

KICK THE CAN

Smoking cigarettes is not the only dangerous form of tobacco use. Spit tobacco is also deadly. Use the following activities to raise awareness of the dangers of spit tobacco use.

MAKE YOUR OWN SPIT

AGE: Middle school or high school.

NUMBER OF PARTICIPANTS: 2-10.

TIME: 2-3 weeks.

RESOURCES: Water, 7-up, brown sugar, silver sprinkles, beef jerky, blender, empty spit tobacco container, table, and signs.

COST: \$10-\$20.

Create your own spit tobacco ingredient display to present to members of your community the many harmful ingredients found in spit tobacco.

Here are just a few of the chemicals found in spit tobacco:

- **Polonium 210** (radioactive compound)
- **N-Nitrosamines** (cancer-causing)
- **Formaldehyde** (embalming fluid)
- **Nicotine** (addictive drug)
- **Cadmium** (used in car batteries)
- **Cyanide** (poison)
- **Arsenic** (poison)
- **Benzene** (petroleum product used to make DDT)
- **Lead** (nerve poison)



Spit tobacco is also deadly.



Day of the Event:

- Set-up your table with the following household items in containers labeled as the chemicals that can be found in spit tobacco.
 - Formaldehyde – water
 - Benzene – 7-UP
 - Arsenic – Brown Sugar
 - Lead – Silver sprinkles
 - Tobacco Leaves – Shredded beef jerky
- Begin your presentation. It should be about 3-5 minutes long. Describe each ingredient and its harmful effects as you place it in the blender. Once you have added all of the ingredients put your homemade 'spit tobacco' into a spit container and show it to your audience. Include facts about the number of spit tobacco users in your community. Answer any questions.
- Ideally this presentation would be done many times throughout the day.

QUIT SPIT KITS

Gather the following items to create kits for those interested in quitting spit tobacco use. Advertise when and where you will be giving out your Quit Spit Kits.

AGE: Middle school and high school.

NUMBER OF PARTICIPANTS: Varies.

TIME: 1-3 weeks.

RESOURCES: Zip-lock bags, Quit Spit Information, mirrors, toothbrushes, mints, toothpicks, sugar-free gum, dental floss...etc.

COST: \$20-\$100 depending on what you put in the kits and how many you make.

Suggested Items for Quit Spit Kits:

- 6x10 zip-lock Bag
- Information on Quit Spit services
- Through With Chew Brochure (Check out www.throughwithchew.org)
- American Cancer Society "Cold Hard Facts" Brochure
- Mirror for self evaluation
- Toothbrush, mints and toothpicks with cessation info
- Carabineer keychain with cessation information
- Other suggested items: sugar-free gum, sunflower seeds, jerky, dental floss, lip balm, etc.

KICK THE CAN STICKERS:

- Create a circular sticker with a slash through it that says "Not in MY back pocket", to symbolize that the wearer does not chew or that the tobacco companies are not in their back pocket.
- Pass out the stickers in school or throughout your community.
- Consider including spit tobacco facts along with the stickers.
- Templates are available at www.kickbuttsday.org

