

# HVSSSC

## Hudson Valley Student Support Services Center

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FACT SHEET

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### **Kick Butts Day Event at a Middle School**

Student volunteers help to facilitate and set up the event. The event can be done during lunch periods in a section of the cafeteria.

Kids pull random tobacco questions from a jar and then find correct answers by reviewing various information pages taped to the walls of staging area. The right answer gets them a candy kiss, tootsie roll, or some other simple reward. An example of a question: How much money does a smoker spends on cigarettes in a year if one pack is smoked per day. A further suggested activity can be for a student to "do the math" with someone they knew who smoked, and then discuss what else the yearly amount of money could be used for.

"Commitment Certificates" pledging they will never smoke are signed by willing students and posted (later saved in file or given back to take home). Mural size or large posters are created and filled with the students' written messages to the tobacco industry or with statements as to how tobacco is affecting either the lives of family members (illness/deaths) or the student's lives due to secondhand smoke at home.

Tobacco-Free coalitions may be able to provide "stickers" or other items as giveaways for the student volunteers. Coalitions, Cancer Society, and/or local Health Depts will have literature and pamphlets that can also be handed out. The State DOH has a catalogue of free publications as well.

Our HVSSS Center may also be able to provide resources for students and their parents. Flyers

for the NYS Quitline and the coalitions' regional Resource Guide are made available. For students who are concerned about exposure to secondhand smoke in their homes, HVSSSC has a sheet describing strategies and options.

Digital photos of the event can be taken and used in publicizing the event in newsletters or yearbooks. The murals can be displayed for a while and then mailed to a tobacco company.

If I can be of assistance in creating such an event at your school, please let me know.

Checko Miller, Tobacco Policy Specialist at Hudson Valley Student Support Services Center - (845) 255-4874