

# Suggested Resources for Tobacco Education Materials and Activities

This is a list of some materials and resources that have been used by or suggested by local tobacco education professionals. It is by no means an exhaustive list of all possibilities that you may wish to consider. Links to websites are provided that may be of use to you as you prepare your application. Inclusion in or exclusion from this list is not an indication of the Athens Tobacco Prevention Coalition's acceptance of that vendor. Many items are available from multiple suppliers. Feel free to search other suppliers for new and innovative ideas.

## Sources for Demonstrations/Models, etc

**HEALTH EDCO • [www.healthedco.com](http://www.healthedco.com)**



### **Life Or Death Lungs Model Set**

**NEW!** These BIOLIKE 2™ lungs give viewers a shocking, graphic view of the damage smoking causes. The healthy lung is pink and free of abnormalities. In contrast, the diseased lung is black, has a large grayish-white cancerous mass, and is covered with spongy bubbles caused by emphysema. Sure to make a lasting impression. Healthy lung is 5" x 8 ½" x 4"; diseased lung is 5 ½" x 8 ½" x 5". \$199.00

### **The Tarminator™**



Designed to deliver the same "punch" as our other smoking machines without the messy clean-up or smoke odor, The Tarminator is perfect for demonstrations in which using an actual cigarette is impractical or is not permitted. The user starts by pumping clean water through The Tarminator's filter unit, demonstrating how unpolluted air leaves no deposits on the lungs. For comparison, a special tar mixture is then pumped through the unit, staining The Tarminator's filter a dull brown. This shows how lung tissue absorbs the tiny particles in cigarette smoke. After demonstrating, the stained filter can be passed around for closer examination. Comes with 50 filters, tar mixture, and instructions. 7 ½" x 21 ¼" x 4 ¼". \$269.35



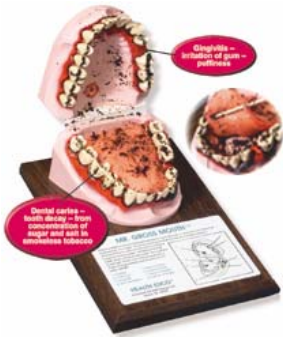
### A Pack of Toxic Tar Display

Many people give little thought to the amount of dangerous tar found in cigarettes. This realistic display contains two removable cigarettes filled with goopy tar. The tar in these two cigarettes represents the amount of toxic tar that a smoker receives from smoking one pack of cigarettes. Display is 2 1/8" x 7/8" x 3 5/8". \$32.50



### Smoker's Foul Mouth

NEW! A great companion to Mr. Gross Mouth, this handpainted model graphically displays what cigarette smoking can do to the mouth. Detailing a variety of harmful effects, including gum disease, tooth decay, lip cancer, and more, this unique model includes two removable tongues. One tongue depicts hairy tongue, and the other portrays leukoplakia and tongue cancer. Mouth is mounted on handpainted model of the lit end of a cigarette. 7" x 5 1/4" x 7". \$141.75



### Mr. Gross Mouth

This hinged model of the teeth, flexible tongue, and oral cavity shows the effects of smokeless tobacco. Hand-painted model is mounted on a wooden base. One of our most popular products with teens. Comes with a bottle of simulated tobacco juice. 6" x 8" x 4". \$115.00



### A Year's Worth of Tar

This graphic, sealed exhibit, which contains a cigarette package and cigarette butts submerged in goopy "tar" represents the amount of the carcinogenic liquid that smoking one-half a pack per day for one year would put in your lungs. 5 1/4" x 5 1/2" x 3". \$58.00

***Continued...***

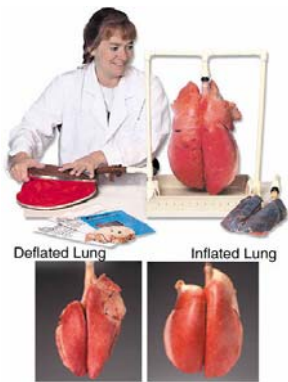


### Clem's Phlegm Model

Graphically demonstrating one of the nasty consequences of smoking, this attention-getting, sealed jar contains about 2 weeks of the phlegm that would be coughed up by a smoker with COPD. Great discussion starter for any anti-smoking lesson or program. \$60.90

**NASCO** • [www.enasco.com/healtheducation/](http://www.enasco.com/healtheducation/)

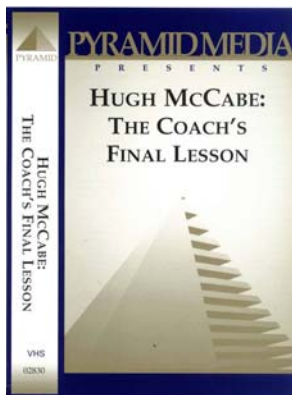
### BioQuest® Inflation Lungs Comparison Kit



This inflatable lung comparison kit is designed to demonstrate the effects of prolonged smoking. It utilizes the BioFlex preserved lungs from the Inflation Lung Kit (LS03765G) and the BioFlex preserved lungs from the Simulated Smoker's Lungs Demonstration Kit (LS03767G) to demonstrate to students the differences in color and texture of smoker's and non-smoker's lungs. The BioQuest® Comparison Lungs Kit includes an inflation rack and tray; air pump; one pair of reusable, normal inflatable swine lungs with guide; one pair of Simulated Smoker's Lungs with guide; and one section of dried swine lung. Grade 6 and up. \$295.95

### Sources for Videos, etc

**PYRAMID MEDIA** • [www.pyramidmedia.com](http://www.pyramidmedia.com)



### Hugh McCabe: The Coach's Final Lesson

VHS English \$99.00

Hugh McCabe, junior high teacher and coach, and victim of lung cancer after years of smoking, tells his story as a final lesson on the effects of smoking.

**Smoking: Truth or Dare?**

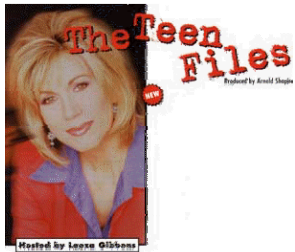
Grades 4 - 12, Adult      52 Min.      149.95

--or--

**Smoking: Truth or Dare? (School Version) [cc]**

Grades 4 - 12, Adult      34 Min.      149.95

**The Teen Files**



Six thousand American teenagers light a cigarette for the first time every day. Today, the number of teen smokers in the United States is the highest it's been in two decades. A total of four and a half million teens smoke or chew tobacco. Despite increased education in the classroom about the very real dangers of tobacco use, many teens still are not getting the message. They may be aware that smoking or chewing tobacco has dire consequences, but they do not believe or care that they, too, will become part of the statistics: every year, smoking kills more people than AIDS, drug abuse, car accidents and murder-combined. Smoking: Truth or Dare, recently broadcast on national television, is a powerful program that graphically demonstrates to teens who use tobacco exactly what this deadly habit is doing to them. The damage smoking or chewing tobacco does to their bodies is not just something intangible that they might have to face forty or more years down the road. These young people are suffering the deadly effects of their tobacco use right now, and the consequences will only get worse.

**Secondhand Smoke: Just Say Know**

Grades 4 - 8      11 Min.      129.95



In an engaging peer-to-peer presentation, an ethnically diverse group of young people addresses the toll Environmental Tobacco Smoke (ETS) can take on a child's breathing and immune systems. The types of poisons and carcinogens contained in cigarette smoke are detailed as well as how these chemicals can aggravate allergies, asthma, and ear infection in a growing child. A medical doctor presents practical evidence of the harm ETS can do and young viewers are encouraged to protect their health in clips that show different ways of asking people (including parents) not to smoke near children.

**Teen Files Flipped: Tobacco** [cc]  
Grades 6 - 12, Adult 21 Min. 149.95

### THE TEEN FILES FLIPPED



Following the award-winning, uncompromising Teen Files series comes another in-your-face series geared to teens: The Teen Files Flipped. In this program, The Teen Files Flipped: Tobacco we explore the themes of addiction and the dangers of tobacco through the lives of two ambitious teenagers. Kyle, a self-proclaimed “nicotine freak” dependent on smokeless tobacco, hopes to become a professional baseball player, while Ashlee, a chronic cigarette smoker, hopes to make it as an actress in Hollywood. Each of them is unconcerned about their virulent habit, declaring themselves to be “invincible”. For 24 hours, reality is controlled and belief is suspended as these two teenagers find their worlds upended and “flipped”. Believing they’ve won an opportunity to live out their fantasies, they instead discover the destructive realities of tobacco as they watch their lives go up in smoke. This reality-based program brings a new twist to teaching students about the dangers of tobacco. An Arnold Shapiro/Allison Grodner Production. VHS video cassettes of this program may be purchased for private home use.

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**HUMAN RELATIONS MEDIA (HRM) • [www.hrmvideo.com](http://www.hrmvideo.com)**

### **No Ifs, Ands, or Butts: Smoking Kills**

Grades: 7 - College Price: \$189.00 \$139.95



Hairy tongue, head and neck cancers, lung cancer, tar, phlegm, bad breath, yellow teeth, wrinkled skin, people with laryngectomies and many other sights and sounds are presented in this definitive look at the ravages of tobacco. Teen viewers discover that they are prime targets of tobacco advertisers who need new young customers to replace the older ones who have died from the many tobacco-related diseases. Video introduces viewers to young victims such as twenty-year-old Michael Carmichael who lost half of his leg due to a tobacco related disease and his inability to quit smoking. Program also alerts teens to the newest tobacco dangers of herbal cigarettes and bidis that attract teens with special packaging that makes this product look appealing. After viewing this video, students will come away with a lasting impression that tobacco use only leads to death and disease.

## How I Quit Smoking and Saved My Life

Grades: 7 - College

Price: \$189.00 \$139.95



Based on Community Intervention's nationally recognized TAP cessation program, which has been proven effective in reducing teenage smoking, this inspirational, fast paced drama follows Jenny, a typical teenager who is trying to quit smoking. Through Jenny's eyes we learn first hand just how hard it is for her and other teens to break their addiction to both nicotine and the smoking culture they unwittingly adopted. Sure to encourage a lively debate in your classroom, this is not a video that turns smokers into villains; rather it offers them an encouraging message of hope when it comes to breaking the addiction chains around their necks. At the same time, non-smokers will learn how important their support can be to friends who are trying to quit. This video and accompanying teacher's resource book can be used effectively alone or as a part of a larger smoking cessation program.

The video and print package emphasizes:

- The short and long term effects of smoking
- Coping strategies to combat tobacco triggers
- Pitfalls to be expected during and after quitting
- Individual choices of quitting smoking

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### **Sources for Brochures, etc**

**Journey Works Publishing**      <http://www.journeyworks.com/>

**ETR Associates**      <http://www.etr.org/>

**State of Health Products**      <http://www.buttout.com/>

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### **Sources for FREE Materials**

These agencies and organizations will provide FREE materials, often in small quantities to teachers and public health groups. Check out their websites for more information.

#### **CDC, Office on Smoking and Health (OSH):**

[http://apps.nccd.cdc.gov/osh\\_pub\\_catalog/PublicationList.aspx](http://apps.nccd.cdc.gov/osh_pub_catalog/PublicationList.aspx)

#### **Substance Abuse and Mental Health Services Administration**

Check out the "Tips for Teens" series:

<http://ncadistore.samhsa.gov/>

***Some Athens Tobacco Prevention Coalition Partners also have some educational materials available in small quantities. Contact one of us with additional questions.***

**American Cancer Society**

[www.cancer.org](http://www.cancer.org)

Local Office: **706-549-4893** – Contact: Ashley Morrow

[Ashley.Morrow@cancer.org](mailto:Ashley.Morrow@cancer.org)

**Tobacco Use Prevention Program,  
Northeast Health District (Georgia Division of Public Health)**

706-583-2785 – Contact: Derrick Gable

[drgable@dhr.state.ga.us](mailto:drgable@dhr.state.ga.us)

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**Websites for Tobacco Information and Educational Activities**

The Truth Campaign – the original anti-tobacco educational campaign.

**[www.thetruth.com](http://www.thetruth.com)**

Tobacco.org – large site of tobacco news and links

**[www.tobacco.org](http://www.tobacco.org)**

CDC’s Office on Smoking and Health

**[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)**

The Campaign for Tobacco Free Kids – excellent source for fact sheets and data

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

Office of The Surgeon General of the United States – various reports on tobacco and smoking.

**[www.surgeongeneral.gov](http://www.surgeongeneral.gov)**

YouTube – not what you would think of when you think about tobacco education? Do a search for “tobacco commercials” or “smoking commercials” – be sure to look for the old Flintstones’ Winston TV commercial!

**[www.youtube.com](http://www.youtube.com)**

The Tobacco Atlas – from the World Health Organization

**[www.who.int/tobacco/statistics/tobacco\\_atlas/en/](http://www.who.int/tobacco/statistics/tobacco_atlas/en/)**

The Scoop on Smoking: What Every Teen Should Know (American Council on Science and Health)

**[www.thescooponsmoking.org](http://www.thescooponsmoking.org)**

STEP Up NC – From North Carolina’s Tobacco Use Prevention Program – an excellent source of tobacco & smoking related activities. Check out the “BB Activity” – works great in small groups or small-medium classrooms!

[www.stepupnc.com/do/activities.shtm](http://www.stepupnc.com/do/activities.shtm)

American Academy of Family Physicians – TAR WARS

[www.tarwars.org](http://www.tarwars.org)

**ACTIVITIES BOOK:**

[www.tarwars.org/PreBuilt/TobaccoEducationExperimentsAndActivities.pdf](http://www.tarwars.org/PreBuilt/TobaccoEducationExperimentsAndActivities.pdf)

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***If you are looking for additional information, contact:***

**Derrick R. Gable, M.Ed., CHES**

Tobacco Use Prevention Program Coordinator

Northeast Health District (Georgia Division of Public Health)

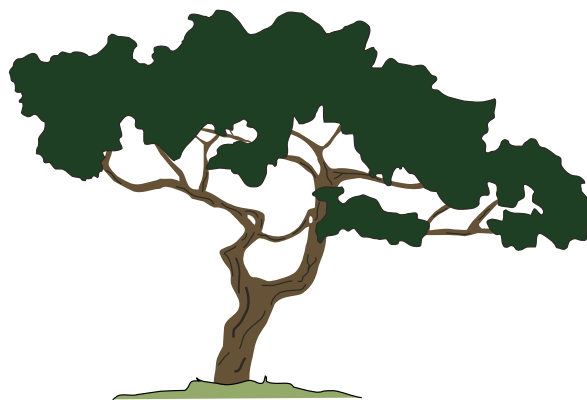
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*Athens Tobacco  
Prevention Coalition*