

Be Smart—Don't Start!

Storyboard Contest

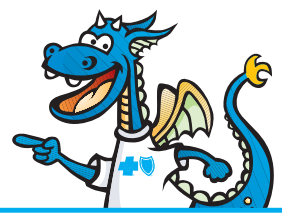
2007 Teacher's Guide



Blaze, the Braggin' Blue Dragon

Working Together for a Healthier Oklahoma!





Hello, Teachers!

Every 9 seconds, someone in the world dies from a tobacco-related illness or disease and each day, more than 3,000 children become regular smokers in the United States. The average age for children to start smoking is 11 years old, and the starting age is getting younger every year. Unfortunately, Oklahoma has one of the highest smoking rates in the nation. These are startling statistics, and Oklahoma's American Lung Association and the State Department of Education know it is more critical than ever to reach each student early in an effort to dissuade them from ever starting to smoke.

Our partners, Blue Cross and Blue Shield of Oklahoma, Cox Communications, the Oklahoma State Department of Health and *The Oklahoman's* Newspapers in Education program appreciate your encouragement to Oklahoma children and would like to invite you to participate in the *Be Smart—Don't Start! Storyboard Contest*.

The *Be Smart—Don't Start! Storyboard Contest* is a fun way to teach your students about the importance of never starting to use tobacco. The contest could be just the project to give your students an educational, creative way to express their knowledge about the dangers of cigarettes and tobacco.

The *Be Smart—Don't Start! Storyboard Contest* is a drawing and writing contest in which students in kindergarten through fifth grade can tell a story illustrating why people should never start to smoke. The students whose storyboards are selected as the grand-prize winners will have their creations turned into 30-second public service announcements (PSAs) that will be broadcast on television. First-, second- and third-place prizes also will be awarded.

Please take a look inside this teacher's packet and see if the *Be Smart—Don't Start! Storyboard Contest* is something you would like to do as a class project or make available to your students to enter individually. Knowing how many children have been reached with this significant health message is important to us, so we ask that storyboards be returned for all students who the project.

Again, thank you for your commitment to Oklahoma's children!

Sincerely,

Margaret Crump, MPH
Senior Vice President of Community Initiatives
American Lung Association of the
Central States serving Oklahoma

Sandy Garrett
State Superintendent of Public Instruction
Oklahoma State Department of Education

Working Together for a Healthier Oklahoma!



Hello, kids. Meet Blaze!

A letter from Blaze, the Braggin' Blue Dragon

It's fun to be a dragon, especially a healthy one. Too bad most dragons aren't healthy.



You know why: dragons smoke, and they don't eat the right foods. Dragons also play a lot of video games instead of exercising, which makes them too heavy to fly and too slow to run away from dragon-slayers.

I'm Blaze, the Braggin' Blue Dragon, and I'm not like the others. I don't smoke or use tobacco. I eat right, get plenty of exercise and feel great. Kids, you can, too! Be a braggin' dragon like me: live right and live long.

Tobacco products are bad for you and can make you sick. Secondhand smoke can even hurt the people around you. Tobacco products are expensive, have poisons in them and contain an addictive drug called nicotine.

You can be a hero and never start using tobacco.

Be Smart—Don't Start!



Be Smart—Don't Start! Storyboard Contest

Frequently Asked Questions

What is the *Be Smart—Don't Start!* Storyboard Contest?

A drawing and writing contest where students can create an idea for a television public service announcement (PSA) showing why people should never use tobacco.

Who can participate?

Public, private and home-school students in kindergarten through fifth grade.

When is the contest?

Contest dates: February 1 - Apr. 20, 2007.

Completed contest sheets must be postmarked by Friday, April 20, 2007.

How do students participate?

- Use a *Be Smart—Don't Start!* Storyboard Contest sheet.
- Write a story or make up a conversation below each picture box about why it is important to never use tobacco.
- Draw and color pictures to illustrate the story. Use crayons, markers or paints. **DO NOT TRACE.** Judging is based on free-hand drawing. Please avoid copyrighted cartoon characters.
- Make your drawing and message bright, colorful and easy to understand.
- When all the pictures are completed and lines of writing are filled in, the storyboard should provide a complete, positive message about why people should not start using tobacco.

How do students enter the contest?

Teachers, mail the entire class' completed storyboards to:

Be Smart—Don't Start! Storyboard Contest
American Lung Association of Oklahoma
1010 E. 8th St.
Tulsa, OK 74120

Then what happens?

Judges will choose a grand-prize winner and first-, second- and third-place finalists in three grade categories, K-1st; 2nd-3rd and 4th-5th, for eastern and central/western Oklahoma. All winners will be notified by Friday, April 21.

The two grand-prize winners will have their stories turned into 30-second public service announcements that will be broadcast on television.

The grand-prize winners and finalists, their parents and teachers will be invited to an awards celebration in early May. Teachers of the winning students will receive a gift certificate for classroom supplies.

Questions?

Call 1-866-876-4376 or visit www.bcbsok.com.



Judging Criteria

The message in the *Be Smart—Don't Start! Storyboard Contest* should be simple and direct. The message must tell why a person should never start to smoke or use tobacco products. If facts are used, they should be accurate. The message should convey an understanding of the concept of why it is important not to smoke. Creativity is important. **The message and images should be suitable for a television public service announcement.**

Entries are judged based on the following:

- Clarity of Message
- Effectiveness in Attracting Attention
- Artistic Merit
- Neatness
- Accuracy

Agreement

Submission of an entry form signifies the student's agreement to have his or her work reproduced and/or published by the American Lung Association of the Central States serving Oklahoma, Blue Cross and Blue Shield of Oklahoma and Cox Communications. The agreement also includes the usage of the student's name and name of his/her school and district (if it applies). The judges' decisions are final. All storyboards become the property of Cox Communications and the American Lung Association of the Central States serving Oklahoma.

Be Smart—Don't Start! Storyboard Contest

Packing Slip

Please complete one packing slip for each class, even if more than one class is included in a single shipping. **Storyboards must be postmarked by Friday, April 20, 2007.**

Questions? Call 1-866-876-4376 or visit www.bcbsok.com.

Please Print

Teacher's Name _____ Grade _____

School Name _____

School Address _____

City _____ State _____ Zip Code _____

School telephone number (____) _____

School fax number (____) _____

Teacher's e-mail address _____

Number of storyboards enclosed _____

Mail to:

Be Smart—Don't Start! Storyboard Contest

American Lung Association of Oklahoma

1010 E. 8th St.

Tulsa, OK 74120

Facts About Youth & Tobacco

Information for Class Curriculum

On the following pages, you will find information and activities to develop a classroom curriculum around the importance of never starting to smoke. Please also see the resource page to find Web sites with additional information.

Why is tobacco education important?

- More than 3,000 kids become regular smokers each day — Roughly one-third will die prematurely from their addiction. — *Centers for Disease Control and Prevention*
- Almost 90 percent of adult smokers begin at or before the age of 18. — *Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services*
- Tobacco kills more people than AIDS, alcohol, car accidents, murders, suicides and illegal drugs combined. — *Centers for Disease Control and Prevention*
- Tobacco companies spend \$15.15 billion a year, \$41 million a day, to advertise and promote their products, much of it reaching kids. Tobacco companies have more than doubled the dollars they spend to promote their products since 1998. — *U.S. Federal Trade Commission*
- Dipping and chewing (smokeless tobacco) kills kids. At age 12, Sean Marcey started using smokeless tobacco. At age 18, he was diagnosed with tongue cancer. At age 19, he died a victim of oral cancer, and a victim of tobacco.— *Oral Health America*
- Tobacco is addictive: approximately 70 percent of smokers want to quit, but only 2.5 percent are able to quit permanently each year.— *Centers for Disease Control and Prevention*
- Tobacco is the leading preventable cause of death in the United States, killing more than 430,000 Americans every year and costing the United States \$50 - 73 billion in medical expenses alone.— *Centers for Disease Control and Prevention*
- Youth tobacco use can create a “gateway” to other substance abuse.

Oklahoma Tobacco Facts

Source: National Center for Tobacco-Free Kids; Oklahoma Tax Commission, 2005

- 26.5 percent (57,100) of Oklahoma high school students smoke; 23 percent of Oklahoma high school males dip or chew tobacco.
- 9,100 Oklahoma kids under age 18 become new daily smokers each year; 216,000 Oklahoma kids are exposed to secondhand smoke at home.
- The tobacco companies spend an estimated \$213.5 million each year marketing their products in Oklahoma. 4.3 million packs of cigarettes are bought or smoked by Oklahoma kids each year.

Topics for Classroom Discussion

Did you know?

- There are more than 4,000 chemicals in cigarette smoke (including formaldehyde, butane, arsenic, ammonia, acetone, carbon monoxide and cadmium).
- 200 chemicals are poisons, and 43 chemicals cause cancer.
- It's hard to stop smoking once you start, because of a drug in cigarettes called nicotine. The body gets addicted to, or "hooked" on nicotine.
- Tobacco is a waste of money. A pack of cigarettes costs about \$4. The average Oklahoma smoker smokes about 100 packs of cigarettes each year.

- Tobacco causes:

Shortness of breath	Smelly hair	Coughing	Addiction
Yellow teeth	Smelly clothes	Lung cancer	Emphysema
Stroke	Heart disease	Death	Bad breath
Asthma	Wrinkles		

Why do kids start smoking?

On a dare	To rebel	To seem older	To seem cool
Peer pressure	To stand out	To get attention	Relieve stress
Weight control	To be accepted	Experimentation	To cope
Parent smokes	Famous people do it	Don't think it will hurt them	

What is peer pressure?

Write out a definition and explain it to students.

Then have students write their own definitions.

What are some inexpensive alternatives to smoking?

Buy a CD	Rent a video	Ride a bike	Play a game
Go to a movie	Play a sport	Read a book	Eat a healthy snack

What percentage of Oklahoma adults smoke?

Studies show children perceive that more adults smoke than actually do.

In Oklahoma, approximately 25% of adults smoke, and research shows that the majority of adults who smoke want to quit. (*Smokeless States Tobacco Control Survey Oklahoma*)

Classroom Activities

The following activities are recommended and can be adapted based on the age and skill level of your students.

Smoking Takes Your Breath Away

Try this activity with your class. You will need a drinking straw and one small, hollow coffee stirrer (that looks like a miniature straw) for each student.

Warning: Do not attempt this exercise with students who have asthma, bronchitis or any condition that affects breathing.

Say to the children: The problem with smoking is that it damages your body gradually, and it is sometimes difficult to feel the damage right away.

Have each person place the large diameter straw in their mouth and run in place or jump rope for a minute or two while breathing only through the straw. After the time is up, ask the kids if they feel different than normal. Remind them that this is how their breathing would feel as a young person when it is damaged by only a few years of light smoking.

While the students are still out of breath, have them try breathing through the small diameter straw while pinching their nose. Ask, "Can you feel the difference?" They may say they feel pressure in the chest and a panicky feeling. They may not be able to do this without breathing through their nose. Remind the students that this is how it feels to have emphysema, a breathing disease caused by years of smoking. Simple acts such as standing up or walking across the room would make them feel that way. Only with emphysema, you could not go back to breathing normal. Eventually, most people with emphysema have to use an oxygen tank to help them breathe each day.

Warning Labels

There are different warning labels that appear on cigarette packs and smokeless tobacco. Bring examples to class for the students to see. Ask them to write the four warnings on a sheet of paper, and then write a warning label that expresses the true danger of using tobacco.

Ad Watch

Bring popular magazines to class. Ask the students to count the number of ads for tobacco products in each magazine. Discuss the variety of messages in the ads. The messages are conveyed through words, pictures, colors, etc., and show happiness, glamour, youth, popularity and sex appeal. Discuss with students what is missing from the ads: dirty ashtrays, smelly clothes and hair, stained teeth and fingers, people coughing and smoke-filled rooms.

Have students design their own cigarette ads that tell the real story about smoking. Have students make a collage or bulletin board of cigarette ads they find or create. Students should point out false or absurd implications made by the pictures or slogans in the ads.

Have the students collect tobacco-related ads and discuss them in class.

How does tobacco advertising encourage people to smoke?

Pretty/glamorous models

Looks fun/exciting

Looks smart

Makes you look older

Something friends do together

Looks like healthy activity

Do the math

A pack of cigarettes costs about \$4.00. If a person smokes a pack a day, how much does he or she spend on cigarettes in a year? Two years? List three things you could buy with that much money instead of cigarettes.

Tobacco-free schools

Find out if your school has a tobacco use prevention policy. Is tobacco only prohibited during the school day, or 24/7? Ask your principal or a school board member to tell your class why your school has or doesn't have a tobacco use prevention policy.

Activity: Have your students write letters to their school boards, asking them to implement a 24/7 tobacco use prevention policy. Younger students can sign a petition asking their school boards to implement such a policy.

Morbid Truth

About 6,000 Oklahomans die from tobacco-related illnesses every year. (*Behavioral Risk Factor Surveillance System. Oklahoma State Department of Health, 2003*) Compare this to the number of people who live in your community and/or the number of students in your school. If your school represented the state of Oklahoma, how many students would lose their lives to tobacco-related illnesses?

Act it out

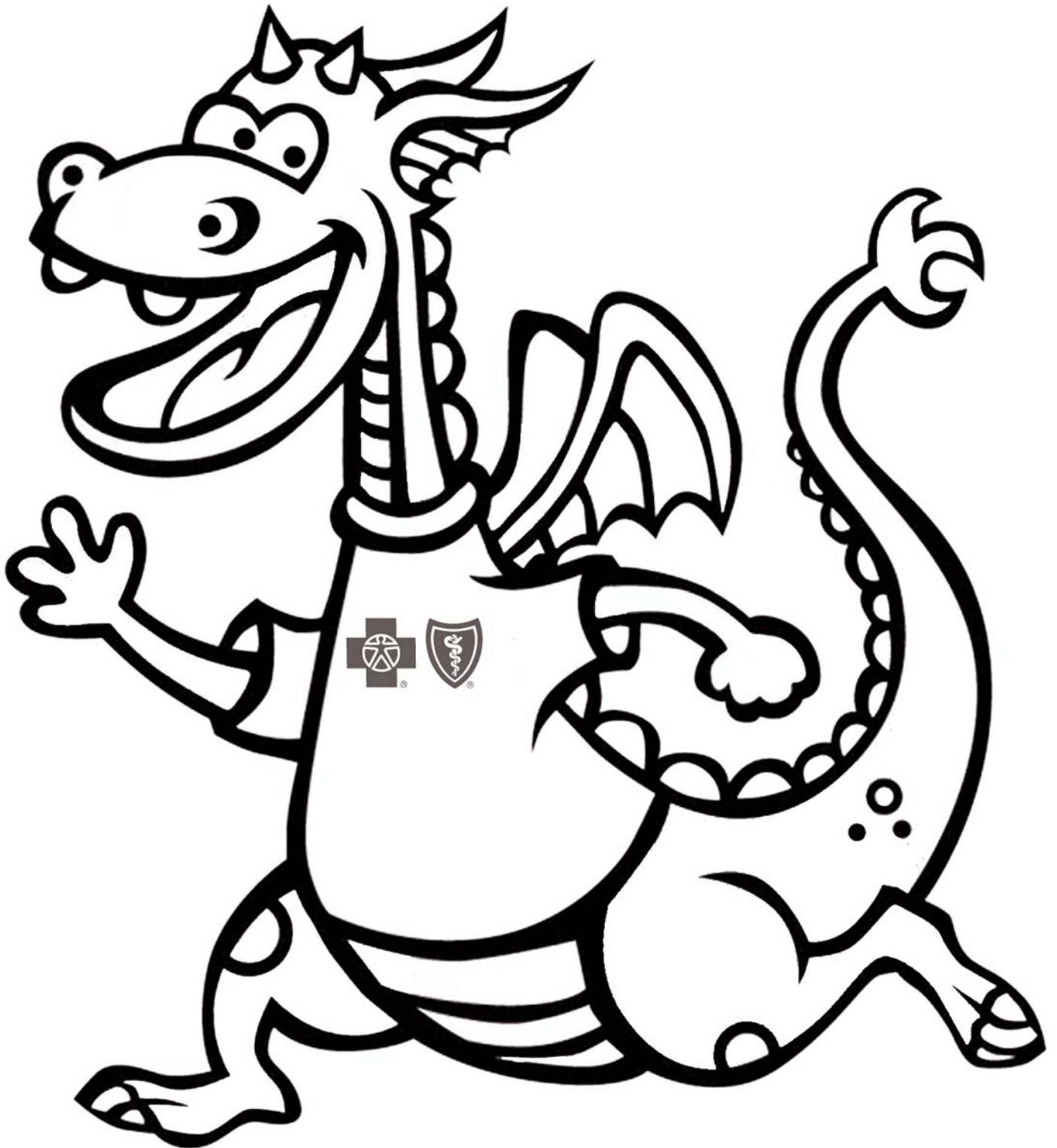
Have students act out different ways to say "no" to tobacco.

Get ideas from the kids and offer these:

- **Short-but-sweet way** — Simply say, "No, thanks."
- **Out-of-sync way** — "No thanks; that's just not me."
- **Something-else-going-on way** — "I'm really busy; I have to practice my piano."
- **No-no-a-thousand-times-no way** — "No way, uh-uh, absolutely not, no thanks!"
- **Here's-my-reason way** — "No thanks. I'm playing soccer. I don't want to ruin my chances of making the team. I need to be in top shape."
- **Assert-yourself way** — "I think using tobacco is really gross. How can you do that to yourself?"
- **Reverse-peer-pressure way** — "I don't want to smoke because it will give me wrinkles. You really shouldn't smoke either. It's not healthy. I'm worried about you."
- **Make-a-joke way** — "If I wanted to hang around smoke, I'd join the fire department."
- **Suggest-something-else way** — "Hey, I'd rather play a game."
- **Leave-the-situation way** — As soon as you feel pressure, leave. Don't wait around.

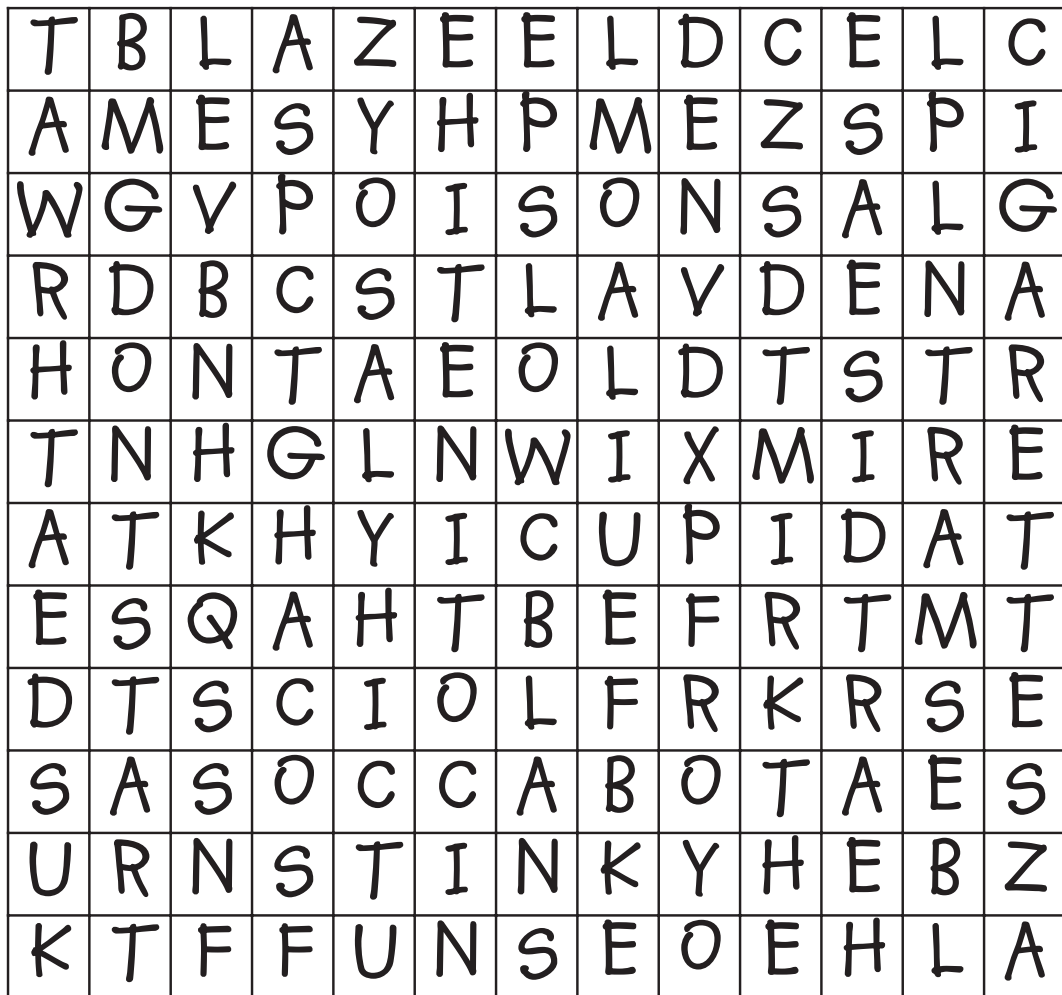
Blaze, the Braggin' Blue Dragon

Coloring Page



Be Smart—Don't Start! Word Search

Find and circle the tobacco words in this puzzle



BE SMART

BLAZE

STINKY

CANCER

DEATH

POISONS

TOBACCO

NICOTINE

DONT START

HEART DISEASE

CIGARETTES

ADDICTION

SAY NO

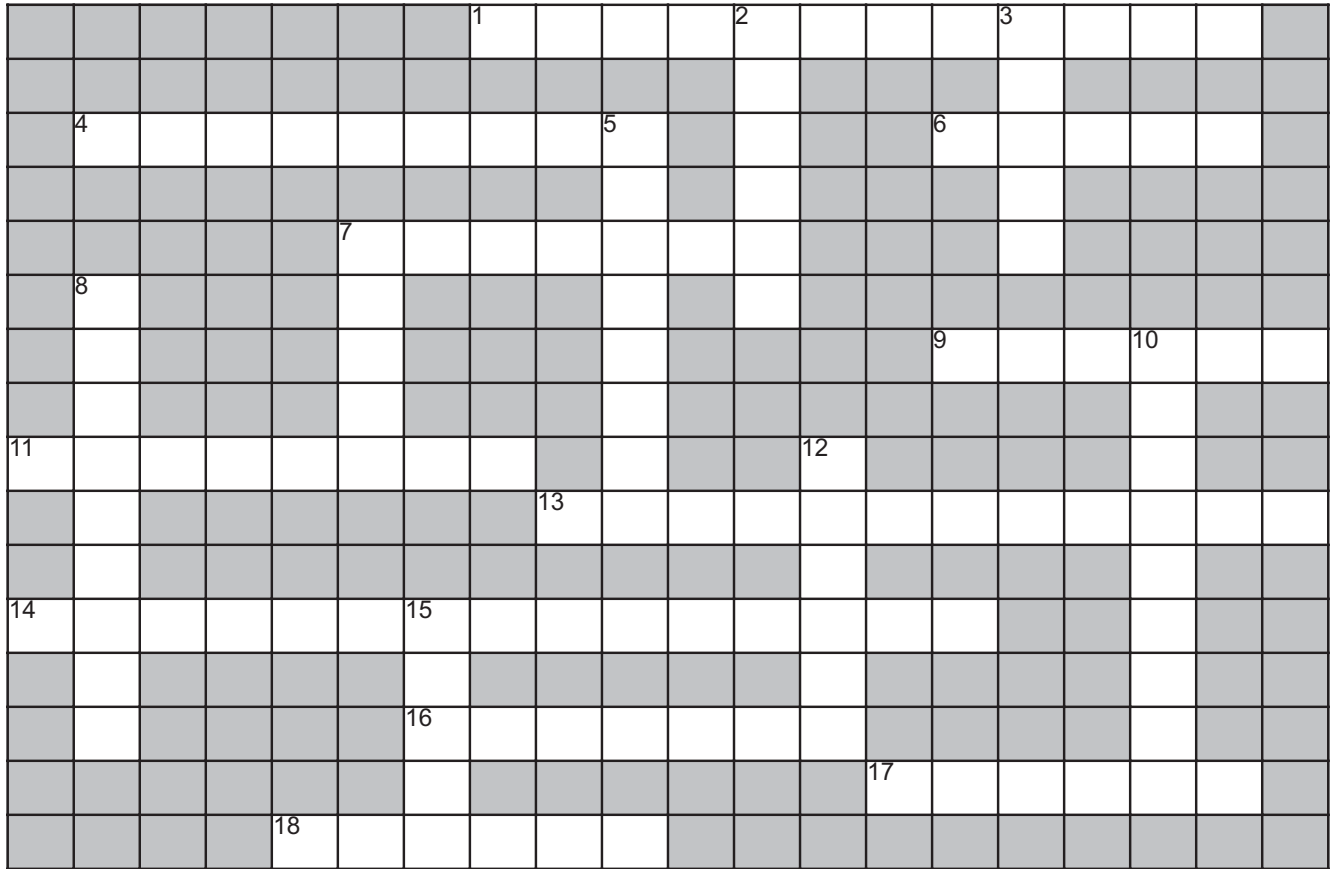
EMPHYSEMA

SNUFF

DIP

Be Smart—Don't Start! Crossword Puzzle

Complete the puzzle below, based on the terms found in the attached glossary



Across:

1. social pressure by members of one's peer group to take a certain action, adopt certain values, or otherwise conform in order to be accepted
4. a physical, psychological or emotional dependence on something, especially a drug, that causes intense cravings and makes quitting very difficult
6. organs in the chest that are used in breathing
7. plant with large, sticky leaves that are smoked or chewed
9. a disease in which certain cells divide and grow much faster than they normally do
11. a drug, especially an illicit or addictive one
13. a structural or functional abnormality of the heart, or of the blood vessels supplying the heart, that impairs its normal functioning
14. Cigarette, cigar or pipe smoke that is inhaled unintentionally by nonsmokers and may harm their health if inhaled regularly over a long period
16. to draw air into the lungs and let it out
17. a colorless, odorless gas essential to the respiration of living things, or in important compounds such as water, carbohydrates, and oxide minerals
18. a disease of the lungs that makes it difficult to breathe and is often caused by an allergy

Down:

2. a substance that can kill or seriously harm living beings if it is swallowed, breathed, or otherwise taken in
3. an amount of tobacco, either powdered and taken into the nostrils by inhalation or ground and placed between the cheek and gum
5. a poisonous, addictive substance found in the tobacco plant.
7. acting as or having the effect of a poison; poisonous
8. an abnormal condition of the lungs marked by decreased respiratory function; associated with smoking or chronic bronchitis or old age
10. a short, narrow tube of thin paper that contains cut tobacco for smoking
12. a sudden sickness in the brain caused by the breaking or blocking of a blood vessel. Can cause numbness or death
15. an acquired behavior pattern regularly followed until it has become almost involuntary

Wordsearch Key

T	B	L	A	Z	E	E	L	D	C	E	L	C
A	M	E	S	Y	H	P	M	E	Z	S	P	I
W	G	V	P	O	I	S	O	N	S	A	L	G
R	D	B	C	S	T	L	A	V	D	E	N	A
H	O	N	T	A	E	O	L	D	T	S	T	R
T	N	H	G	L	N	W	I	X	M	I	R	E
A	T	K	H	Y	I	C	U	P	I	D	A	T
E	S	Q	A	H	T	B	E	F	R	T	M	T
D	T	S	C	I	O	L	F	R	K	R	S	E
S	A	S	O	C	C	A	B	O	T	A	E	S
U	R	N	S	T	I	N	K	Y	H	E	B	Z
K	T	F	F	U	N	S	E	O	E	H	L	A

Crossword Puzzle Key

								¹ P	E	E	R	² P	R	E	S	³ S	U	R	E	
												O				N				
	⁴ A	D	D	I	C	T	I	O	⁵ N		I				⁶ L	U	N	G	S	
											I	S				F				
						⁷ T	O	B	A	C	C	O				F				
	⁸ E				O				O		N									
	M				X				T						⁹ C	A	N	¹⁰ C	E	R
	P				I				I										I	
¹¹ C	H	E	M	I	C	A	L		N			¹² S							G	
	Y								¹³ H	E	A	R	T	D	I	S	E	A	S	E
	S											R							R	
¹⁴ S	E	C	O	N	D	¹⁵ H	A	N	D	S	M	O	K	E					E	
	M					A						K							T	
	A					¹⁶ B	R	E	A	T	H	E							T	
						I									¹⁷ O	X	Y	G	E	N
					¹⁸ A	S	T	H	M	A										

Glossary

Addiction: A physical, psychological or emotional dependence on something, especially a drug, that causes intense cravings and makes quitting very difficult.¹ In physical addiction, the body adapts to the substance being used and gradually requires increased amounts to reproduce the effects originally produced by smaller doses.²

Asthma: a disease of the lungs that makes it difficult to breathe. Asthma is often caused by an allergy.³

Breathe: to draw air into the lungs and let it out.³

Cancer: a disease in which certain cells divide and grow much faster than they normally do.³ Cancer can spread to surrounding tissues and is a leading cause of death in the United States.⁴

Chemical: a substance with a distinct molecular composition that is produced by or used in a chemical process; a drug, especially an illicit or addictive one.⁵

Cigarette: a short, narrow tube of thin paper that contains cut tobacco for smoking.³

Emphysema: an abnormal condition of the lungs marked by decreased respiratory function; associated with smoking or chronic bronchitis or old age.⁶

Habit: an acquired behavior pattern regularly followed until it has become almost involuntary.⁷

Heart disease: a structural or functional abnormality of the heart, or of the blood vessels supplying the heart, that impairs its normal functioning.⁵

Lungs: organs in the chest that are used in breathing. Lungs are found in mammals, birds, reptiles, and some other animals. They bring oxygen to the body and get rid of carbon dioxide.³

Nicotine: a poisonous substance found in the tobacco plant. Nicotine is what causes people to become addicted to cigarettes.³

Oxygen: a chemical element that occurs in pure form, as a colorless, odorless gas essential to the respiration of living things, or in important compounds such as water, carbohydrates, and oxide minerals.³

Peer pressure: social pressure by members of one's peer group to take a certain action, adopt certain values, or otherwise conform in order to be accepted.⁷

Poison: a substance that can kill or seriously harm living beings if it is swallowed, breathed, or otherwise taken in.³

Secondhand smoke: Cigarette, cigar or pipe smoke that is inhaled unintentionally by nonsmokers and may harm their health if inhaled regularly over a long period.⁸

Snuff: an amount of tobacco, either powdered and taken into the nostrils by inhalation or ground and placed between the cheek and gum.⁷

Stroke: a sudden sickness in the brain caused by the breaking or blocking of a blood vessel. A stroke can cause parts of the body to become numb. It can also cause death.³

Tobacco: a plant with large, sticky leaves that are smoked or chewed.
the leaves of this plant, dried and cut for smoking in cigarettes, cigars or pipes.³

Toxic: acting as or having the effect of a poison; poisonous.⁷

Glossary Citations

1. *Mayoclinic.com*

2. *The American Heritage® Science Dictionary. Copyright © 2002 by Houghton Mifflin Company. Published by Houghton Mifflin Company. All rights reserved.*

3. *Wordsmyth.net*

4. *The American Heritage® New Dictionary of Cultural Literacy, Third Edition. Copyright © 2005 by Houghton Mifflin Company. Published by Houghton Mifflin Company. All rights reserved.*

5. *The American Heritage® Dictionary of the English Language, Fourth Edition. Copyright © 2000 by Houghton Mifflin Company. Published by Houghton Mifflin Company. All rights reserved.*

6. *WordNet® 2.1, © 2005 Princeton University*

7. *Dictionary.com Unabridged (v1.1) Based on the Random House Unabridged Dictionary © Random House, Inc. 2006.*

8. *The American Heritage® Stedman's Medical Dictionary. Copyright © 2002, 2001, 1995 by Houghton Mifflin Company. Published by Houghton Mifflin Company.*

To find out more

Check out these Web sites:

The American Cancer Society
www.cancer.org

The American Lung Association
www.lungusa.org

Campaign for Tobacco-Free Kids
www.tobaccofreekids.com

Centers for Disease Control and Prevention
Office on Smoking and Health
www.cdc.gov/tobacco/tips4youth.htm

Coalition Pathways
www.coalitionpathways.com/tobacco_use.html

National Cancer Institute's Smoking and Cancer page
www.cancer.gov/cancertopics/smoking

National Center for Disease Control and Prevention
Tobacco Information and Prevention Source (TIPS)
www.cdc.gov/tobacco/index.htm

National Spit Tobacco Education Program
www.nstep.org

Oklahoma State Department of Health Tobacco Use Prevention Service
www.health.state.ok.us/program/tobac/index.html

Oklahoma Students Working Against Tobacco
www.okswat.com

Smokefree.gov
(Info on each state's phone-based quitting programs)
www.smokefree.gov

The Young Person's Cyber Library of Information on Tobacco and Tobacco-caused Disease
www.smokinglungs.com/cyberlib.htm

Be Smart—Don't Start! Storyboard Contest - Parents' Page

Teachers: Please share this page with parents of students participating in *Be Smart—Don't Start!*

Frequently Asked Questions

What is the *Be Smart—Don't Start!* Storyboard Contest?

A drawing and writing contest where students can create an idea for a television public service announcement (PSA) showing why people should never use tobacco.

Who is Blaze?

Blaze, the Braggin' Blue Dragon is the spokesperson for the *Be Smart—Don't Start!* Storyboard Contest. Blaze is a healthy dragon who refuses to smoke or use tobacco products. He teaches kids the important message of living tobacco-free.

Who can participate?

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When is the contest?

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- Make your drawing and message bright, colorful and easy to understand.
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Then what happens?

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Questions? Call 1-866-876-4376 or visit www.bcbsok.com.



Blaze, the Braggin' Blue Dragon

Parents: Did you know ...



- 3,000 children become regular smokers every year.
- The average age of first time smokers is 11 years old.
- Roughly 1/3 of smokers will die from their habit.
- Tobacco companies spend more than \$274 million every year advertising in Oklahoma.
- 14.3 million packs of cigarettes are smoked by Oklahoma children every year.
- Tobacco kills more people than AIDS, alcohol, car accidents, murders, suicides and illegal drugs combined.
- Dipping and chewing (smokeless tobacco) kills kids. At age 12, Sean Marcey started using smokeless tobacco. At age 18, he was diagnosed with tongue cancer. At age 19, he died a victim of oral cancer, and a victim of tobacco.
- Tobacco is addictive: approximately 70 percent of smokers want to quit, but only 2.5 percent are able to quit permanently each year.
- Tobacco is the leading preventable cause of death in the United States, killing more than 430,000 Americans every year and costing the United States \$50 - 73 billion in medical expenses alone.
- Youth tobacco use can create a "gateway" to other substance abuse.

Sources: Centers for Disease Control and Prevention, the Oklahoma State Department of Health, Tobacco-Free Kids and Oral Health America

Tell your children, *"Be Smart—Don't Start!"*

Here are some additional resources:

The American Cancer Society
www.cancer.org

The American Lung Association
www.lungusa.org

Campaign for Tobacco-Free Kids
www.tobaccofreekids.com

Centers for Disease Control and Prevention
Office on Smoking and Health
www.cdc.gov/tobacco/tips4youth.htm

Coalition Pathways
www.coalitionpathways.com/tobacco_use.html

National Cancer Institute's Smoking and Cancer page
www.cancer.gov/cancertopics/smoking

National Center for Disease Control and Prevention
Tobacco Information and Prevention Source (TIPS)
www.cdc.gov/tobacco/index.htm

National Spit Tobacco Education Program
www.nstep.org

Oklahoma State Department of Health Tobacco Use
Prevention Service
www.health.state.ok.us/program/tobac/index.html

Oklahoma Students Working Against Tobacco
www.okswat.com

Smokefree.gov
(Info on each state's phone-based quitting programs)
www.smokefree.gov

The Young Person's Cyber Library of Information on
Tobacco and Tobacco-caused Disease
www.smokinglungs.com/cyberlib.htm

**FOR RESOURCES ON HOW TO QUIT, CALL THE OKLAHOMA TOBACCO QUIT LINE
TOLL-FREE 1-800-QUIT NOW (784-8699)
SPANISH SPEAKING COUNSELORS AVAILABLE AT 1-800-793-1552
HOURS: SUNDAY - SATURDAY 7 A.M. - 11 P.M.**