitors to your house to refrain from smoking
- Ask your doctor about the health risks to your children if they spend time in a home with a smoker.
- If a child does live with a smoker, ask that this be noted on their medical records. This will be useful information if the child develops health problems in the future.

Sources: [kidshealth.org](http://kidshealth.org); [montana.edu](http://montana.edu), [children.webmd](http://children.webmd)



Protect your child from secondhand smoke!

## SECONDHAND SMOKE KNOW THE FACTS:

Unfortunately, even if you don't smoke, you can still get sick from tobacco smoke. If you breathe the smoke from another person's cigarette, it's as bad as if you were smoking the cigarette yourself! This smoke is called secondhand smoke and it kills hundreds of people each year. If your parents smoke, you have a greater chance of getting ear infections, asthma, bronchitis, and tonsillitis.

### Secondhand smoke can also:

- Cause pets to suffer – Cats can get leukemia and dogs can get enlarged hearts.
- Cause wheezing, coughing, colds, earaches and asthma attacks.
- Ruin the smell and taste of food.
- Cause reddening, itching, and watering of the eyes.

Be the first kid you know to say 'no' to secondhand smoke!

## DELAWARE'S OTHER TOBACCO PREVENTION AND CONTROL PROGRAMS FOR YOUTH

### KICK BUTTS GENERATION (KBG)

The KBG is a youth movement for middle and high school children committed to tobacco prevention and control initiatives throughout Delaware. [www.ysmoke.org](http://www.ysmoke.org)

### TEENS AGAINST TOBACCO USE (TATU)

TATU is an American Lung Association tobacco education program designed specifically for Delaware teens as a peer-mentoring program. 1-800-LUNG-USA

### THE ANTI-ASH BRIGADE (AAB)

Kids playing and staying, tobacco-free.



### NOT ON TOBACCO (N-O-T)

N-O-T is a user-friendly, 10-step school/community-based smoking cessation program for Delaware teens. 1-800-LUNG-USA

### THE AMERICAN LUNG ASSOCIATION IN DELAWARE

1021 Gilpin Avenue, Suite 202  
Wilmington Delaware 19806  
1-800-LUNG-USA  
[www.ysmoke.org](http://www.ysmoke.org)

THESE PROGRAMS ARE MADE POSSIBLE BY THE DELAWARE DIVISION OF PUBLIC HEALTH'S YOUTH TOBACCO PREVENTION CONTRACT THROUGH SUPPORT FROM THE DELAWARE HEALTH FUND.



# 5 WAYS TO STAY HEALTHY

## 1. PLAY OUTSIDE!

Climb a tree; play ball; skateboard (where it's permitted)



## 2. TRADE-IN COOKIES FOR FRUIT!

Try to eat an apple or an orange instead of that Oreo or chocolate chip cookie



## 3. WALK FAST (BUT DON'T RUN IN SCHOOL!)

Your heart likes it when you walk at a fast pace!



## 4. DRINK MORE WATER AND MILK!

Instead of soda or Kool-aid. Water hydrates your body and milk gives you the calcium you need.

## 5. ONE HOUR LIMIT FOR VIDEO GAMES!

After that, try exercising or reading a book. Your brain will thank you!



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in Delaware

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Suite 202  
Wilmington DE 19806

302 655 7258  
302 655 8546 fax

1 800 LUNG USA

[www.alade.org](http://www.alade.org)  
[www.ysmoke.org](http://www.ysmoke.org)

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