

STAY

TOBACCO FREE!



**HOW TO
KEEP YOUR
LUNGS
HEALTHY**



GAMES!



**TOBACCO
TALES!**

TIDWELL'S **errific Kids**

ACTIVITY BOOKLET

'EMPOWERING YOUTH TO TELL IT LIKE IT IS!'



3rd Edition



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The Tidwell Cancer Foundation is a non-profit organization whose vision is to make a lasting difference in the community by educating children about the benefits of living tobacco-free. The younger a person is when they start a tobacco habit, the harder it is to break. In response to this issue, The Tidwell Cancer Foundation has a program called **Tidwell's Terrific Kids**. Their objective is to empower children to make healthy tobacco-free lifestyle decisions through games, skits, and lessons on character.

Community

The Tidwell Cancer Foundation offers educational speakers specializing in: breast cancer and tobacco use prevention. These speakers are available to businesses or organizations with prior notice.

Ways To Help Out

As with any successful endeavor, many diverse skills and helping hands are needed. We invite you and your business to join us through financial support, donations, or as a volunteer.

Ways To Chip In

As with any successful program, helping hands are needed. The Tidwell Cancer Foundation invites you to join us in our fight to prevent tobacco related cancer in our area by volunteering your time and expertise. Don't have the time? We would be honored to accept cash and/or service donations from private and corporate sponsors.

CHARACTER COUNTS

Making healthy choices is very important, as you get older. It is also very important that you try real hard to behave in a positive way. If others know you have a positive character they are less likely to pressure you to use tobacco or other unhealthy products.

There are six character traits that we would like you to remember:

1. **TRUSTWORTHINESS:** Be Honest! Try your best not to lie, cheat, or steal.
2. **RESPECT:** Treat others like you want to be treated! Remember that everyone has feelings and that being nice is so much better than being mean.
3. **RESPONSIBILITY:** Follow the rules of home, community, and school! Doing the right thing as much as possible makes the world a better place.
4. **FAIRNESS:** Play fair! There will be times when you need to share or wait your turn. Cooperation is the key to great fun!
5. **CARING:** Be kind! Kindness is being helpful, understanding, and thankful.
6. **CITIZENSHIP:** Be involved! Help make the community a great place to live.

CHARACTER DEFINITIONS

Trustworthiness: A person in whom we can place our trust and rest assured that the trust will not be betrayed and does not down our expectations.

Respect: An emotion we feel about another person with regard to integrity, trust and moral values.

Responsibility: Taking on the task of being accountable for your actions.

Fairness: Making decisions that are unprejudiced, unbiased or impartial.

Caring: To be concerned about another.

Citizenship: The act of showing responsible and caring behavior towards the betterment of your community and country.

TOBACCO TALK



Tobacco is processed from the tobacco plant. Tobacco is used in products such as cigarettes, cigars, dip, chew, and snuff. Tobacco contains over 4,000 chemicals some are known to cause cancer. Cancer is a serious disease that can occur almost anywhere in the body.

The use of tobacco products will cause short term and long term effects. The short term effects occur soon after a person begins using tobacco. Tobacco use will make a person smell really nasty like tobacco. This means bad breath and stinky hair and clothes. Tobacco will also wrinkle and stain your skin and make your teeth yellow. Smoking tobacco could also cause someone to start a fire or burn holes in clothes and furniture. Long term effects of tobacco use occur inside and outside the body. The heart and lungs are damaged which can cause serious health problems (heart disease, lung disease, strokes, and cancer). Did you know that people who chew or dip tobacco could get mouth cancer?



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THINK TOBACCO FREE

Discussion questions for kids to bring up with adults

1. Have you ever smoked? Why or Why not? What was it like? Why did you stop or why haven't you stopped?
2. Do you know anyone who got sick from smoking? What happened?
3. Did a lot of kids smoke when you were young? What would happen if I decided to try smoking?
4. What do you think I should do if a friend offers me a cigarette? What's the best way to say no?
5. If one or both of your parents smokes and you're worried about them:

I'm worried about you because you smoke.

What made you start smoking?

Did you ever think about quitting?

Why is it difficult to quit?

Have you ever tried to quit? What happened?

Information received from: www.lungsareforlife.com,
www.pbskids.org/itsmylife.org,
www.cdc.gov/HealthyYouth/tobacco/facts.htm

"WHAT TOBACCO PRODUCTS CAN DO TO YOUR BODY"

Inside the Human Body

Brain

Nicotine reaches the brain 10 seconds after you inhale. Cigarette smoke can cause strokes.

Mouth

Gives you bad breath and yellow teeth; associated with gum disease and mouth cancer.

Heart

Gives you two times higher risk of heart attack than a nonsmoker. Just 1 to 5 cigarettes a day can double your heart attack risk.

Lungs

Along with cancer, smoking raises a person's chances of having, chronic bronchitis, emphysema, and chronic pulmonary disease (COPD).

Stomach

Raises the risk for cancer and peptic ulcers.

Skin

Ages your skin by 10-20 years!

Bones

Smoke may make bones thinner and more fragile, raising your risk for broken bones.

The human body is a special machine. There are many systems that work together to help move, grow, and learn. Eating healthy foods, getting rest, and exercising regularly are simple ways to keep your body strong and working well.

It is important to take care of yourself by making healthy choices and avoiding unhealthy choices. The lungs send oxygen to the heart. The heart sends oxygen rich blood to all parts of the body. The brain controls all body systems with the help of oxygen that travels from the heart. Bones help make blood cells that fight germs.

Tidwell's Terrific Kids Double Puzzle!

Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.

SEAMDUIEGS

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

9

NERCCA

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2

6

NETSIFs

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7

4

TONCIENi

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8

1

LATHEHY

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5

ETABDHBRA

--	--	--	--	--	--	--	--	--	--	--	--

3

		M					R		F	I		K		D
1	2	3	4	5	6	7	8	9						

Ledger-Enquirer



ACTIVITY

TIDWELL'S Terrific Kids

Second Hand Smoke

Tobacco products can be smokeless or smoked. Smokeless tobacco is either chewed or dipped. The chemicals from the tobacco are absorbed into the body through the cheeks and gums.

People that smoke tobacco inhale the chemicals into the body by smoking cigarettes or cigars. If the tobacco is smoked it will also cause second-hand smoke. Second-hand smoke is smoke that goes into the air that others breathe. This type of smoke contains chemicals that can cause health problems for the non-smoker.

There have been new laws passed in many areas that protect the non-smoker. This means that most restaurants, public buildings, and stores will not allow people to smoke. This makes the air cleaner and healthier for everyone.

Smoking inside cars, homes, and other places will make furniture, clothes, and other stuff smell like tobacco smoke. Smoking makes everything smell bad.



TEST YOUR KNOWLEDGE WITH Monkey Joe's parties play™

1. Smoking causes how many deaths in the United States each year?

- A. 2500 B. 150,000 C. 375,000 D. 430,000

2. How many young people become new smokers each day?

- A. 1,000 B. 2,000 C. 3,000 D. 4,000

3. Smokeless tobacco causes cancer in what areas of the body?

- A. Mouth B. Pharynx C. Esophagus D. All of the above

4. Which of the following chemicals are found in cigarette smoke?

- A. Ammonia (used to clean toilets)
B. Cyanide (used to kill rats)
C. Formaldehyde (used to preserve dead frogs)
D. All of the above

5. How many minutes does it take for second-hand smoke to affect your body?

- A. 8-20 minutes
B. 22-28 minutes
C. 55-60 minutes
D. 1-5 minutes

Ways to say no to smoking:

No thanks. I like my teeth white, not yellow.

No thanks. I like being healthy.

Couldn't we be thrown out of school for smoking?

Why would I want to do that to my lungs?

No thanks. I'm not into that.

I'd rather spend my money on other stuff.

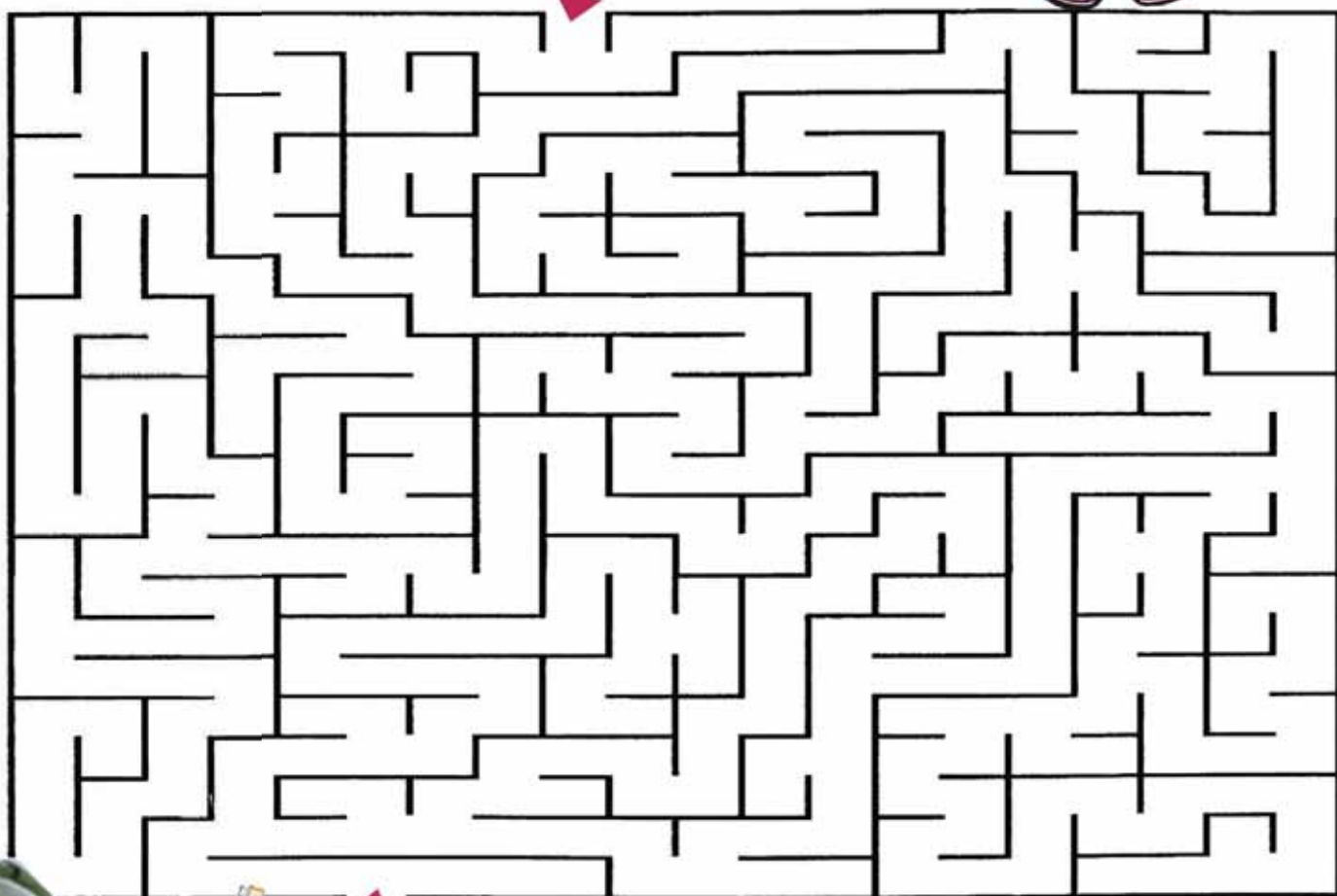
Couldn't we be grounded for smoking?

Hazy Maze

Charlotte is being pressured to smoke cigarettes. Help Charlotte escape to better lifestyle choices.



Start Here



End Here



Tidwell's Terrific Kids are the best!

I, _____
(NAME) PROMISE TO STAY TOBACCO-FREE

AND LIVE A HEALTHY LIFE! I PROMISE TO SAY NO TO TOBACCO

AND HELP MY FRIENDS SAY NO AS WELL!

SIGNED: _____
(NAME)

DATE: _____

The Pledge

TIDWELL'S
Terrific
Kids



Words may be
horizontal,
vertical,
diagonal, and
backwards!

★ TERRIFIC KID ★ ★ WORD SEARCH ★

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

- Active
- Addiction
- Alive
- Cancer
- Carbon Monoxide
- Chemical
- Cigar
- Cigarette
- Dip
- Emphysema
- Exercise
- Fitness
- Healthy
- Heart
- Lungs
- Nicotine
- Outgoing
- Oxygen
- Poison
- Secondhand
- Smokeless
- Stroke
- Tar
- Tobacco
- Wellness

TIDWELL'S Terrific Kids JOURNAL



1 The reasons I think kids smoke:

2 When I see adults smoking, I feel:

3 The worse thing about smoking is:

4 If a friend asked me if I wanted to try tobacco, I would say:

You are a Terrific Kid by choosing to lead a tobacco free lifestyle.

Draw a positive choice!



YOU DO THE MATH!

If a person buys a pack of cigarettes everyday, how much money would he or she spend in a year?

365 days per year
X \$4.00 a pack



What would you buy with that much money?

1. _____
2. _____
3. _____

Answers!

PG. 3 TERRIFIC KID PUZZLE

Across

2. Tar
4. Cool
5. Yellow
7. Nicotine
8. Skin
9. Cancer

Down

1. Carbon Monoxide
3. Nasty
6. Heart
9. Cool

PG. 4 INSIDE THE HUMAN BODY

Gum Disease

Cancer

Fitness

Nicotine

Healthy

Bad Breath

I Am A Terrific Kid

PG. 7 TEST YOUR KNOWLEDGE

1. D
2. C
3. D
4. A
5. A

WORD MATCH

MATCH THESE WORDS TO THEIR CORRECT DEFINITIONS.

Trustworthiness

To be concerned about another.

Respect

A person in whom we can place our trust and rest assured that the trust will not be betrayed and does not let down our expectations.

Responsibility

Taking on the task of being accountable for your actions.

Fairness

An emotion we feel about another person with regard to integrity, trust and moral values.

Caring

Making decisions that are unprejudiced, unbiased, or impartial.

Citizenship

Any substance that is directly involved in the promotion of cancer.

Carcinogen

A disease characterized by a population of cells that grow and divide rapidly in an abnormal way, invading and destroying healthy cells and tissues around it.

Cancer

The act of showing responsible and caring behavior towards the betterment of your community and country.

Cigarette

A black, sticky, viscous, liquid form of coal used to pave roads and make cigarettes.

Tar

A colorless, odorless, extremely poisonous gas that is inhaled when you smoke a cigarette.

Carbon Monoxide

A tightly rolled bundle of dried and fermented tobacco, one end of which is ignited so that its smoke may be drawn into the smoker's mouth through the other end.

Cancer Cell

A product consumed by smoking and manufactured out of cured and finely cut tobacco leaves, which are combined with poisons and additives, then rolled or stuffed into a paper-wrapped cylinder, having a filter at the smoke end.

Cigar

Dip

A form of smokeless tobacco that is inserted into the mouth between the gum and the cheek, then chewed and spit out.

Nicotine

A cell that has been damaged by carcinogens and makes clones of itself, developing a tumor in the body.

Second Hand Smoke

Finely-ground tobacco, intended for use by being sniffed or snorted into the nose.

Tobacco Free

A cell that has not been harmed by carcinogens and functions properly in the body.

Snuff

One of the most addictive substances known to man.

Healthy Cell

Living a life without tobacco by saying "no".

Tobacco Tales

Occurs when smoke from one person's burning tobacco product is inhaled by another person and is also called passive smoking.

10 Minutes

The amount of time that goes by when a smoker craves another cigarette.

30 Minutes

When a person craves something even though they know it's bad for them.

Addiction

When a tobacco company twists the truth about tobacco to sell more cigarettes.

The amount of time it takes for nicotine to reach the brain when someone inhales smoke from a cigarette.

Thank You To Our Supporters

Monkey Joe's
parties play™



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Peachtree Natural Foods
Scrapbook Shoppe
Shearith Israel Synagogue
Smokey Bones
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Tidwell Cancer Treatment Center
Vista Care



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