

For more information or to find out how your school district can participate in any of these programs free of charge, please contact Washington County Health Partners at 724-222-6511, 1-866-904-FREE (3733), or info@tobaccofreewashington.org

	12	11	10	9	8	7	6	5	4	3	2	1	K	Pre K	
Tobacco Use Prevention Education Programs														X	X
Why Animals Don't Smoke															
Minnesota Smoking Prevention Program (MSPP)								X	X						
Alternative-to-Suspension Program															
Smokeless Saturday	X	X	X	X	X										
Youth Involvement Groups															
Tobacco Free Youth Community Projects			X	X											

Over several years, professionals working with Set Them Free presented programs and conducted research, discovering what was most effective in Washington County schools with the limited resources available. This brochure contains information on the recommended programs: Why Animals Don't Smoke, Minnesota Smoking Prevention Program, Smokeless Saturday, and Tobacco Free Youth. Free training is available for faculty and staff to become facilitators of these programs in your school district. Please see the overview chart presented below and the descriptive information inside to learn more.

- Prohibit tobacco use at all school facilities and events
- Encourage and help students and staff to quit using tobacco
- Provide developmentally appropriate instruction in grades K to 12 that addresses the social and psychological causes of tobacco use
- Are part of a coordinated school health program through which teachers, students, families, administrators, and community leaders deliver consistent messages about tobacco use
- Are reinforced by community-wide efforts to prevent tobacco use and addiction

The CDC found that school programs to prevent tobacco use and addiction will be most effective if they:

Set Them Free goals are accomplished through four key program areas: Tobacco Use Prevention Education for Children in Preschool to Grade 5, Tobacco Cessation for Teens, Tobacco Free Community Projects for Teens in Grades 9 and 10, and Tobacco Use Policy Enhancement. These four key areas are based on the Centers for Disease Control and Prevention's (CDC) Guidelines for School Health Programs to Prevent Tobacco Use and Addiction. The Guidelines were developed in collaboration with experts from 29 national, federal, and voluntary agencies and are based on an extensive review of research and practice.

School-related Tobacco Use Programs Overview

Visit www.tobaccofreeswpa.org to download a **FREE** copy of the Southwestern Pennsylvania Tobacco Cessation Resource Guide.

✗ DETERMINED TO QUIT.COM

DeterminedToQuit.com is an online community that gives smokers tools to update and monitor their quit habits; schedule messages to be delivered automatically to their cell phones to fend off potential lapses; and receive messages of encouragement from loved ones.

1-800-QUIT-NOW

We can help you draw the line.

Pennsylvanians 14 years of age and older who smoke or use other tobacco products can call 1-800-QUIT NOW (1-800-784-8669) to receive the helping hand they may need to end their life-threatening addiction to tobacco. The toll-free hotline provides service 24 hours a day, 7 days a week.

Set Them Free



School Resource Guide

Tobacco use remains the number one leading cause of preventable death in the United States. Since almost 90% of tobacco users start before the age of 18, youth tobacco use prevention and cessation has become a priority for public health programs.¹

To prevent students from initiating tobacco use and encourage current users to quit, Washington County Health Partners' Tobacco Free Program is promoting **Set Them Free**.

Set Them Free is a school-based initiative that brings together community agencies to offer free programs that decrease tobacco use prevalence and incidence at Washington County schools, and to enhance their tobacco-free atmospheres.

¹Campaign for Tobacco-Free Kids

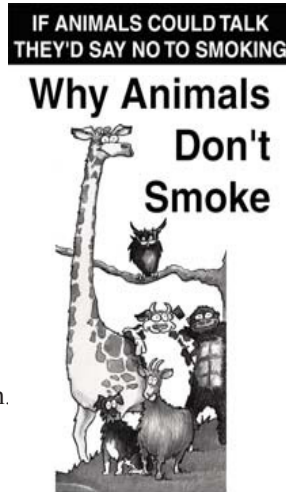
Tobacco Use Prevention Education for Children in Pre-School to Grade 5

Why Animals Don't Smoke?

Why Animals Don't Smoke is a program for daycares, pre-schools, and kindergartens through first grade that uses animal posters and puppets to reinforce the dangers of smoking and its effect on the body.

Children see the effects tobacco use would have 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 program can be anywhere from 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 to remind them about the program and what they learned — and to enable them to share the messages at home.

This presentation is provided by Monogahela Valley Hospital, Inc., Green County Tobacco Control Program, or high school students from that school district. To request a Why Animals Don't Smoke presentation, please e-mail info@tobaccofreewashington.org or call 724-222-6511 or 1-866-904-FREE (3733).

² Based on a Journeyworks brochure of the same name.

Minnesota Smoking Prevention Program (MSPP)

The Minnesota Smoking Prevention Program (MSPP) is a school-based curriculum designed for students in 4th or 5th grades. 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 the following five ways:

1. To learn why people start using tobacco
2. To discover that nonuse of tobacco is normative behavior
3. To practice skills from 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 5. 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.

To request a series of MSPP presentations, please e-mail info@tobaccofreewashington.org or call 724-222-6511 or 1-866-904-FREE (3733).

Youth Involvement Groups/Activities

2010-2011 Tobacco Free Youth Projects

The Tobacco Free Program has plenty of ways for youth and adults to get involved in tobacco free educational projects and activities.

Washington County 9th and 10th grade students are invited to participate in this year's countywide tobacco-free youth initiative by choosing tobacco free educational projects to implement in their schools for the remainder of the year.

The teens will then be able to showcase their projects, results and achievements at a Youth Recognition Luncheon to be held on May 18, 2011.

This year's projects are:

- **Why Animals Don't Smoke**
- **Tobacco Free Stop Signs** (see below)
- **Tobacco Retailer Compliance Checks:**
Youth volunteer, adult supervisor and the Tobacco Free Program Coordinator visit stores that sell tobacco to make sure the stores and their employees follow the PA law and don't sell to youth under 18 years of age.
- **Other Tobacco Products Backpack:**
The Other Tobacco Products (OTP) Backpack is an initiative to educate community leaders and decision makers about the dangers of chew/spit tobacco, cigars, snus, dissolvable tobacco pieces, and other newly created tobacco products packaged to look like candy and gum packs or cell phones, which attract youth, especially children, to try.

Tobacco Use Policy Enhancements

Pennsylvania Youth Tobacco Survey

The Youth Tobacco Survey is conducted every 2 years 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. The next survey will be done in fall 2012.

Tobacco Free Stop Signs

One of the best ways to stop youth from starting to smoke or chew is to decrease tobacco use in and around schools, sports fields, community parks, and playgrounds.



Tobacco Free STOP Signs are available to help local schools, community parks, playgrounds, and recreational fields promote their tobacco free policies. The 18"x 18" aluminum signs are available free of charge to qualified groups.

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.

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

Help to Quit

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 to learn more.