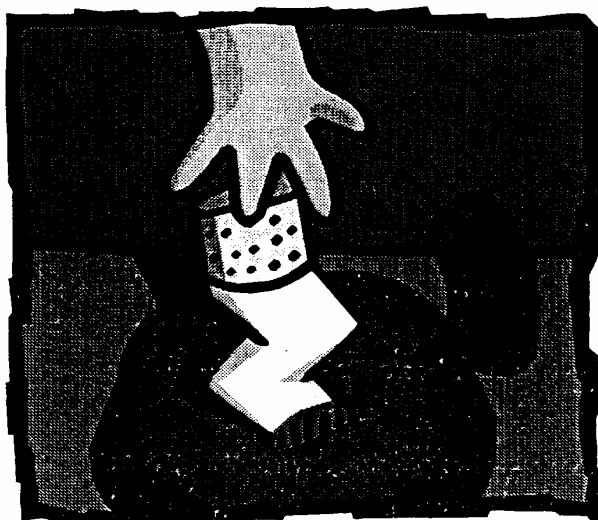


Kick Butts Day Dance!



An Informational Packet on the Kick Butts Day
Dance

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Tobacco Rap:

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"Listen to me, I'll tell you the facts. Smoking ain't for the COOL CATS.

When you smoke, who knows you might choke, so, don't smoke those cigarettes.

Smoking gives you bad breath. If you're not careful, it leads to death.

Smoking is very bad for your health and when you lose your wealth. I'll tell you simply...

When you smoke a pack a day, that's one thousand bucks down the drain.....One thousand bucks!

Imagine all the things you could do. Imagine all the presents your parents could buy for you.
Buy for YOU!

When you smoke a pack a day, you won't be able to run and play.

Ever wonder what smoking can do, to your friends and you? Clothes that smell, teeth that are yellow, and even worst things that I shouldn't tell.

So if you wanna be a COOL CAT, listen to me, I'll tell you that...DON'T SMOKE!"

Trivia Questions for DJ:

- How many chemicals are in cigarettes?
Over 4,000
- Name three every day items that contain the chemicals in cigarettes.
Car exhaust, nail polish remover, toilet bowl cleaner, moth balls disinfectant, rat poisoning, vinegar
- How many drops of nicotine will kill the average adult?
One
- About how many non-smoking teens refuse to choose smokers as their best friends? 4 out of 5? 2 out of 5? Or 1 out of 5?
4 out of 5
- Does smoking help you lose weight?
No
- What is the leading preventable cause of death in the United States?
Tobacco
- Give two reasons not to smoke
Health, bad breath, effects physical performance, cancer, money wasted, etc.
- How is athletic performance affected by smoking?
Amount of oxygen to the muscles is reduced, so the heart beats faster and less blood is pumped with every beat....so performance is hampered.
- Why is it so hard for people to quit smoking?
Addiction to nicotine

True or False?

- Over 4000,000 people die each year from smoking related disease.
True
- Teens who smoke are 3 times more likely than non-smokers to use alcohol and 8 times more likely to use marijuana.
True
- Smoking is Cool.
False
- More than half of all smokers begin smoking by age 14 and 90% begin by age 19.
True
- Advertising does not affect kids when it comes to smoking.
False. Advertising is a key factor in teen smoking.
- There is a cure for lung cancer.
False. There is no cure for lung cancer. 9 out of 10 lung cancer victims die within 5 years.
- It is estimated that every cigarette a person smokes takes about 12 minutes off their life.
True
- Smoking is not harmful if you only smoke one cigarette a day.
False
- The nicotine in tobacco products is addictive in the same way that heroin and cocaine are addictive.
True
- Students who own cigarette promotional gear are 4 times more likely to be smokers compared to those who do not own cigarette promotional items.
True

What Is the Physical Effect of Smoking?

Station I

Materials needed:

Overhead projector
Overheads with tobacco information and charts
Lab coat and glasses for presenter
Straws

Script:

- Take some deep breaths. Notice how easy it is to breathe. This is a benefit that smokers do not experience.
- Breathe through this straw. How does it feel? This is how it feels to be a smoker.
- Now do some exercises: jumping jacks, jogging, dancing, whatever. Only breathe through the straw. How does it feel? It feels this way because you are not getting enough oxygen. Smokers have a lower level of lung function than a nonsmoker. Their heart beats faster to try and get enough oxygen in the blood that goes to the muscles. That is how smokers feel.
- You have experienced this for only a few minutes. Can you imagine feeling that way all the time?

- Go over information on overheads.

Ingredients in Cigarettes

Station II

Materials needed:

Bright colored cards with the following ingredient names listed on them

Acetone
Formaldehyde
Cadmium
Acetic Acid
Naphtalene
Nitrous Oxide Phenols
Ammonia
Hydrogen Cyanide
Carbon Monoxide

Items that contain the ingredients for display on a table:

Nail polish remover
Matchbox car (to represent cars)
Rat poisoning
Toilet bowl cleaner
Disinfectant
Moth balls
Vinegar
Rechargeable batteries

Have on the side out of sight, for the ingredient listing discussion:

Makeup
Lotion
Powder
Cigarette pack

Script:

- Most people know that tobacco and nicotine are ingredients in cigarettes. Did you know that an injection of one-drop of pure nicotine will kill an average sized man? Cigarettes contain small amounts of nicotine. Too small to kill you, but it will make you addicted, make your heart beat faster and can make your hands shake.
- Most people think that tobacco and nicotine are the only ingredients in cigarettes. Well, they are totally wrong. There are over 4,000 different chemicals in cigarettes.
- Some of these chemicals are cancer causing, some of these chemicals are found in everyday household items.
- Go through the items that are on display. Have kids match the cards to the household items:
For example:

Nail polish remover – acetone
Matchbox car (to represent cars_ - carbon monoxide
Pat poisoning – hydrogen cyanide
Toilet bowl cleaner – ammonia

Disinfectant – nitrous oxide phenols
Moth balls – naphthalene
Vinegar – acetic acid
Rechargeable batteries – cadmium

Script Continued:

- Read the side of the mothball box: "Fatal if inhaled"
- The point I want to make is: Do you want to breathe in frog preserver, mothball, and rat poison and toilet bowl cleaner??
- Now I need four volunteers.
- Hand out make up, lotion, and power. Have the volunteers read the ingredients. Now hand out the cigarette box. Ask the volunteer to read the ingredients.....**There is none!**
- **Discussion Questions**
Why this might be? \$\$\$, tobacco lobbyists, big tobacco business, etc.
How do you feel about that?
What can we do about this??

**BB Demonstration
Station III**

Materials needed:

Metal kettle or pot
Metal bb's
Prescription drug container with 16 bb's inside
Beer bottle with 342 bb's inside
Large box designed to look like a cigarette package with 1,180 bb's inside

Script:

- We all know tobacco is harmful to our health, but few of us really understand just how harmful it is. To give you a new perspective on the problem of tobacco, I'm going to ask you to think about death.
- I have a metal BB here. Now listen to the sound it makes hen I throw it in this kettle. (*Toss the BB in the kettle*)
- Let the sound of one BB represent death – Close your eyes – (*toss BB in kettle*) – Think about someone you know who died.
- First, let's think for a moment about hard drugs – cocaine and heroin. You think they're bad? They are. They'll kill you. Close your eyes.....Here's how many people will die from a drug overdose everyday in this country. (*pour 16 BB's slowly into the kettle*) That represents 16 people who will die everyday from these drugs. (That is about 700 people a year.)
- Now what about alcohol? Do you think alcohol is bad for you? It is. It can kill you. Not usually right away, but slowly over time. Here's how many people will die from alcohol everyday. (*Pour 342 BB's slowly into the kettle.*) That's 342 people every day. (125,000 every year)
- Now tobacco – listen to how many people tobacco will kill today and everyday in this country. (*Pour 1,180 BB's slowing into the kettle.*) That's 1,180 who die every day and are dying right

- Now... (430,000 people every year.) Add another 53,000 deaths if you want to include environmental tobacco smoke.
- Three out of four people who are dying from tobacco today started to smoke before they were 18 years old. About half started before they were 13 years old. Tobacco kills. It won't kill you today or tomorrow like hard drugs can. But think about this...the tobacco industry must recruit 5,000 new smokers every day to replace those who have quit or died. And they're trying to target kids.
- Remember, tobacco is the only legal consumer product in the United States today that, when used as intended, will kill you.
- So, don't be a BB and don't let your family or friends be BBs either."