

THROUGH WITH CHEW WEEK IDEAS (Third week of February)



First, some facts about chewing tobacco

1. 75 percent of smokeless tobacco users will develop leathery white patches and red sores in their mouths that could lead to oral cancer. That's three out of every four. Source: www.ada.org/3013.aspx
2. Smokeless tobacco stains teeth a yellowish-brown color, causes bad breath and can cause dizziness, bleeding gums and mouth sores that never heal. Source: Centers for Disease Control and Prevention
3. Smokeless tobacco is not a safe substitute for cigarettes. Source: National Cancer Institute
4. Formaldehyde, which is used to preserve dead bodies, is an ingredient in chew (and other forms of tobacco). Source: http://www.tobaccofreeu.org/facts_figures/documents/spit_fact_sheet.pdf
5. Nicotine continues to be absorbed into the bloodstream, even after the smokeless tobacco has been removed from the mouth. Source: American Legacy Foundation
6. One can of snuff gives you as much nicotine as 60 cigarettes. Source: Texas A&M Agri-Life Extension.
7. Nicotine is highly addictive.
8. 75% of cancers in the mouth, lips, tongue, throat, nose and larynx are due to tobacco USE. Source: Texas A&M Agri-Life Extension.
9. 28 cancer-causing substances have been found in smokeless tobacco. Source: Texas A&M Agri-Life Extension.
10. Long-term users have a much higher risk of developing oral cancers than non-users. Source: Texas A&M Agri-Life Extension.
11. Smokeless tobacco may be harder to quit than cigarettes, but is well worth the effort to quit. Source: Texas A&M Agri-Life Extension.
12. Quitters are winners, and never starters rule!
13. ***Smart athletes don't hurt their bodies.***

(See the following page for activity ideas.)

Through With Chew Week Activity Ideas

A) Use the facts about chewing tobacco

- Read them during morning announcements.
- Use them as the basis for a poster-making activity or contest.
- Use them as the basis for a door decorating activity or contest.
- Put them on paper strips in balloons and have an activity in which students, in two team, take turns sitting on the balloons and whomever pops his or her balloon first gets a point for the team. (Read all the fact strips.)

B) Submit pictures for Community Connections Facebook page

If you have pictures of student posters, decorated doors, etc., you can email them to tflc@communityconnections.org to be put on <https://www.facebook.com/CommunityConnectionsLC>

C) Go to CommunityConnectionsLC.org/tflc and click on “Resources for Teachers”, for coloring pages and other resources.

D) Your own ideas: _____

