



## Success Story

The BLAST (Building Leadership and Action in Schools Today) team from Oliver School in Edmonton brought in a variety of speakers for a mini-health fair. A dental hygienist who talked about the harmful effects of using spit tobacco. She talked not only about the various cancers you could get in the mouth after only a few years of using spit tobacco, but also about how disgusting it is with that gross brown juice running down your chin and bits of tobacco stuck between your teeth.

For more information on BLAST visit:

[www.blastonline.com](http://www.blastonline.com)

More tobacco reduction information can be found on pages 16, 17 and 46 to 49 of the 2006 *Healthy Active School Community Resource* at [www.everactive.org](http://www.everactive.org).



# Tobacco Reduction

## Live Outside the Ordinary – Extraordinary Tobacco Reduction Activities

### Schools Can:

- Use these activities to help prevent or reduce tobacco use among students.
- Send the Trivia Questions: The Truth About Spit Tobacco in Activity #2 home for families to complete together.
- Promote Activity #1 displays at Meet the Teacher nights and school performances; provide the display to community organizations that might wish to use it.
- Support student learning in Physical Education and Health.

### Families Can:

- Use these tobacco reduction activities in the home to start the conversation about tobacco use.
- Encourage their children's sport organizations to adopt a tobacco reduction policy and engage in activities such as Activity #2, "Shoot the Chew".

### Communities Can:

- Borrow the school display from Activity #1 and place it in visible areas of leisure centres, community halls and civic centres.

## Activity #1 – Spit Tobacco Ingredient Display

Consider creating a spit tobacco ingredient display. This is a great youth activity!

Once constructed, the ingredient display provides a very powerful, visual message. The display can be rotated through your school community, placed in lobbies or areas of steady traffic flow such as school hallways or grocery stores. Be sure to request permission to set up the display.

Here are some helpful facts that can aid in the construction of the display. Since youth are helping with the display, maximize the opportunities to teach them about the harmful effects of spit tobacco.

### Chemicals Found in Spit Tobacco

- Polonium-210 (nuclear waste)
- N-Nitrosamines (cancer-causing)
- Formaldehyde (embalming fluid)
- Nicotine (addictive drug)
- Cadmium (used in car batteries)
- Cyanide (toxic poison)
- Arsenic (rat poison)
- Benzene (cancer-causing)
- Lead (nerve poison)

### Addictive Nature of Spit Tobacco

The chemicals contained in chew or snuff make it very hard to quit. Why?

Every time you use spit tobacco, your body adjusts to the amount of tobacco needed to get that feeling. Then you need a little more tobacco to get the same feeling. You see, your body gets used to the chemicals you give it. Pretty soon you'll need more spit tobacco more often or you'll need stronger spit tobacco to reach the same level. This process is called addiction.

Some people say spit tobacco is OK because there's no cigarette smoke. However, spit tobacco is not a safe alternative to smoking. Health problems are simply moved from your lungs to your mouth.

wellness choices



### Wellness Choices

Personal Health	W-4.6
Safety & Responsibility	





## Activity #2 – Shoot The Chew

**Equipment:** Empty, clean, chew containers covered in black electrical tape for use as pucks and a “Shooter Tutor” (this accuracy tool covers the net, with holes in each four corners and the middle).

**Organization:** Create an exciting game of hockey, working on shooting accuracy and incorporate messages about the dangers of using spit tobacco. Participants answer trivia questions about spit tobacco in order to earn pucks. Points are awarded for each puck that goes in the net. Provide healthy prizes for the participants with the most points.

**Variation:** To increase difficulty use a Shooter Tutor over the net with key words on it that represent spit tobacco use, like:

- “Yellow Teeth”
- “Nasty”
- “Mouth Cancer”
- “Gross”
- “Nicotine”
- “Highly Addictive”



### Trivia Questions: The Truth About Spit Tobacco

1. True or False: spit tobacco is also known as dip or chew?
2. Spit tobacco is a mixture of which of the following ingredients?
  - A. Nicotine
  - B. Sweeteners and Salts
  - C. Abrasives
  - D. Chemicals
  - E. All of the above
3. True or False: most spit tobacco users start around age nine or ten?
4. True or False: spit tobacco products are often flavoured with licorice, cherry, mint or wintergreen – flavours that are appealing to children?
5. Spit tobacco contains how many chemicals?
  - A. 35
  - B. 100
  - C. 3000
  - D. 10,000
6. True or False: spit tobacco is not a safe substitute for cigarettes and can harm your health in many ways?
7. Spit tobacco is addictive because it contains which of the following?
  - A. Tobacco
  - B. Smoke
  - C. Nicotine
  - D. Molasses
8. The use of spit tobacco can result in which of the following?
  - A. Cancer of the mouth
  - B. Cancer of the throat
  - C. Tooth and gum disease
  - D. Bone loss around the teeth
  - E. All of the above
9. The nicotine in one tin of dip or chew contains as much nicotine as how many cigarettes?
  - A. 1
  - B. 10
  - C. 20
  - D. 60
10. True or False: spit tobacco does not improve athletic performance. The nicotine in spit tobacco can slow your reaction time and cause dizziness?

Answers: 1) True 2) E 3) True 4) True 5) C 6) True 7) C 8) E 9) D 10) True

## Success Story

An AADAC Tobacco Reduction Counsellor in Fort McMurray had participants from the local Minor Hockey league do the Shoot the Chew activity at the local rink. The athletes were able to learn valuable information about the dangers of using spit tobacco, think about reasons not to start, and had fun doing it!

AADAC has 30 Tobacco Reduction Counsellors across the province that could help you plan something similar. Call your local AADAC office for more information.

Use this activity as part of a health fair or set it up for students to try at lunch or recess.

Healthy prize ideas can be found on page 42 of the 2006 *Healthy Active School Communities Resource* at [www.everactive.org](http://www.everactive.org).



wellness choices



### Wellness Choices

Personal Health	W-4, 5,6
Safety & Responsibility	



# Activity #3 – AADAC Quizzler

## Making the Quizzler

- 1) Cut along the dotted lines.
- 2) Place the Quizzler face down.
- 3) Fold corner to opposite corner. Unfold. Fold the other corner to opposite corner. Unfold. You will now have an X as a guideline.
- 4) Fold all corners into the centre so it becomes a square.
- 5) Flip the square over.
- 6) Again, fold the corners into the centre.
- 7) Fold in half. Open and fold in half again. Press folds firmly.
- 8) Put fingers in and start Quizzling!

Follow this format to have students create their own healthy choices quizzler.

wellness choices



Wellness Choices	
Personal Health	W-(7-9).6
Safety & Responsibility	



**SMOKING'S RISKS**

Q: Most adults try 5 times before quitting smoking for good. True or False?  
A: True. Quitting can be tough!

Q: The younger you are when you start smoking, the harder it is to stop later. True or False?  
A: True.

**free free free**

**AADAC**

Q: Smoking can turn your teeth and fingers what color?  
A: Brownish yellow!

Q: How many people die each year from the effects of smoking?  
A: In Canada, enough people to fill 625 school buses! (About 45,000)

Q: The leaves of this plant contain the drug nicotine. Name this plant.  
A: Tobacco plant.

**TOBACCO**

Q: What is spit tobacco?  
A: Tobacco that you chew (chuck) or sniff.

Q: The leaves of tobacco plant contain rat poison. True or False?  
A: True! Arsenic is found in tobacco smoke. Arsenic is used as a rat poison.

Q: What is the drug found in tobacco?  
A: Nicotine. It is found in all tobacco products.

**DRUG**