



## **What is the #WeDontPuff Youth Advocacy Council?**

**#WeDontPuff** is Shelby County's youth tobacco prevention initiative whose goal is to make the current generation of students the first tobacco free generation in Shelby County.

**Q: What is the #WeDontPuff Advocacy Council?**

**A:** A group of talented, diverse youth brought together to form a board to advise the Tobacco Prevention Program on youth related topics and issues. The council is a group of youth who are committed to being ambassadors for this organization. These ambassadors will engage their community, show leadership, and work together to accomplish the goals of the tobacco prevention program.

**Q: What activities will the Youth Advocacy Council be involved in?**

**A:** For the upcoming semester, the youth council will organize one event his/her school or community for **Red Ribbon Week: Oct. 23-31, 2018; Kick Butts Day on March 20<sup>th</sup>, 2019;** participate in **World No Tobacco Day Community Fair on May 31<sup>st</sup>;** and attend the summer conference for **TNSTRONG "Tennessee Stop Tobacco and Revolutionize Our New Generation"** (TBA). They will appear in our countywide advertisements, which include commercials, Youtube videos, billboards, social media posts, as well as provide much of the content for our social media accounts.

**Q: Will serving on this council interfere with school work?**

**A:** The council will not require any more time than other clubs at any given school. Students will meet one Saturday a month throughout the time he or serves on the council. These meeting will last generally 1-2 hours.

**Q: What will the students need to participate?**

**A:** It is ideal that the students have a mobile phone as well as an Instagram account. This will enable them to communicate with each other outside the meetings and make posts on the social media pages for #WeDontPuff events and activities.

**\*\*Questions or Comments? Call or email Brittney Becton, Youth Tobacco Prevention Coordinator at (901)222-9008 or [brittney.becton@shelbycountyttn.gov](mailto:brittney.becton@shelbycountyttn.gov)\*\***



# #WeDontPuff Pre-Test

*Please circle or fill in the information that applies to you:*

Gender: Male Female Age : \_\_\_\_ Grade : \_\_\_\_

Race: Caucasian/White African American/Black Latino/Hispanic  
Asian Native American Other : \_\_\_\_\_

1. Have you **ever tried** any tobacco product, even once or twice? YES NO  
If yes, what kind? \_\_\_\_\_
2. Do you agree with the statement "all tobacco products are dangerous"?  
STRONGLY DISAGREE DISAGREE AGREE STRONGLY AGREE
3. How easy would it be for you to get tobacco products if you wanted some?  
VERY EASY SOMEWHAT EASY NOT EASY AT ALL
4. Does anyone in your house use tobacco products? YES NO
5. Do you think breathing smoke from other people's cigarettes or other tobacco products is...?  
NOT HARMFUL AT ALL NOT VERY HARMFUL SOMEWHAT HARMFUL VERY HARMFUL
6. Do you think that **cigarillo wrappers** (ex. Backwoods, Black and Mild, Swisher Sweets, etc.) contain tobacco? YES NO
7. Do you think that **vaping devices** contain tobacco? YES NO
8. What are some reasons you might try vaping (ex. JUUL, NJOY, Blue, Vuse, or Logic)?  
*Check all that apply*
  - ☐ I do not plan to try vaping
  - ☐ Friend or family member vapes
  - ☐ It's easier to get than other tobacco products
  - ☐ Famous people use them
  - ☐ Less harmful than other forms of tobacco
  - ☐ Flavor options like mint, candy, fruit, or chocolate
9. Do you think peer pressure influences youth to try tobacco products?  
STRONGLY DISAGREE DISAGREE AGREE STRONGLY AGREE
10. When you are using the Internet (including social media), how often do you see ads or promotions for tobacco products?

I DON'T USE THE INTERNET NEVER RARELY SOMETIMES OFTEN ALWAYS



# #WeDontPuff Post-Test

*Please circle the answer to the questions below:*

1. Do you agree with the statement "all tobacco products are dangerous"?

STRONGLY DISAGREE

DISAGREE

AGREE

STRONGLY AGREE

2. Do you think peer pressure influences youth to try tobacco products?

STRONGLY DISAGREE

DISAGREE

AGREE

STRONGLY AGREE

3. Do you think that **vaping devices** contain tobacco? YES NO

4. Do you think that **cigarillo wrappers** contain tobacco? YES NO

5. Do you think breathing smoke from other people's cigarettes or other tobacco products is...?

NOT HARMFUL AT ALL

NOT VERY HARMFUL

SOMEWHAT HARMFUL

VERY HARMFUL

**COMMENTS:**



# Shelby County Youth Tobacco Prevention



**Brittney Becton, MPH**  
**Youth Tobacco Prevention Coordinator**



## INTRODUCTION

Formed by the Shelby County Health Department, **#WEDONTPUFF** is a youth anti-tobacco initiative created to prevent and reduce the occurrences of youth tobacco use across Shelby County.

**#WEDONTPUFF** was created to encourage and empower youth in Shelby County to take action against the Tobacco Industry by campaigning against tobacco use.

**#WEDONTPUFF** curriculum is composed of two sessions to inform youth about the harmful effects of tobacco products and methods tobacco companies use to lure youth into initiating tobacco usage. During each session, students will review topics such as how tobacco affects your body, the health consequences of vaping, E-cigs, and hookah pens, and the dangers of secondhand smoke exposure.

The **#WEDONTPUFF** curriculum is designed to have a pre and a post session with the same group of students each school year. However, if it is not possible for your students to meet twice in a year, the information provided can be condensed into one session. When scheduling your sessions, please inform the Youth Tobacco Prevention Coordinator of how many sessions your students will be able to receive.

## **Scheduling a Youth Tobacco Prevention Session**

1. Try to schedule your session two weeks in advance
2. Inform the Youth Tobacco Prevention Coordinator of grade level and number of students in the class
3. Inform the Youth Tobacco Prevention Coordinator if your students will be able to participate in the designed two session **#WeDontPuff** Curriculum
4. Include any trouble areas your school and students may be experiencing when securing your sessions
5. **Secure your dates!**



## **Grade Level: Kindergarten- 2<sup>nd</sup> Grade**

### **Session one: Why Animals Don't Smoke**

#### **Major Concepts:**

1. Reinforce what students are already learning (animals), while introducing the product of tobacco
2. Emphasize the negative aspect of tobacco products

#### **Activities:**

1. Start session by asking students their favorite animals
2. Ask students how they think their favorite animals would be affected by smoke
3. Describe how and why each animal would say no to smoking
4. Review the various animals in the Why Animals Don't Smoke pocket pamphlet
5. Group activities dependent on school setting and grade level <ul style="list-style-type: none"><li>• <b>20 Questions:</b> have partners stand back to back then pick a card. Each partner can ask up to 20 yes or no questions as they try to guess which animal the other one has</li><li>• <b>Picture me smoke free:</b> let students provide their own reasons for not smoking</li><li>• <b>Who Said That?:</b> Using the cards, students can quiz their partners. For example, you can ask, who said: "I don't smoke because it would slow me down"</li></ul>

### **Session two: **#WeDontPuff:** We Say NO! to Tobacco**

#### **Major Concepts:**

1. Introduction to tobacco products
2. Explain how tobacco harms the human body
3. Teach students to say NO! to tobacco

## Activities:

1. Start session by asking students what they know about tobacco
2. Review major human organs and describe how tobacco negatively effects each organ
3. Open discussion: Let the students describe how they would say no to tobacco and why
4. Group activities dependent on school setting and grade level <ul style="list-style-type: none"><li>• <b>Tobacco Tag (Gym Setting):</b> Taggers have "cigarettes" and chase the runners to help then practice saying no to tobacco and to run away. Once tagged the runner must perform 10 jumping jacks. The jumping jacks are included to describe how the lungs are affected when a person uses a cigarette. After being tagged, the students are allowed to run again. Taggers are changed every 1-2 minutes. Game is over once everyone has had a turn to be a tagger.</li><li>• <b>Matching game:</b> match pictures/words with organs, tobacco use side effects, and tobacco related substances</li></ul>

## Grade Level: 3<sup>rd</sup> - 5<sup>th</sup> Grade

### Session one: **#WeDontPuff: What is Tobacco?**

#### Major Concepts:

1. Introduce students to the various types of tobacco products and the harmful chemicals in tobacco products
2. Introduce students secondhand and thirdhand smoke, and describe the effects of each
3. Explain how tobacco harms the human body and the health consequences associated with tobacco use

#### Activities:

1. Provide students with visuals of various types of tobacco products
2. Ask students how they think various tobacco products are consumed and provide them with the correct answers
3. Review the contents contained in a cigarette
4. Introduce the concept of secondhand and thirdhand smoke
5. Group activities dependent on school setting and grade level <ul style="list-style-type: none"><li>• <b>Tobacco Relay (3<sup>rd</sup>/4<sup>th</sup> grade):</b> Explain how tobacco affects your body, by substituting carbon monoxide for oxygen in your blood, making it harder for muscles and organs to get the oxygen they need. Students are placed in relay lines. On signal, relays begin. Run races without an extra workload or with an extra workload, jumping jacks or carrying a basketball. <b>Variation:</b> Have students make extra stops along the way to show that when you smoke, your lungs are impacted and you often get winded.</li><li>• <b>Tobacco Toss:</b> free play tobacco game. Toss WDP beach ball around the class and provide students with questions to ask students to other students to educate them about the learning session.</li><li>• <b>Race to the truth (gym/outdoor setting):</b> line students up across the starting line. Ask students tobacco related questions associated with learning session. If the answer is true, students must step forward; if the answer to the question is false students must remain still. If a student steps forward on a question that the answer is false, and they move because they think it's true they must go back to the starting line.</li></ul>

## Session two: #WeDontPuff: How is tobacco harmful?

### Major Concepts:

1. Review the types of tobacco products, harmful chemicals in tobacco, and how the human body is affected by tobacco
2. Say No to tobacco, teach students to resist tobacco

### Activities:

1. Start session by asking students what they know about tobacco and how the products are harmful
2. Review major human organs and describe how tobacco negatively effects each organ
3. Open discussion: Let the students describe how they would say no to tobacco and why <ul style="list-style-type: none"><li>• <b>Role Play:</b> Provide students with tobacco related scenarios and let them describe how they would respond</li></ul>
4. Group activities dependent on school setting and grade level <ul style="list-style-type: none"><li>• <b>Memory Game:</b> match the images to disease. Spread pictures across board and match photos. Before students go to try to match the pictures they have to state a tobacco related fact</li><li>• <b>Race to the truth (gym/outdoor setting):</b> line students up across the starting line. Ask students tobacco related questions associated with learning session. If the answer is true, students must step forward; if the answer to the question is false students must remain still. If a student steps forward on a question that the answer is false, and they move because they think it's true they must go back to the starting line.</li><li>• <b>Tobacco Toss:</b> free play tobacco game. Toss WDP beach ball around the class and provide students with questions to ask students to other students to educate them about the learning session.</li></ul>

## Grade Level: 6<sup>th</sup> – 8<sup>th</sup> Grade

### Session one: **#WeDontPuff:** What is new with Tobacco?

#### Major Concepts:

1. Introduce Electronic Nicotine Delivery Systems (ENDS)
2. Big Tobacco Industry –Big Tobacco, Tiny Targets
3. Review the effects of secondhand and thirdhand smoke

#### Activities:

1. Provide students with visuals of various types of traditional tobacco products and introduce electronic nicotine delivery systems
2. Ask students their thoughts around the e-cig products. Introduce the harmful effects of e-cigs
3. Introduce how big tobacco is targeting youth. Provide visuals of gas stations, and flavored tobacco products
4. Open discussion: Get student perspective of tobacco products and how they believe their peers will view some products now that they know the impact on their health.
5. Inform students with the dangers of secondhand and thirdhand smoke and let them provide examples of each. Inform students about the importance of protecting their lungs
6. Group activities dependent on school setting and grade level <ul style="list-style-type: none"><li>• <b>Family Feud/Jeopardy:</b> Divide class into two teams and ask tobacco related questions</li><li>• <b>Kahoot:</b> tobacco related questions based on information reviewed during session</li><li>• <b>Tobacco Toss:</b> free play tobacco game. Toss clever catch tobacco beach ball around the class and ask students to answer the question where their right thumb lands.</li><li>• <b>Race to the truth (gym/outdoor setting):</b> line students up across the starting line. Ask students tobacco related questions associated with learning session. If the answer is true, students must step forward; if the answer to the question is false students must remain still. If a student steps forward on a question that the answer is false, and they move because they think it's true they must go back to the starting line.</li></ul>

## Session two: #WeDontPuff: Harmful Effects of Tobacco

### Major Concepts:

1. Recap of the types of tobacco products, harmful chemicals in tobacco products and secondhand and thirdhand smoke
2. Say No to tobacco! Understand student views about tobacco and what changes they would like to see in their community
3. Describe more in depth the types of diseases associated with tobacco use

### Activities:

1. Start session by asking students what they know about tobacco and how the products are harmful. Provide students with visuals of various types of tobacco products, and make sure they can identify each product
2. Review major human organs and describe how tobacco negatively effects each organ. Review major diseases associated with tobacco use, and inform students of the contents contained in a cigarette.
3. Open discussion: Let the students describe how they would say no to tobacco and why <ul style="list-style-type: none"><li>• <b>Role Play:</b> Provide students with tobacco related scenarios and let them describe how they would respond</li></ul>
4. Group activities dependent on school setting and grade level <ul style="list-style-type: none"><li>• <b>Family Feud/Jeopardy:</b> Divide class into two teams and ask tobacco related questions</li><li>• <b>Kahoot:</b> tobacco related questions based on information reviewed during session</li><li>• <b>Race to the truth (gym/outdoor setting):</b> line students up across the starting line. Ask students tobacco related questions associated with learning session. If the answer is true, students must step forward; if the answer to the question is false students must remain still. If a student steps forward on a question that the answer is false, and they move because they think it's true they must go back to the starting line.</li><li>• <b>Tobacco Toss:</b> free play tobacco game. Toss #WeDontPuff beach ball around the class and provide students with questions to ask students to other students to educate them about the learning session.</li></ul>

## Grade Level: 9<sup>th</sup> – 12<sup>th</sup> Grade

### Session one: **#WeDontPuff: “Resist the Pressure”**

#### Major Concepts:

1. Describe how nicotine addiction works
2. Describe how Big Tobacco targets youth
3. Saying No! to tobacco: Review the factors that influence people to smoke and how to resist the urge

#### Activities:

1. Describe what addiction is and how addiction works. Review factors that influence people to smoke which include: peer pressure, family history and the tobacco industry’s advertising and media campaigns.
2. Ask students their thoughts around the e-cig products. Introduce the harmful effects of e-cigs. Why is it sometimes difficult to make healthy decisions about tobacco products, including e-cigarettes?
3. Describe how big tobacco is targeting youth. Provide visuals of gas stations, movies, music, and flavored tobacco products
4. Open discussion: Get student perspective of tobacco products and how they believe their peers will view some products now that they know the impact on their health.
5. Group activities dependent on school setting and grade level <ul style="list-style-type: none"><li>• <b>Family Feud/Jeopardy:</b> Divide class into two teams and ask tobacco related questions</li><li>• <b>Kahoot:</b> tobacco related questions based on information reviewed during session</li><li>• <b>Tobacco Taboo:</b> students are divided into two teams. Students take turns as the "giver," who attempts to prompt his or her teammates to guess as many keywords as possible in the allotted time. However, each card also has "taboo" (forbidden) words listed which may not be spoken. Students can only use tobacco related clues to describe their word to their teams. No physical gestures can be used to help describe the word!</li></ul>

## Session two: #WeDontPuff: "Be Smart, Don't Start"

### Major Concepts:

1. Recap of tobacco topics: e-cigs, secondhand smoke, thirdhand smoke, how addiction works, big tobacco marketing strategies
2. Say No! to tobacco, "Be Smart, Don't Start": Understand student views about tobacco and what changes they would like to see in their community
3. What's the solution to a tobacco-free generation?

### Activities:

1. Start session by recapping tobacco related topics asking students what they know
2. Open discussion: gain student perspective about tobacco and what changes they would like to see in their community
3. Open discussion: gain student perspective of a tobacco-free generation, and what they believe needs to take place to create a tobacco-free generation.
4. Group activities dependent on school setting and grade level <ul style="list-style-type: none"><li>• <b>Family Feud/Jeopardy:</b> Divide class into two teams and ask tobacco related questions</li><li>• <b>Kahoot:</b> tobacco related questions based on based on everything they have learned about tobacco</li><li>• <b>Tobacco Taboo:</b> students are divided into two teams. Students take turns as the "giver," who attempts to prompt his or her teammates to guess as many keywords as possible in the allotted time. However, each card also has "taboo" (forbidden) words listed which may not be spoken. Students can only use tobacco related clues to describe their word to their teams. No physical gestures can be used to help describe the word!</li></ul>



41. Teens who smoke cough and wheeze more than nonsmoking teens.
42. It's hard to do well at sports and other activities if you are short of breath from smoking.
43. **You can say "No" to the tobacco companies by not smoking.**
44. If someone asks you to smoke, say, "No way!"
45. **If you do smoke, the best thing you can do is quit.**
46. Within days of quitting, a smoker's sense of taste and smell returns to normal.
47. Fifteen years after quitting, a smoker's risk of heart disease returns to that of a nonsmoker.
48. **If they could do it over, 70 percent of people who smoke say they would not have started.**
49. Most Americans who ever smoked have now quit and those who still smoke, want to quit.

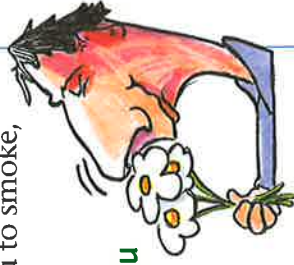
**And the most important thing you need to know about tobacco:**

50. **YOU DON'T NEED IT!**  
Take care of your health and your future.  
You're worth it!



## Smoking or Chewing... Tobacco Is A Drag

Did you know that the actor who played the Marlboro cowboy died from lung cancer? Did you know that tobacco companies spend many billions a year on cigarette ads? Look inside for 50 more facts about tobacco. Once you have the facts, you'll say "no way" to tobacco and smoking.



# 50 Things You Should Know About Tobacco



Written by Laurie Slothower.

Designed by Eva Bernstein. Illustrated by Meg Biddle.

Special thanks to our medical, professional and audience reviewers.

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# 50 Things You Should Know About Tobacco

1. All tobacco products – cigarettes, cigars, smokeless tobacco – have nicotine.
2. **Nicotine is a drug that is as addictive as cocaine and heroin.**
3. Nicotine is also a poison.
4. One drop of pure nicotine will kill the average-sized person.
5. The nicotine in cigarettes will make your heart beat faster and your blood pressure rise.
6. **Cigarette smoke has more than 7,000 chemicals in it.**
7. More than 70 of the chemicals in cigarettes can cause cancer.
8. One ingredient found in cigarettes is carbon monoxide (as in car exhaust).
9. Other chemicals in cigarettes include ammonia (used to clean toilets) and arsenic (rat poison).
10. Smoking is the number-one preventable cause of death in the United States.
11. Smoking causes cancer, heart disease, lung disease, diabetes and stroke.
12. **Smoking causes chronic obstructive pulmonary disease (COPD).**
13. Cancer of the esophagus, pancreas, liver, colon and bladder are just some of the cancers caused by smoking.
14. More than 480,000 people in the U.S. die each year from diseases caused by tobacco.
15. Smoking causes about 90 percent of all lung cancer deaths.
16. **More people die from tobacco-related illness than from AIDS, car accidents, alcohol, illegal drugs and gun-related deaths combined.**
17. Tobacco companies spend about \$25 million a day on ads and promotion.
18. Tobacco ads are often aimed at new, young smokers.
19. More than 90 percent of the adults who smoke today started smoking as teens.
20. Smoking just a few cigarettes can lead to addiction.
21. **If you don't start as a teen, chances are you'll never smoke.**
22. Nearly 70 percent of teens don't use tobacco of any kind.
23. Tobacco companies try to make smoking look cool by using good-looking models.
24. Tobacco gives you bad breath, yellow teeth, and clothes that smell like an ashtray. They don't advertise that!
25. **Nearly half of all smokers who keep smoking will die from tobacco use.**
26. The smoke from cigarettes hurts not only smokers but also the people around them.
27. Secondhand smoke kills about 50,000 people every year.
28. **A pack-a-day habit costs more than \$2,000 a year.**
29. Smoking while pregnant increases the risk of miscarriage, low birth weight and premature babies, as well as birth defects like cleft palate.
30. Babies whose parents smoke have a greater risk of dying from sudden infant death syndrome (SIDS).
31. **Children of parents who smoke have more colds, flu, ear infections and asthma attacks.**
32. Cigarette butts are the number one source of pollution on beaches.
33. Millions of trees are cut down every year to grow and cure tobacco.
34. **Cigars and chewing tobacco contain cancer-causing chemicals, just like cigarettes.**
35. A large cigar can have as much nicotine as an entire pack of cigarettes.
36. Cigar smokers are four to ten times more likely to suffer from cancer of the throat, larynx and esophagus than nonsmokers.
37. Smokeless tobacco makes you spit slimy brown tobacco juice.
38. **Smokeless tobacco causes cancer of the mouth, tongue throat, esophagus and pancreas.**
39. Most people who smoke wish they could quit.
40. Smoking keeps oxygen from your heart and other muscles, making you feel weaker.



70%





## There's a reason cigarette ads were banned from TV.

- They lured people into using a dangerous product.
- Vape ads are trying the same tactics.
- Are you going to let a sexy star or a cool car fool you?

**The truth is –  
your health  
is important!**



Vape pipes, hookah pens and e-cigs may seem cool. Think again. They're just a new way to addict people to nicotine. Don't get hooked. See through the vapor to the truth about vaping.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Written by Tara Leonard.  
Designed by Su Gatch. Illustrated by Meg Biddle.  
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# The Truth About Vaping, E-Cigs and Hookah Pens







## Vapes are battery-operated devices that mimic smoking.

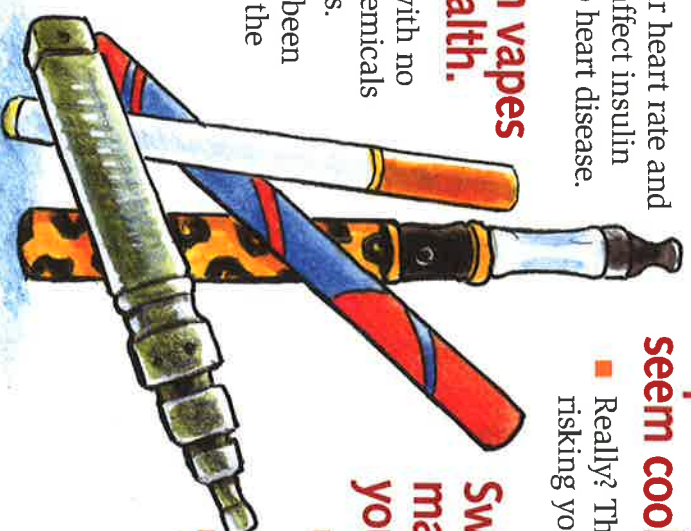
- They include vape pens, e-hookahs, e-cigarettes, mods, tanks and personal vaporizers.
- They all create an aerosol (vapor) that usually has nicotine and other chemicals. This aerosol is inhaled and exhaled like smoke.
- Most have nicotine, though some are sold as nicotine-free.
- They are sometimes used to smoke marijuana oil or other drugs.

## Nicotine is an addictive drug.

- Once you start using nicotine, it's hard to stop.
- Nicotine can affect your heart rate and blood pressure. It can affect insulin levels too. It may lead to heart disease.

## Other chemicals in vapes may harm your health.

- All vapes, even those with no nicotine, have other chemicals in the liquid and flavors.
- These liquids have not been tested enough to know the long- or short-term health risks.



## Vaping will cost you money.

- Some vapes are disposable, so you have to keep buying them.
- With others you need to replace the batteries, liquid and chargers.
- Is that really how you want to spend your cash?



## Vapes are designed to seem cool.

- Really? There's nothing cool about risking your health.

## Sweet flavors make it easy for young people to try.

- Vape juice comes in flavors like bubble gum, chocolate and cherry.
- With tempting flavors like these, young people may try them and soon find themselves hooked on nicotine.



36. **Ask people not to smoke in your home.**

37. Opening windows is not enough.

38. Ask smokers to smoke outside away from your children.

39. Offer gum or mints as an alternative to smoking.



40. **Hang "Thank You for Not Smoking" signs in your home, car, or workplace.**

41. Make sure caregivers do not smoke.

42. Do not allow smoking in your car.

43. Choose smoke-free restaurants.

44. **Avoid indoor public places that allow smoking.**

45. Teach your children to stay away from secondhand smoke.

46. A smoke-free home means that even your pets will be healthier.

47. Dogs and cats can get cancer too!

THANKS FOR  
NOT SMOKING

48. Secondhand smoke affects everyone – whether they smoke or not.



49. No amount of secondhand smoke is safe.

50. **Working together we can reduce**

**everybody's risk from secondhand smoke.**



## Protect yourself from secondhand smoke.

Secondhand smoke is a serious health risk. It can cause disease and premature death. Look inside for more facts about secondhand smoke and for tips to protect yourself and your loved ones. For more information visit

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)  
on the Internet.

This pamphlet is not a substitute for professional medical care.  
If you have questions or concerns, please talk with a health care provider.

Written by Laurie Slothower.  
Designed by Eva Bernstein. Illustrated by Meg Biddle.  
Special thanks to all of our reviewers.

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# 50 Things You Should Know About Secondhand Smoke





## 50 THINGS YOU SHOULD KNOW ABOUT SECONDHAND SMOKE

1. **Secondhand smoke is what smokers breathe out.**

2. Secondhand smoke is also the smoke that comes from a burning cigarette, cigar or pipe.



3. It is sometimes called environmental tobacco smoke (ETS).

4. When a non-smoker inhales secondhand smoke, it's called passive smoking.

5. Breathing secondhand smoke can cause disease and even death in people who don't smoke.

6. **Secondhand smoke contains at least 69 cancer-causing chemicals.**



7. Even small amounts of secondhand smoke can damage cells and may lead to cancer.

8. Some chemicals in secondhand smoke include formaldehyde, cyanide, arsenic, ammonia and carbon monoxide.

9. **Smoke from the end of a cigarette has more toxins than smoke exhaled by the smoker.**

10. The U.S. Environmental Protection Agency says secondhand smoke is among the most dangerous substances known to cause cancer.

11. **Breathing secondhand smoke increases your risk of lung cancer by 20-30 percent.**



12. Breathing secondhand smoke can trigger a heart attack.

13. Secondhand smoke is linked to more than 34,000 heart disease deaths each year in non-smokers.

14. Secondhand smoke increases your risk of having a stroke by 20-30 percent.

15. **Secondhand smoke is especially harmful to children.**

16. Studies suggest a link between secondhand smoke and leukemia, lymphoma and brain tumors in children.



17. Children who breathe secondhand smoke are more likely to get colds, allergies and ear infections.

18. **Secondhand smoke can make asthma worse.**

19. Secondhand smoke causes as many as 300,000 cases of pneumonia and bronchitis in children every year.

20. Exposure to secondhand smoke can slow lung growth in children.

21. It increases a baby's risk of sudden death syndrome (SIDS).

22. Breathing secondhand smoke during pregnancy can cause miscarriage, stillbirth, or a low birth weight baby.



23. Secondhand smoke may increase the risk of breast and nasal cavity cancer in adults.

24. Secondhand smoke ruins the taste and smell of food.

25. It makes clothes, hair, houses, and cars smell bad.

26. It can irritate your eyes, nose and throat.

27. **Everyone has a right to a smoke-free environment.**

28. Chemicals from tobacco smoke can get into rugs, upholstery and other soft surfaces.

29. **Most Americans think smokers should not smoke around non-smokers.**

30. Separate smoking and non-smoking sections don't help. Non-smokers are still exposed to secondhand smoke.

31. Many states have banned smoking in restaurants, bars and other public places.

32. **If someone is smoking near you, it's OK to politely ask him or her to stop.**



33. You might say, "Excuse me. Can you please not smoke here?"

34. Half of all U.S. children are exposed to secondhand smoke.

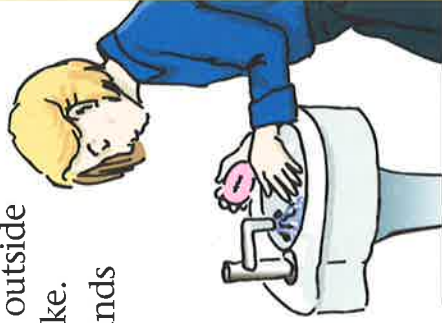
35. You can protect your loved ones from secondhand smoke.



## PROTECT YOUR FAMILY.

### *If you smoke:*

- Think seriously about quitting. Call 1-800-QUIT-NOW (1-800-784-8669) or a local support group for help.
- Never smoke in your home or car, or where children play.
- Wear a shirt or jacket that you can leave outside after you smoke.
- Wash your hands right away.
- Bathe, wash clothes and clean carpets and drapes often.



### *If you don't smoke:*

- Don't allow smoking in your home or car.
- Make sure childcare workers and babysitters are nonsmokers.
- If your relatives or friends smoke, ask them to wash their hands and put on smoke-free clothing before holding your baby.
- Try to keep your children out of the homes of smokers. Meet at a smoke-free place instead.

Have you ever walked into a room that smells like smoke but there is no smoker in sight? You're smelling third-hand smoke – the toxins from tobacco that stay on surfaces like carpets and clothing and toys. Learn why it's harmful – especially to babies and young children – and how to protect them.

This pamphlet is not a substitute for medical care.  
If you have questions or concerns, please talk with  
a health care provider.

Written by Denise O'Connor.

Designed by Eva Bernstein. Illustrated by Fred Bell.

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# Third-hand Smoke

*What It Is and How  
It Hurts Your Family*

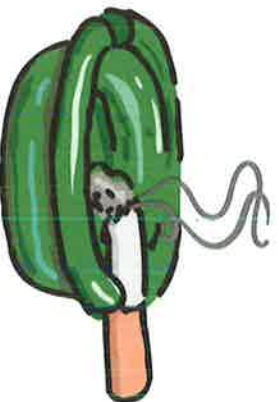




Tobacco smoke is full of toxins. But did you know you don't have to smoke, or even be near a smoker, to be harmed by tobacco? The toxins from smoke can also be found on things you touch every day, long after a cigarette has been put out. It's called third-hand smoke.

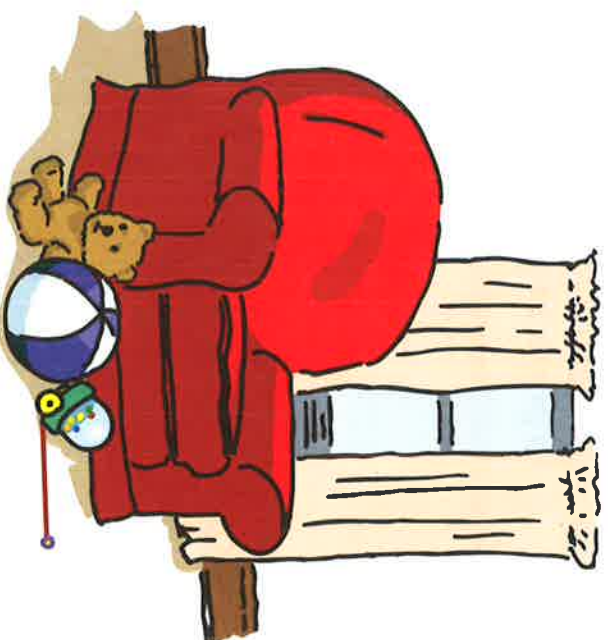
### What is third-hand smoke?

- ✓ Third-hand smoke refers to the toxins from cigarette smoke that stick to soft surfaces.
- ✓ Have you ever stood near someone who wasn't smoking but smelled like tobacco smoke? That smell is from third-hand smoke.



### Where is third-hand smoke found?

- ✓ Third-hand smoke gets on clothes, hair, skin, carpets, baby blankets, furniture, toys, car seats, tiny bits of dust, and many other surfaces.
- ✓ Third-hand smoke can stay on unwashed surfaces for days, weeks, even months.



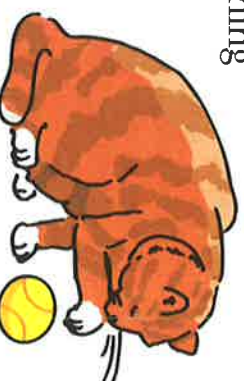
### Third-hand smoke can harm babies.

- ✓ Babies have tiny lungs and breathe rapidly, so more tobacco toxins get into their bodies.
- ✓ Babies spend time on floors and other surfaces that can have toxins from smoke. They put their hands and mouths on these surfaces all day long.
- ✓ If you have third-hand smoke on your clothes and then cuddle your baby, your baby can breathe in those toxins.



### Third-hand smoke can hurt pets too.

- ✓ Toxins from smoke can land on the fur and feathers of your pets.
- ✓ When pets groom, they can get the tobacco toxins in their mouths.



### Is third-hand smoke harmful?

- ✓ Through third-hand smoke, people can be exposed to the same toxins found in tobacco smoke.



## Keep vapes and liquid nicotine away from children and pets.

- ▶ Liquid nicotine is poisonous when swallowed or absorbed through the skin.
- ▶ Every year, hundreds of children are poisoned by liquid nicotine.
- ▶ Never leave vapes or liquid nicotine where children or pets can get them.

## Vapes can explode!

- ▶ People have been seriously injured due to explosions of vaping devices.
- ▶ Explosions may happen when people use the wrong chargers, or leave the vape charging for too long. Or, the device (or spare battery) may explode when it touches keys or metal coins in a pocket or purse.



Vapes don't just affect the person using them! They also affect the people and pets nearby, and can lead to everything from explosions to lung disease. Get the facts about secondhand vapor and other risks of using e-cigarettes.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Written by Maya Desai.

Designed by Su Gaich. Illustrated by Karl Edwards.

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# Secondhand Vaping & Other Risks of E-Cigarettes



Electronic smoking products, such as vapes or e-cigarettes, affect more than just the person using them. Like secondhand smoke, secondhand vapor – when you breathe in the vapor that people exhale when vaping – has health risks. There are other dangers of vaping as well. Keep reading to learn more.

## Vapes and e-cigs are tools to inhale nicotine.

- ▶ Vapes heat liquid nicotine until it makes an aerosol mist of tiny particles. This aerosol is often called vapor.
- ▶ When someone inhales e-cig vapor, the nicotine enters his or her bloodstream.
- ▶ Nicotine is very addictive.
- ▶ Nicotine increases your heart rate and harms blood vessels. It also affects brain development in teens.



## Vapor has other harmful chemicals.

- ▶ Vapor is not just water vapor. It is an aerosol full of nicotine and other chemicals that float in the air together.
- ▶ Studies show that the aerosol from an e-cig often has formaldehyde, heavy metals and other chemicals known to cause cancer.
- ▶ If you vape, or breathe in the vapor that people exhale, you will breathe in nicotine and these other chemicals.
- ▶ Many liquid nicotine flavors use a chemical called diacetyl. When inhaled, diacetyl may cause popcorn lung, a serious lung disease.

## Do not vape indoors or in a car.

- ▶ If you vape, do it outside and away from other people and pets.
- ▶ Even if no one else is nearby, particles from the vapor can stick to surfaces like car seats or furniture.
- ▶ This means others may be exposed to the harmful chemicals in vapes, just from sitting on the couch!

## Ask friends and family to not vape around you.

- ▶ You can say, “Will you please vape outside? I want to help everyone in our house stay healthy.”
- ▶ Research shows that people who live with e-cig users absorb nicotine from the vapor.
- ▶ Opening a window or going into another room is not enough to protect you.
- ▶ If you can, set up a spot outside where the person can vape.





## 8. E-cigarettes make it easier for kids and first-timers to try smoking.

- E-cigarettes come in many flavors. The flavors may make them easier to try.
- Some of the flavors – such as grape, strawberry and fruit punch – look like they are made to attract kids!
- The sweet flavors still have nicotine.
- Once a person gets hooked on the nicotine in an e-cigarette, they may try other tobacco products too.



Are e-cigarettes a safe way to smoke? Look inside to get the facts. To learn more, visit:

BeTobaccoFree.gov

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a health care provider.

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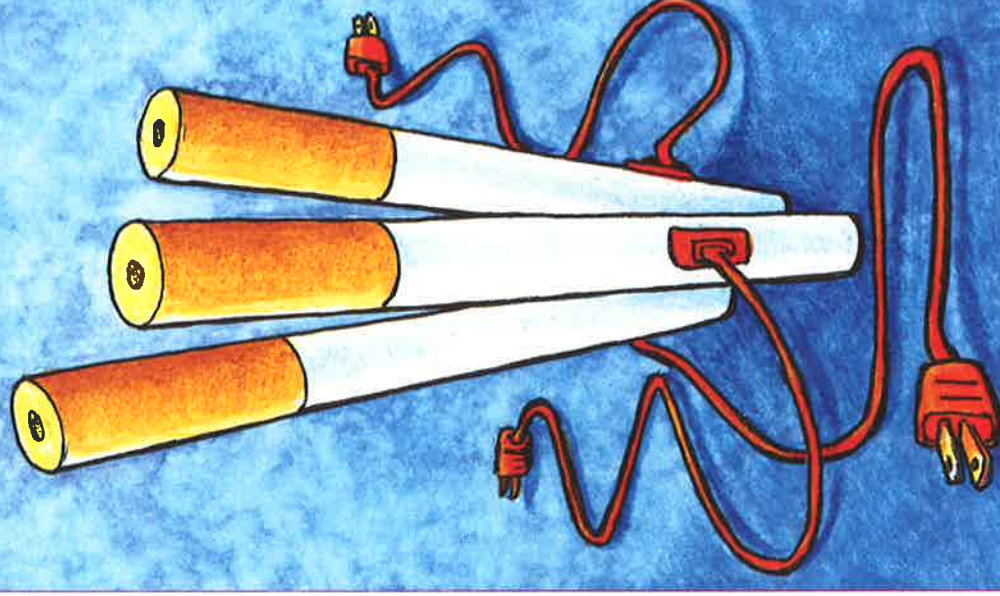
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GET THE FACTS

# E-Cigarettes

## 8 Things Everyone Should Know

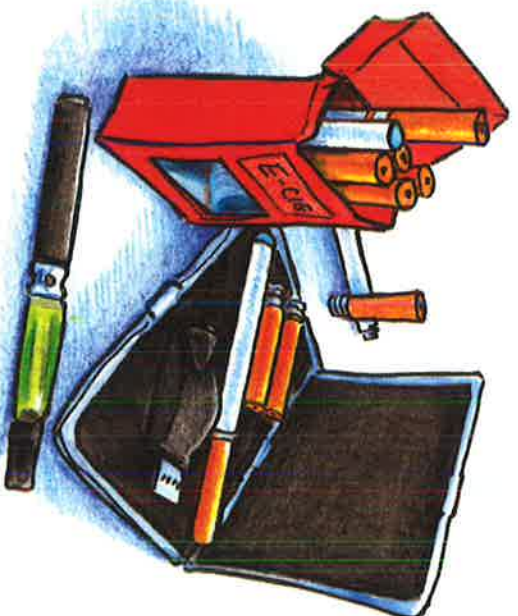


NICOTINE IS ADDICTIVE

Many people think that e-cigarettes are a safe way to smoke. But is this really true? Here is what you need to know about e-cigarettes.

## 1. E-cigarettes (or electronic cigarettes) are battery-operated devices people use to inhale nicotine.

- They often look like regular cigarettes.
- Instead of smoke, the user inhales and exhales a vapor. The vapor comes from heating a liquid.
- The liquid usually has nicotine and other chemicals.



## 2. Nicotine is not harmless.

- Nicotine is very addictive. Once you get hooked, it is very hard to stop.
- It can harm a person's blood vessels and increase the risk of heart disease.
- Nicotine affects insulin levels in the body. This can be especially harmful for people with diabetes.

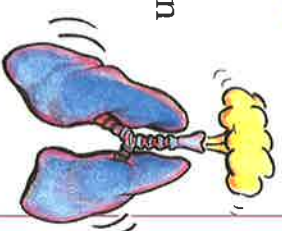
## 3. E-cigarettes contain toxic chemicals.

- Many e-cigarette flavors use a chemical called diacetyl. Inhaling diacetyl can cause serious lung problems.
- Many e-cigarettes have other toxic chemicals as well. Some of them are known to cause cancer.



## 6. The vapor is more than just water.

- The vapor that comes from an e-cigarette is an aerosol mist full of small particles of nicotine and other harmful chemicals.
- When you breathe in or inhale the vapor from an e-cigarette, you are breathing in these chemicals.



## 7. E-cigarettes can keep you hooked on tobacco.

- Many people think that e-cigarettes can help them quit smoking.
- But in fact, some studies suggest that e-cigarettes may keep smokers hooked.
- They may also cause people who have already quit smoking to start again.

## 5. Nicotine levels can vary from brand to brand.

- The nicotine and other chemicals in one brand can be much higher or lower than in another.
- People who use them may not know what they are really getting.





## 6. Vaping may lead to smoking regular cigarettes.

- ✓ Health experts have spent decades working to get the truth out about the deadly effects of regular cigarettes.
- ✓ Studies show that teens who try vapes are twice as likely to smoke regular tobacco cigarettes.



Vaping can get you hooked on nicotine, and maybe on regular tobacco products too.

## 7. Vapes are not likely to help people quit smoking.

- ✓ Vaping is not a safe or approved quit-smoking method.
- ✓ Vapes have different levels of nicotine. People using vapes may be getting more nicotine than they realize. This may actually make quitting harder.
- ✓ To get help with quitting, look online at [smokefree.gov](http://smokefree.gov).

Vape companies know that flavored vapes are tempting. In fact, most young people who have ever tried vaping say it was because of the flavors. But vaping is not risk-free, even if you choose vapes without nicotine. Read inside to get the facts.

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

Written by Nancy Calhoun.

Designed by Su Gatch. Illustrated by Karl Edwards.

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# Flavored and Nicotine-Free Vapes

## 7 Things You Need to Know





With flavors like Vanilla Caramel Swirl or Very Berry Slushie, vape companies know you might be tempted to try vaping. But vaping has real health risks, even if you choose nicotine-free vapes. Here is what you need to know about vapes.

## 1. Vapor is not just water.

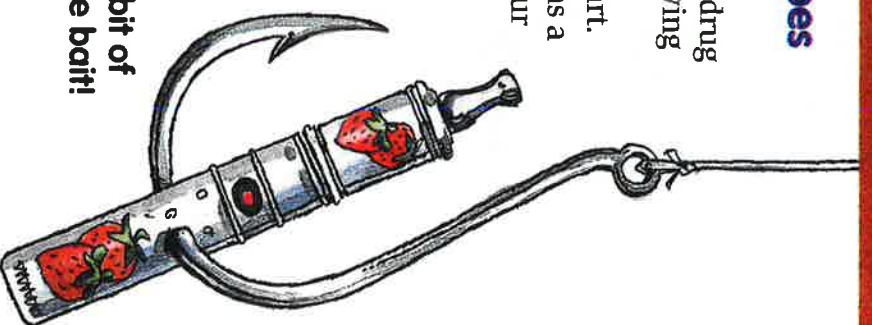
- ✓ Many people think that when they use flavored vapes, they are inhaling harmless flavored water.
- ✓ Actually, the vapor is way more than just water. It is an aerosol mist full of toxic chemicals.
- ✓ Some of the toxins found in vapes include formaldehyde, heavy metals such as nickel, tin or lead, and other chemicals known to harm your health – think cancer, lung disease and heart attacks!



## 2. Most flavored vapes have nicotine.

- ✓ Nicotine is the addictive drug found in cigarettes, chewing tobacco and cigars.
- ✓ Nicotine harms your heart.
- ✓ Regular use of nicotine as a teen can change how your brain develops. These changes can make addiction to tobacco or other drugs more likely.
- ✓ Nicotine use can also affect learning, memory and mood.

**Flavors can make it easy to get hooked on nicotine or the habit of vaping. Don't take the bait!**



## 3. Nicotine-free vapes are not harmless.

- ✓ Some vape companies make vapes that claim to have no nicotine. But studies found that some “nicotine-free” vapes actually had nicotine. This means the labels on vapes are not always accurate.
- ✓ The long-term health effects of inhaling many of the chemicals used to flavor vapes are not yet known.
- ✓ One commonly used chemical, diacetyl, has been shown to cause a serious lung disease called “popcorn lung.”

## 4. Vape companies use tricks to hook you.

- ✓ Vape companies know that once you try flavored vapes, you are more likely to keep vaping.
- ✓ That's why they use lots of tricks to get you to start vaping. One trick is to use brand names such as “Safe-Cigs” or “E-HealthCigs” that make vaping sound healthy.

- ✓ Another trick is to use ad slogans like “Calorie-Free Flavor!” or “Vape Your Dessert” to make you think vapes can be used as a dessert and might help you lose weight!

## 5. Fun flavors try to hide the truth.

- ✓ Vaping companies know that sweet and fun flavors tempt people to try their products.
- ✓ Don't let the flavors fool you. The truth is, vaping companies just want your money!

