



## Tobacco Use Prevention Education for Children in Preschool to Grade 6

### Why Animals Don't Smoke<sup>2</sup>

Why Animals Don't Smoke is a program for preschool through first grade that uses animal posters to reinforce with children the dangers of smoking and its effect on the body.

Children see what tobacco use would do to a variety of animals:

- Smoking would turn the shark's teeth yellow.
- Smoking would make the giraffe's long throat very sore.
- Secondhand smoke would hurt the goat's kids.
- Chewing tobacco would hurt the cow's mouth and make it hard to chew grass.
- Smoking would give the dog bad breath.
- Smoking would make the gorilla weak.

The presentation is provided by either **Monongahela Valley Hospital, Inc.**, or **The Washington Hospital Teen Outreach**.

Its length is 30 minutes to one hour, depending on whether a follow-up project is completed at school or taken home. A brochure is provided to students with artwork from the posters to remind them about the program and what they learned—and to enable them to share the messages at home.

**IF ANIMALS COULD TALK  
THEY'D SAY NO TO SMOKING**

### Why Animals Don't Smoke



<sup>2</sup> Based on a Journeyworks Publishing brochure of the same name.

## Tobacco Cessation for Teens



### Not-On-Tobacco (N-O-T) Program

N-O-T is a program specifically designed for teens who want to stop smoking. It was developed by the American Lung Association in collaboration with researchers at West Virginia University. N-O-T helps teens beat smoking addiction by:

- Identifying the reasons why they smoke
- Combating social pressure from friends/family who smoke
- Understanding the immediate benefits of quitting
- Setting realistic and attainable goals for change
- Developing life management skills that go beyond giving up smoking

The core curriculum consists of 10 sessions and four follow-up or booster sessions to reinforce what the group has learned and achieved. The program draws students in as active participants through small group discussions, hands-on activities, journal writing, and drawing.

**The Washington Hospital Teen Outreach** offers N-O-T to youth in Washington County. It can improve their self-esteem, help with stress management, and enable them to make healthy lifestyle choices.

## Tobacco Cessation for Adults (Faculty, Staff, and Parents)

**Help to Quit**, another initiative of the Tobacco Free Program, promotes local, phone, and internet-based tobacco cessation programs. Additional activities include Tobacco Quit Kits and the Get Free Program (a tobacco cessation financial aid program). Contact us at 724-222-6511, 1-866-904-FREE (3733), or [info@tobaccofreewashington.org](mailto:info@tobaccofreewashington.org) to learn more.

## Minnesota Smoking Prevention Program

The Minnesota Smoking Prevention Program (MSPP) is a school-based curriculum designed for students ages 11 to 15. The goals of the program are to prevent students from beginning to use tobacco, to help students stop using tobacco if they have experimented with it, and to help students influence friends and family members to stop using tobacco.

MSPP is specifically designed to help adolescents in five ways:

1. To learn why people start using tobacco
2. To discover that nonuse of tobacco is normative behavior
3. To practice skills for resisting peer pressure to use tobacco
4. To recognize covert messages in tobacco advertising
5. To determine their own personal reasons for not using tobacco

Peer leaders are an essential component of MSPP; they lead many of the activities throughout the six-session curriculum.

**Gateway VISION** presents MSPP as six developmentally appropriate classroom sessions for grades 4 through 6. Educational strategies include cooperative learning groups, large-group discussions, interviews, role-play, media use, writing reports, and setting goals. Activities are designed to actively engage students, rather than to lecture to them. Each session is 45 to 50 minutes long, fitting well into a normal class period.

In a typical lesson, students may participate in a small, peer-led group discussion, analyze mock social situations and identify influences to use tobacco, practice resistance skills, participate in role-plays, create anti-tobacco advertisements, or make personal public commitments to establish their intention not to use.

## Youth Involvement Group for Teens in Grades 7 to 12

### Peer Factor

*Peer Factor* is a group of Washington County teens who participate in one or more of the *Peer Factor* challenges:

- To expose the truth about the tobacco industry's deceptive advertising
- To quit or help others to quit using tobacco
- To work to increase tobacco-free environments

*Peer Factor* is coordinated by **The Washington Hospital Teen Outreach**, with meetings scheduled in their offices at 410 North Main Street in Washington, PA.

*Peer Factor* Kits are available for members, containing materials to help students—or their friends—quit using tobacco.

## Tobacco Use Policy Enhancement

### Pennsylvania Youth Tobacco Survey

The Youth Tobacco Survey is available to evaluate prevalence of tobacco use; knowledge and attitudes; media and advertising receptivity; access to tobacco products; curriculum; tobacco smoke pollution; and attitudes toward cessation and readiness to quit.

### Smokeless Saturday

The **American Respiratory Alliance of Western Pennsylvania** provides an alternative to school suspension or fines for students who violate schools' tobacco policies. Smokeless Saturday is an intensive, one-day tobacco awareness program for students who have been found with tobacco on school grounds. It is a positive approach to motivating students and giving them the facts and tools they need to quit. Students are required to pay a fee to attend this program.

**Peer factor**