

HVSSSC

Hudson Valley Student Support Services Center

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FACT SHEET

June 2009

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Activities with Students and Staff

Below are suggestions for various activities that staff and students could do to further communicate and educate the school community about tobacco issues and support the goals of the Tobacco Free Schools Program.

Event Days

Make/include on a calendar throughout the year, one or more.

- **Tobacco Free School Day** (Sept): promote and communicate policy goals. Upper class students welcome new students (Freshman or other) to building with tobacco free messages/handouts and act as positive role models.
- **Great American Smokeout** (Nov): Have cessation resources info packets and NYS Quitline info available to take home that week/month to prepare for quit. "Adopt a Smoker" to help have a Successful Smoke Free Day. Set up table for handouts.
- **New Year's Resolution** (Jan 1): Announce that cessation resource info packets available to take home for the winter break- "Have a Fresh and Free New Year!"
- **Valentine's Day** (Feb 14): Promote healthy hearts, or Who Wants to Hug an Ashtray?
- **Earth Day** (April): Group clean up of campus or community area, butts and all.
- **Kick Butts Day** (annual national event in March or April): Activities listed at: www.kickbuttsday.org.
- **Summer Send Off** Packets/Card (June): Prevention messages and tobacco facts- "Don't Let the Tobacco Industry Hook You (or) Have a Safe and Healthy Summer."

Educational Reinforcement

Tobacco use and prevention education integrated into the instruction of subject areas other than health, e.g., math problems using statistics, English essays, history in American culture and its impact, chemistry of products.

Intervention Program

Offer voluntary counseling, cessation support group, and/or education materials to use during In-School Suspensions for tobacco use on campus, e.g., *Second Chance* program.

Youth Advocates

- **Movies and Smoking**: support efforts for Hollywood to rate movies with smoking scenes and/or reduce/eliminate

smoking in G, PG, PG-13 movies. Promote the website: www.smokefreemovies.ucsf.edu as a resource for parents and students. Work with the PTA to inform the community of this resource.

- **Magazines in school library**: Have library request school editions without tobacco ads. Support Board of Ed resolution to either eliminate or oppose magazines with tobacco ads in library, which is consistent with Dress Code that prohibits apparel with tobacco promotions and Tobacco Promotion/Advertising Prohibited section in Tobacco Policy.
- **Letters to Editor, Legislators**: (English class- letter composition): that support tobacco-free initiatives.

Activities

- **Video**: Student group creates an anti-tobacco, counter market, or pro-health message to show on in-school TV and/or post on web such as Youtube.com.
- **"No Butts About Us"**: Student volunteers/clubs conduct regular check of campus for any evidence of tobacco use, document and clean up, and report to administration in order to develop strategy to address any violation areas.
- **School Web Page**: Insert the Tobacco Free Zone sign image on the school's home page that links to tobacco policy and Code of Conduct related to tobacco issues. Student/staff group develops web pages with tobacco-related information and links that support goal of a Tobacco-Free School community.
- **Team Captains/Honor Roll**: Recruit the captains of athletic teams and/or Honor Roll students to create poster with captains/HR students and tobacco-free message.
- **"Walk (Run) Away From Tobacco"**: Organize a community event at the school for walking/running miles as a healthy alternative to smoking and promote tobacco-free lifestyle.
- **Smoke Gunk Signs**: Kids post signs around school, each with a different toxin or carcinogen. Each day of week add more names, then Friday signs that say that these are just some of the "gunk" in tobacco smoke (and tar makes toxins stick to all surfaces in a house).
- **Timeline**: Create a large timeline of tobacco's history in America, laws, death rates, Surgeon General report, etc and put on class or hall wall, or rollout in gym/assembly presentation.

- **Tobacco Info Booth:** During lunch time/school events. Have demonstrations e.g. Tar Jar- quart molasses in 1 ½ qt clear plastic jar, which equals amount of tar taken in per year at a pack a day.
- **High school students presentation to elementary students:** Recipe for a cigarette- Add chemicals (simulated substances) into bowl to mix up a cigarette. See TATU(Teens Against Tobacco Use) manual.

Morning announcements

Include “tobacco fact of the day” or during events.

Invite people with laryngectomies (emphysema)

To “speak” to health classes or assembly

Parents

Smoke Free home and car pledges; PTA projects

Communicate policy

Make palm cards for visitors, letters to parents, report card stuffers, public announcements before sporting and other events, make posters

Press Release

Provide announcement and/or story re event/activities submitted to local newspaper.

Resources

Tobacco curriculum at HVSSSC Lending Library has many more classroom activities. Review list at: <http://cshw.ucbooces.org> > Click > Tobacco, scroll to Tobacco Control Lending Library.

Catalogs

Purchase give-aways and incentives for event items. (w/o endorsement)

- Tobacco Education Clearinghouse of California (831-438-4822 x103) lowest prices
- ETR.org
- Buttout.com
- Healthconnection.org
- Nimcoinc.com
- Journeyworks.com
- Communityintervention.org