

Resources for Educators

Beginning November 1, 2017, New Jersey has raised the minimum age of sale for tobacco products and electronic smoking devices to 21 years. Raising the minimum age to 21 helps protect New Jersey youth from the deadly effects of the many chemicals found in tobacco and vaping products. Research shows that nicotine, a toxic chemical found in tobacco products and now many e-cigarette juices, may be as addictive as heroin, cocaine, or alcohol.

The Great American Smokeout: Approximately 13.5% of New Jersey adults 18-24 years old smoke, and approximately 11,800 New Jersey adults die annually from smoking-related illnesses, according to the Center for Disease Control and Prevention (CDC). As electronic smoking devices become more popular, these numbers are expected to rise. Every year on the third Thursday in November, the American Cancer Society encourages smokers to take part in the Great American Smokeout. Smokers are encouraged to quit on that day, or make their plan to quit smoking soon.

As issues related to smoking continue to plague Americans, how will you spread awareness of the Great American Smokeout?

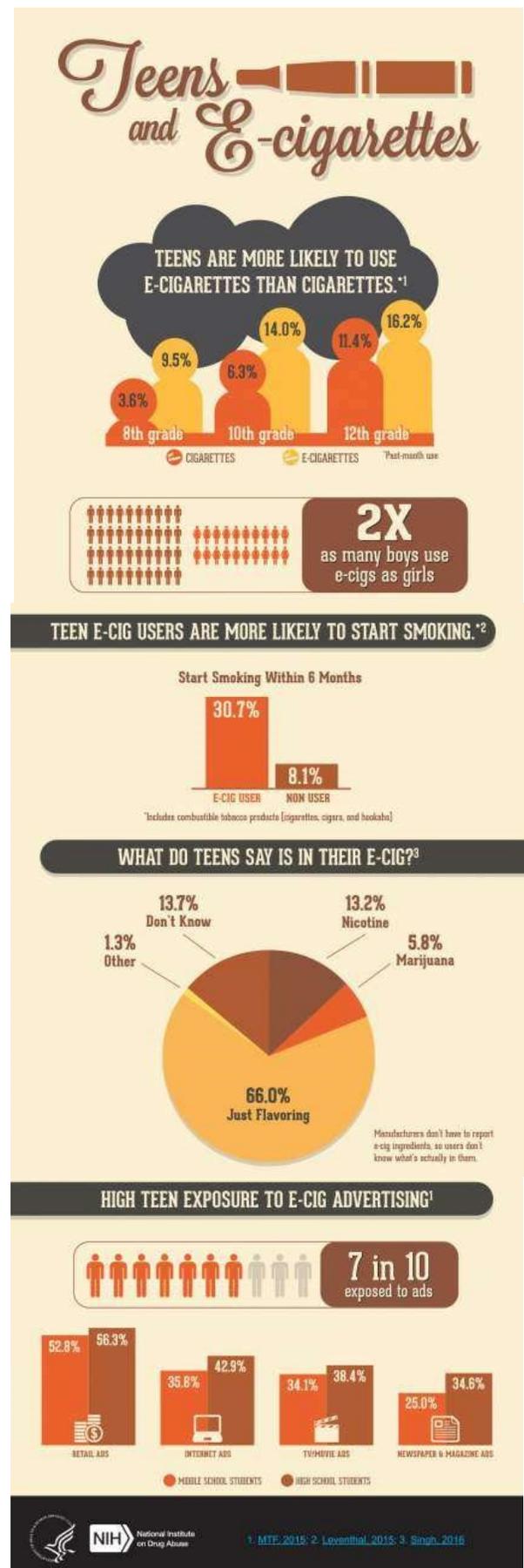


BE PART OF THE SOLUTION

“Schools are in a uniquely powerful position to play a major role in reducing the serious problem of smoking and other tobacco use by kids. Children spend almost a third of their waking time in school, or about 135 hours per month; and much of the peer pressure kids feel regarding whether or not to use tobacco occurs in school. Nearly 90 percent of adult smokers begin smoking at or before age 18.”

- Link: [Campaign for Tobacco-Free Kids](#)

See back of page for recommended activities



Recommended Activities by Age Group: Elementary, Middle, and High School

Elementary School: STOMP Out Youth Tobacco

- Discuss how smoking/vaping affects each body part, invite youth to draw a body and illustrate the damage caused by smoking. Afterwards, ask students about how this makes them feel.
 - Mouth: bad breath, tooth decay, gum disease, discolored teeth, cancer, decreased sense of taste
 - Nose: decreased sense of smell
 - Heart: increased heart rate and blood pressure, risk of blood clots
 - Stomach: ulcers, cancer
 - Lungs: coughing, shortness of breath, increased production of phlegm, respiratory illness, reduced physical performance, reduced lung growth and function, cancer
 - Bladder & Kidneys: cancer
 - Ears: hearing loss
 - Eyes: vision problems—cataracts, macular degeneration
 - Brain: increased headaches, nicotine cravings
- Decorate a bulletin board or door with footprint (attached) and pledge to stay tobacco free!

Sources: *American Cancer Society & Relay for Life (relayrecess.org)*

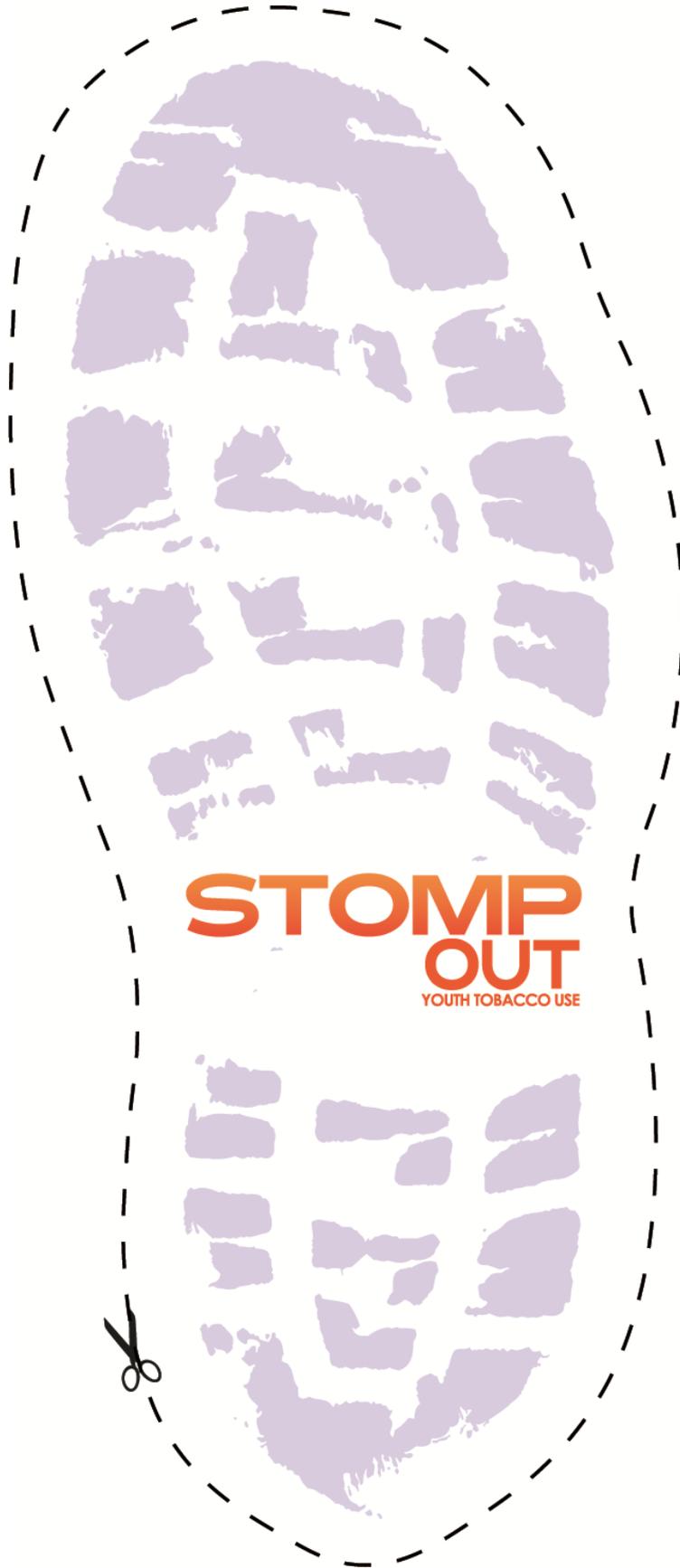
Middle School: What's in a cigarette and e-cigarette juice?

- Cigarettes have over 7,000 chemicals, many which are known to cause cancer
 - Acetone – a colorless, flammable liquid that is the active ingredient in nail polish remover and paint thinner.
 - Carbon monoxide – a colorless, odorless, and tasteless gas that can damage your heart and nervous system. It is found in car exhaust and natural gas.
 - Hydrogen cyanide – a colorless, very poisonous, and highly volatile liquid. It is found in rat poison.
 - Glycolic acid – a colorless, odorless solid that is used in some skin care products; such as chemical peels, and to clean and engrave metals.
 - Phenol – a toxic, colorless solid that is used in medicines such as aspirin, mouthwashes and throat lozenges. It can cause severe chemical burns in concentrated forms.
 - Ammonia – a gas with a pungent odor and is found in fertilizer and household cleaning products.
 - Nicotine – an oily liquid that can be used to kill insects.
- There is very little research on e-cigarette juices available, but emerging research has found:
 - Diacetyl – approved for food use, but associated with respiratory disease when heated and inhaled.
 - Formaldehyde – a known carcinogen that is used in glues, insulation, fertilizers and pesticides .
 - Diethylene glycol – a colorless, poisonous liquid with a sweet taste.
 - Acrolein—a severe eye and respiratory irritant.
- Secondhand Smoke—According to the Surgeon General, there is no safe level of secondhand smoke.
- Did you know there is Thirdhand Smoke? This is when residual nicotine and other chemicals seep in to surfaces (think car seats, couches, clothes, etc.)
- Ask students to write why it's important to be Smoke Free and write it on their footprint

Source: *Relay for Life (relayrecess.org)*

High School: Smoking Trivia Game [include vaping]

- Have students create a trivia game about smoking and vaping and then play it as a class
 - Suggestions: How much smoker will spend on cigarettes in ten years, types of chemicals in cigarettes/vape juice, questions about big tobacco tactics, etc. Website suggestions: www.tobaccofreekids.org, www.cdc.gov, www.cancer.org, www.smokingstinks.org



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