

Tobacco-Free Schools

Newsletter

An Interview with the OHS TATU Club

March 2006

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The TATU club at Oro-mocto High is led by their Public Health Nurse, Susan Allen. Their club first started in 2001 and currently has six committed, and very active members. Let's get some details...

What was your favorite activity this year?

To date probably "Kick the Habit". We and the Football team hosted football (kicking, throwing, tackle) activities for students to participate in during the noon hour. We also had other activities for students like scavenger hunts. We had as many students as we could get

to each sign a contract stating they choose to be smoke free. We posted these in the school. During a Saturday football game, we handed out no smoking buttons, information for people who wanted to quit smoking or were thinking about it. We had a contest during half-time for fans and gave out t-shirts and water bottles.

What tobacco awareness activity seems to be most popular at your school?

Contests of course, everyone likes to win things. For example, one year we held a Christmas Card contest for all home rooms, they were to create a unique Christmas Card with a message about tobacco use. The winning class received a free breakfast.

Does your club visit feeder schools to talk about tobacco?

We have visited feeder schools in the past, giving presentations to all grades and we also participated in health fairs at feeder schools. We are planning to visit more in May.

What results have you

noticed as a result of your TATU club?

Our number of students who smoke has dropped over the last 5 years, the number of students who are smoking has appeared to decrease as well. TATU has also helped in increasing the awareness about how dangerous and deadly tobacco use is. It is very important for kids to speak to other kids about tobacco use rather than just adults.

I heard your TATU club won an award - is that true?

Yes, we received the Community Star Award during Addictions Awareness Week in November. This award is to recognize people or groups who promote health and well-being in our communities. We received this award from Addictions Services of River Valley Health. We were very pleased to receive this award.



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Have You Been to the Website?

The Tobacco-Free Schools website is loaded with activity ideas, advice for teachers, resources and so much more! Surf over to <http://www.tobaccofreeschools.ca>

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Please Forward this Newsletter to Other Teachers!

Quit Smoking Programs and Services

Addictions Services:

Will usually facilitate or co-facilitate quit smoking classes in schools. For information, please contact one of the following offices:

Bathurst (506) 547-2086

Moncton (506) 856-2333

Saint John (506) 674-4300

Fredericton (506) 452-5558

Edmundston (506) 735-2092

Campbellton (506) 789-7055

Tracadie-Sheila (506) 394-3615

Miramichi (506) 623-3375

Quit 4 Life: you don't need a degree in drug therapy to facilitate it. Health Canada provides free materials, <http://www.quit4life.com>

Kick the Nic: all the materials and information you need are found here: <http://www.tobaccofacts.org/teacher/kick.html>

Smokers Helpline: offering information, advice and support for smokers who may be thinking about quitting, or non-smokers who want to help a smoker. 1 877 513-5333

HOT Spots Online!

Taking action to prevent tobacco use can be a lot of fun...check out other youth-led groups around North America and engage YOUR students!

SWAT

Find out what youth-led groups like TATU are doing in Florida...they call themselves SWAT.

<http://www.gen-swat.com>



SWAT Florida at Work

New Jersey REBEL

A statewide, youth-led anti-tobacco movement.

<http://www.njrebel.com>

Hamilton Crew

Their mission is to expose the tobacco industry and their manipulation of youth through sharing of the uncensored and unfiltered facts.

<http://www.unfilteredfacts.ca/>

Fight With FACT

Check out the Act Out section, it's full of super-fun activities students can do to raise awareness about tobacco industry practices.

<http://www.fightwithfact.com>

Exposé

Find out how teens in Ottawa are exposing the truth about tobacco.

<http://smokefreeottawa.com/expose/>

Other Cool Websites...

Badvertising

Home of honest tobacco ads! Learn how students can create their own and check out the galleries of tobacco ad spoofs! <http://www.badvertising.org>

TobaccoFacts.org

A website by the province of British Columbia with games, facts and a great deal of information for teachers.

<http://www.tobaccofacts.org>

Activity Idea: Create Your Own Cigarettes

Show students what's really in cigarettes with the following visuals. Set them up as a display or make a show of it by mixing the ingredients in a large bowl in front of the students.

Formaldehyde - a dead frog in a jar of embalming fluid (can be borrowed from the science dept.)

Arsenic - rat poison

Nicotine - insecticide

Ammonia - a bottle of Javex®

Methanol - a toy rocket

Acetone - a bottle of nail polish remover

Acetic Acid - vinegar

Butane - lighter fluid/a cigarette lighter

Napthalene - moth balls

Cadmium - batteries

Tar - you can buy it at places like Canadian Tire, or create your own Tar Jar with molasses.

Stearic Acid - also known as candle wax

Mercury - a thermometer



Print the flyer on the opposite page and use it as a discussion piece in your next staff meeting.

Tobacco use is the single most significant cause of preventable cancer and death.

Supporting Your Tobacco-Free School

7 Good Reasons Why...

1. Tobacco products kill ½ of all lifetime users
2. Tobacco is a drug more addictive than heroin or cocaine.
3. Middle & High school years are critical in determining whether or not an individual becomes a smoker for life. Over 85% of smokers start before their 18th birthday!
4. Tobacco use at school provides an opportunity for transition from experimentation to casual use, to a daily addictive practice.
5. 78% of high school students in New Brunswick believe smoking is more common than it actually is.
6. The uptake of tobacco doesn't stop after middle school, in fact, more smokers start in high school than in middle school.

7. It's the right thing to do.

For more information please contact Sara MacQueen at the Canadian Cancer Society: 1 800 455-9090 or smacqueen@nb.cancer.ca

"Simply banning smoking on school property is not effective. What does work is the establishment of an anti-tobacco action team working through a comprehensive plan."

Lynn Ann Duffley, Director of Public Issues & Communications, Canadian Cancer Society

What Works: A Comprehensive Approach

1. Education & Awareness

Guest speakers, letters to parents of students who leave the property to smoke or hang around, videos, class contests, "the cost of smoking" campaign, assembly.

2. Services & Support

Quit smoking program, information to teachers, student-empowered anti-tobacco clubs (TATU), health fair, peer mentoring, buddy system.

3. Healthy Environments

Inviting activities and spaces for noon hour (music room, coffee house, games room, floor hockey), posters, smoke-free courtyard development.

Success Stories

Four years after implementing their comprehensive plan, the smoking rate at **Hampton High** decreased from 28% to 7%!

Fredericton High has noticed an increase in students participating in physical activity.

The comprehensive approach has enabled **Stanley High** to establish rapport with students who smoke.

Belleisle Regional High has discovered that smokers are smoking fewer cigarettes.

All across **NB** students are more aware of the dangers of tobacco use.

A non-addicted student is a healthier learner.

Students Rally for Cancer

Did you know that 30% of all cancers are caused directly by tobacco use? The

Canadian Cancer Society's **Students Rally for Cancer** is an **awesome** way for students in middle school & high school to **join in the fight against cancer**, by creating their own **fun** and **exciting** fundraising events! You can



even compete with other schools to score **bragging rights** and **great prizes!** Do you have an idea of an event you would like to hold at **your school?** Would you like to **get involved**, but need help getting started? The **Canadian Cancer Society** would **love** to help you get on track. Contact Jane Logan at jlogan@nb.cancer.ca or by calling 1-800-455-9090.

Your Contact

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The "Big Three" for Tobacco-Free Schools:

1. Education and Awareness
2. Services and Support
3. Healthy Environments

I am here to help you. If your high school needs any assistance implementing a "Big Three" action plan please do not hesitate to contact me. I can also share ideas and resources that are available, locate potential partners in your community, discuss best practices used by other schools to tackle challenges...ask me.

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Canadian Cancer Society
Société canadienne du cancer

Canada

NB anti-tobacco
COALITION
antitabac du N.-B.