

CONNECTICUT TOBACCO CONTROL PROGRAM
EDUCATIONAL MATERIALS CATALOG



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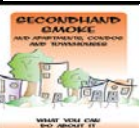
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Booklets	
	<p>BecomeAnEX.org booklet It's a plan that helps you live without cigarettes, a plan that tells you <i>how</i> to quit, not why you should. It's a plan made with the latest medical research, and for those people who have tried to quit before.</p>
	<p>BecomeAnEX.org photo novella-(English and Spanish versions) A photo novella is a tool to help facilitate a discussion on the importance of quitting smoking. It uses a dramatic story format that helps provoke thoughtful interaction for the readers. The utility overcomes issues of health literacy to make appropriate health decisions in a target audience.</p>
	<p>Friend's Handbook Someone important to you has asked you to help them quit smoking, vaping or other tobacco use. Quitting is hard work and your support can play a big role in helping him/her to be successful. As a quit friend, your job is to be understanding, supportive and caring. This handbook is for you. It will provide you with information about quitting and tips on how to help.</p>
	<p>SGR 2010 How Tobacco Causes Disease – What it means to You This easy-to-read, 20-page booklet summarizes the 700+ page Surgeon General's report released in December of 2010. The booklet provides practical information about the dangers of tobacco use and what people can do to quit tobacco use and protect themselves and their families from exposure to tobacco smoke.</p>
	<p>Secondhand Smoke and Apartments, Condos and Townhouses (booklet) Written specifically for residents of apartments and multi-housing units, this booklet describes how to prevent tobacco smoke from traveling from one unit to another. Includes sections on organizing tenants, advocating for smoke-free policies, legal rights and options of nonsmokers, and a resource list.</p>


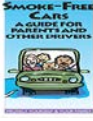




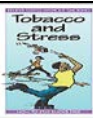

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Bookmarks	
	<p>It's Your Health : Protect Yourself From Second Hand Smoke List negative effects of secondhand smoke. Second hand smoke can make asthma worse, increases the risk of SIDS and respiratory illness in children. Second hand smoke causes lung cancer in non-smokers.</p>
	<p>Tobacco Ruins Your Looks: Say No to Smoking A five-item list of how tobacco ruins your physical appearance. Smoking doesn't look good. Smoking can cause yellow teeth, premature wrinkles and make your breath smell bad.</p>
	<p>Tobacco Wrecks Your Health: Say No to Smoking A list of all the ways in which tobacco damages your health. Smoking keeps oxygen from getting to vital organs, muscles and tissues in your body. Makes it difficult to breath. Causes cancer, heart disease, lung disease and strokes.</p>
	<p>You Can Quit Smoking: One Day at a Time Inspire and support quit smoking efforts with a "one day at a time" message. 10 supportive tips for making it through a day without a cigarette.</p>

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<h2>Brochures</h2>	
	<p>50 Ways To Resist The Urge To Smoke Help smokers who are trying to quit get through cravings with this motivational pamphlet which provides more than 50 immediate and inexpensive things to do instead of lighting up a cigarette--including exercise, social activities, working with your hands, and rewarding yourself for not smoking.</p>
	<p>A Teen's Guide to Facts about Tobacco Persuade young people to say "no" to tobacco with this pamphlet, which offers an overview of tobacco and its dangers including nicotine addiction and other key health and social issues. Beside cigarettes, the pamphlet also covers smokeless tobacco, cigars, bidis, and herbal cigarettes and includes facts about health risks, addiction, cost, appearance and more. (Currently out of stock)</p>
	<p>Hookah. Yes or No? Debunks the myth that smoking a hookah is safe. Describes health risks, including getting addicted. Notes that hookah smokers develop many of the same serious health problems as cigarette smokers. Suggests other ways to be social</p>
	<p>How to Help a Friend or Family Member quit Smoking (Spanish version only currently available) This pamphlet provides good information for someone who is concerned about a friend or family member's smoking. It offers realistic suggestions for what a person can do to help, while reminding the reader that it is ultimately up to the smoker to decide when to quit.</p>
	<p>How to Quit Smoking When You've Tried Before Encourage smokers who have tried to quit before to try again. This supportive, encouraging and practical pamphlet acknowledges that it takes many smokers more than one try to quit for good, and it offers great tips for building on what worked the last time and avoiding what didn't work.</p>
	<p>If You Live With a Smoker (Spanish version only available) The suggestions in this pamphlet will help nonsmokers who live with smokers to protect their health and, ideally, keep their home free from smoke. It offers great tips for talking tactfully with the smoker and setting up a smoking area outside.</p>
	<p>Quit Services Brochure (English/Spanish Brochure) Get help with creating a quit plan, answers to cessation questions, working through cravings, guides to keep you on track, medications to help with cravings and referrals to local programs.</p>
	<p>Quit Smoking for You and Your Family (English/Spanish Brochure) Concern for the health of family members can be a strong motivator to quit smoking. Using a side-by-side English/Spanish format, this pamphlet explains the harmful effects of smoking on family members and offers practical cessation advice, giving readers both the knowledge and inspiration to quit smoking.</p>
	<p>Quitting Smoking, Common Problems, Good Solutions (Spanish version only currently available) This pamphlet provides information on getting through the initial period once you've quit smoking. It addresses everyday challenges to quitting smoking including cravings, anxiety, insomnia, depression, weight gain and more.</p>
	<p>Real World Smoking Quotes from real persons about their smoking and quitting experience. Two-thirds of young people who smoke say they regret having started and want to quit. But becoming a former smoker is hard.</p>
	<p>Secondhand Smoke Asthma, Cancer, and other Health Risks (Spanish version only currently available) Show people that secondhand smoke isn't just an annoyance--it's a serious health risk! This pamphlet describes the health hazards associated with secondhand smoke and includes information on asthma, allergies, heart and lung disease, cancer and more. It also gives tips on how to protect yourself and your family from secondhand smoke.</p>

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	<p>Secondhand Smoke and Your Pets (Currently out of stock) Did you know that dogs that live with smokers are three times more likely to get lung or nasal cancer than dogs that live with nonsmokers? Or that cats that live with smokers have more than double the risk of feline lymphoma? Secondhand smoke hurts all living creatures.</p>
	<p>Smoke-Free Cars: A guide for parents and other drivers Simply opening a window is not enough to prevent secondhand smoke exposure when someone is smoking inside a car. Here's an excellent resource to help protect children and other vehicle passengers from secondhand smoke. Filled with practical tips on how to keep a car smoke-free.</p>
	<p>Smoke-Free Housing This helpful title offers plenty of suggestions about how to avoid secondhand smoke in multi-unit housing and advocate for a smoke-free building. It discusses the benefits of smoke-free buildings for tenants and landlords and encourages people to speak up and take steps to promote a smoke-free housing policy.</p>
	<p>Social Smoking (English and Spanish Versions) This pamphlet defines "social smoking" (a habit in which people do not necessarily smoke every day) and outlines the health hazards. This pamphlet gives young people the message that even occasional smoking can cause health problems--and lead to addiction.</p>
	<p>Talking Tobacco, What to say and how to say it (English and Spanish Versions) Give parents and caregivers these tips for talking with kids about tobacco and smoking. This pamphlet helps adults empower kids to make tobacco-free choices by providing basic information for parents and other adults to talk with kids about tobacco—and persuade them not to use it.</p>
	<p>The Health Consequences of Smoking A recent Surgeon General's report emphasized how smoking affects nearly every part of a smoker's body. This pamphlet highlights those findings and lists the potential health risks associated with smoking. It provides strong motivation for quitting now (or never starting!).</p>
	<p>The Health Consequences of Spit Tobacco Spit tobacco can damage the mouth as much as smoking damages the lungs. This colorful title highlights 20 ways that spit tobacco, including dip, snuff, plug, chew or snus, can harm a user's health. Counter the mistaken belief that spit is a "safe" tobacco alternative with this fact-filled pamphlet, which includes encouragement for quitting and quit tips.</p>
	<p>Third-hand smoke Third-hand smoke refers to the toxins left behind by cigarette smoke on clothes, hair, furniture and other surfaces long after a cigarette has been extinguished. These toxins are especially harmful to babies and children. Help parents and caregivers understand the dangers of third-hand smoke and how to minimize exposure and risk with this helpful title.</p>
	<p>Tobacco and Stress Smokers identify stress as one of the key obstacles to quitting and staying quit. This pamphlet addresses the connection between stress and smoking relapse and gives specific tips for how to deal with stress without using cigarettes. The lighthearted illustrations keep the reader engaged and illustrate key points.</p>
	<p>Tobacco Smoke and Your Pregnancy (English/Spanish Brochure) Give mothers-to-be essential information about how tobacco smoke can harm them and their babies with this easy-to-read bilingual English/Spanish title. It offers suggestions on how to avoid secondhand smoke in buildings and cars and urges pregnant women who smoke to quit.</p>
	<p>X-Smoker Tips for Quitting This pamphlet offers great quitting tips for teen and young adult smokers. It addresses issues of stress, social pressure, weight gain and more and gives quit-smoking tips. It focuses on the process of quitting, including getting support, avoiding temptation and finding other ways to cope with stress.</p>







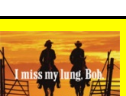


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Your Family and Second Hand Smoke (English/Spanish Brochure)

Brochure provides information on what is second hand smoke and why it is harmful. Also provides tips on how to protect your family from second hand smoke exposure and secure a smoke free environment. Being exposed to second hand smoke can contribute to increased risk for frequent and more severe illness, especially in children. Smoking should not take place in the home, car or around children


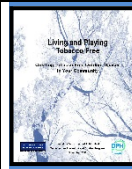
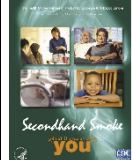
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Business & Post Cards	
	<p>BecomeAnEX.org Business Card This business card sized pocket card is a great place to note your triggers that make you want to smoke and provides a website address for a plan to re-learn life without cigarettes.</p>
	<p>Cessation Business Cards (English & Spanish Versions) Quitting Tobacco is one of the most important steps you can make to save your life. When you're ready – we're here to help. Resources to Help You Quit include: Talk to your health care provider about programs and medications. Call the Connecticut Quitline at 1-800-QUIT NOW and 1-855-DEJELO YA or register online at www.quitnow.net/ Connecticut for your own quit plan and telephone support. Join BecomeAnEX.org for information and to blog with other quitters online. Check the CT Department of Public Health website at www.ct.gov/dph/tobacco for programs</p>
	<p>Connecticut Quitline business card (English and Spanish Versions) This business card sized pocket card provides the Quitline number and brief detail of services available</p>
	<p>Got Fresh Air post card A postcard featuring a bird wearing a gas mask to bring home the serious message that secondhand smoke is bad for all animals. Postcard gives facts about secondhand smoke and encourages pet owners and other animal lovers to stop smoking.</p>
	<p>Got Fresh Air post card A postcard featuring a cat wearing a gas mask to bring home the serious message that secondhand smoke is bad for all animals. Postcard gives facts about secondhand smoke and encourages pet owners and other animal lovers to stop smoking.</p>
	<p>Got Fresh Air post card A postcard featuring a dog wearing a gas mask to bring home the serious message that secondhand smoke is bad for all animals. Postcard gives facts about secondhand smoke and encourages pet owners and other animal lovers to stop smoking.</p>
	<p>I miss my lung, Bob post card A dramatic way to send a message about the health effects and dangers of smoking</p>
	<p>Impotent post card This traditional tobacco industry use of the cowboy image boldly addresses the relationship between smoking and impotence.</p>
	<p>Trick or Treat? post card Hip, attention-getting card provides facts about blunts and blunt wrappers (flavored tobacco leaves) and the shocking tobacco industry tactics used to market them to teens and young adults.</p>




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<h1>Fact Sheets</h1>	
	<p>Asian Quitline Information provided in Chinese, Korean and Vietnamese languages for the help quitting smoking.</p>
	<p>Keeping Your Baby Safe From Tobacco Smoke Fact Sheets (Available in 14 Languages) There is no safe amount of tobacco smoke exposure. Secondhand and third hand smoke can harm your baby by increasing your baby's chances of: Sudden Infant Death Syndrome (SIDS) , Ear infections, pneumonia, and bronchitis Asthma and allergies, Respiratory and lung infections and Learning disabilities. Help protect your baby. Available in Albanian, Arabic, Bengali, Bosnian, Simplified Chinese, Traditional Chinese, English, Haitian Creole, Karen, Khmer, Korean, Laotian, Polish, Portuguese, Spanish, and Vietnamese Additional languages are attachments in this document to download.</p>
	<p>Staying Tobacco Free Fact Sheet (Available in 14 Languages) Tips and reasons to stay quit. Resources of programs to help you. Available in Albanian, Arabic, Bengali, Bosnian, Simplified Chinese, Traditional Chinese, English, Haitian Creole, Karen, Khmer, Korean, Laotian, Polish, Portuguese, Spanish, and Vietnamese Additional languages are attachments in this document to download.</p>
	<p>Quitting Tips Fact Sheet (Available in 14 Languages) 1 out of 2 people who continue to smoke will die early because of their smoking. Here are tips to help you quit even if you tried quitting before. . Find your support system - friends, family, co-workers, CT Quitline, BecomeAnEx.org. Tell them your plans, and ask them to help you. Pick a Quit Date and write it down where you will see it often. Call the Connecticut Quitline at 1-800-QUIT NOW or 1-855-DEJELO YA or register online at www.quitnow.net/connecticut for help with your quit plan. Available in Albanian, Arabic, Bengali, Bosnian, Simplified Chinese, Traditional Chinese, English, Haitian Creole, Karen, Khmer, Korean, Laotian, Polish, Portuguese, Spanish, and Vietnamese. Additional languages are attachments in this document to download.</p>
	<p>Quitting Tips Tear off pads (5 x 7, 50 sheets in a pad) Tips for helping you quit. When you're ready, we're here to help. 1 out of 2 people who continue to smoke will die early because of their smoking. There are many reasons to quit. Find yours and write them down to remind you why you are quitting. Talk to a health care provider about medications that may help with your quit. Find your support system - friends, family, co-workers, CT Quitline, BecomeAnEx.org. Tell them your plans, and ask them to help you. Pick a Quit Date and write it down where you will see it often. Call the Connecticut Quitline at 1-800-QUIT NOW or 1-855-DEJELO YA or register online at www.quitnow.net/connecticut for help with your quit plan.</p>

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Guides, Reports & Toolkits	
	Connecticut Adult Tobacco Survey 2006 is a telephone-based survey that was co-administered with the Connecticut Behavioral Risk Factor Surveillance System Survey (BRFSS). The BRFSS collects self-reported information on health-risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury.
	Connecticut School Health Survey 2011 is a comprehensive survey that consists of two components: the Youth Tobacco Component (YTC) and the Youth Behavior Component (YBC). This report discusses data collected from the YTC. Between February and June 2011, the Connecticut Department of Public Health (DPH) conducted the CSHS in cooperation with the Centers for Disease Control and Prevention (CDC), the Connecticut State Department of Education, and partners from school districts and local health departments. (Available as down load only from DPH website)
	Connecticut Tobacco Use Prevention Control Plan The state's Tobacco Use Prevention and Control Program plan framework is based on the recommended CDC strategies. The essential ingredients of successful initiatives include: adequate and sustained funding, an evidence-based action plan, sound guiding principles, broad participation, and systematic channels of coordination and communication. Information addressed under each of the nine strategies includes the Plan goals addressed by the strategy, proposed activities, cost, the outcomes expected, and the intermediate objectives to be measured to make sure the program is on track.
	Living and Learning Tobacco Free- Creating Tobacco Free Campuses – Tool Kit Has step by step instructions on how to create tobacco free college campuses, includes checklists, survey, educational materials, sample press releases and letters and model policy language.
	Living and Playing Tobacco Free- Creating Tobacco Free Outdoor Spaces- Tool Kit Has step by step instructions on how to create tobacco free parks, beaches and other outdoor spaces, includes checklists, survey, educational materials, sample press releases and letters and model policy language.
	Providing Healthy Options for Tenants in Your Community: A Guide for Advocates Working on Voluntary Smoke-Free Housing Policies This is a manual to help those establish smoke free housing policies in their community. It provides instruction on how to work with landlords, property managers and developers. Guidance is given on the legality of smoke free policies, why they are needed and how they are good for business.
	Sabemos: Por Respeto—Aquí no se fuma: Community Outreach Tool Kit Sabemos is a community outreach toolkit for parenting tobacco-free Hispanic/Latino youth (ages 14 years and younger). The campaign is designed to help community leaders heighten awareness among Hispanic/Latino parents who have recently arrived in the United States (less than two years) about secondhand smoke and how it can affect them and their children. Second, the campaign educates and empowers Hispanic/Latino parents on practical steps they can take to achieve smoke-free environments for their children. The toolkit includes a cultural overview, tip sheet, bilingual insert, cover letter, sticker, static cling, and an interactive CD-ROM
	SGR 2012 - A Report of the Surgeon General: Preventing Tobacco Use Among Youth and Young Adults: We CAN Make the Next Generation Tobacco-Free (Consumer Guide - English) The booklet discusses in plain language the major content of this new report on tobacco use among youth and young adults. It is designed to help parents, teachers, policy makers, health care professionals, and other concerned adults understand the importance of the report and how they can take a stand to protect young people from the devastating effects of tobacco use.
	SGR 2006 - The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Secondhand Smoke. What It Means to You A summary brochure of the 2006 Surgeon General's Report updating the scientific evidence on exposure, health consequences, and control approaches regarding secondhand smoke. This document is designed for the general public.

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	<p>SHS Parent's Guide (CDC) Education for those who care for children on the health dangers of secondhand smoke (SHS). The goal is to deliver culturally relevant information to various populations that will motivate them to reduce SHS exposure to children by making their homes and cars smoke-free.</p>
	<p>Youth Activism in Tobacco Control: A Toolkit for Action (on loan only) This toolkit was developed by the Truth Initiative (formerly Legacy) as a resource for youth and young adult activists working to eradicate commercial tobacco use in their schools and communities. Sections include background on the Tobacco industry, an action guide for specific opportunities in the community, school and college settings, real life case studies and resources.</p>
	<p>Youth Tobacco Cessation — A Guide for Making Informed Decisions This document is intended to help organizations decide whether to undertake youth tobacco-use cessation as a specific tobacco control activity. The publication covers topics such as the quality of the evidence base for youth intervention, the importance of conducting a needs assessment for the population your organization serves, and the need to evaluate your chosen intervention.</p>

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Other Materials





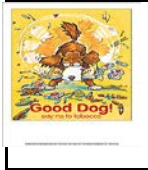

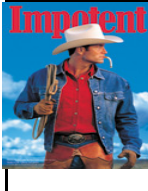


Quitting Smoking; A Pocket Minder® Card (Spanish version only)






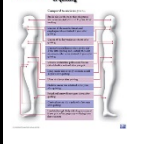
Gives smokers the round-the-clock support they need to quit, in a convenient, go-anywhere format! This credit-card-sized guide helps people who have decided to quit smoking stay focused on their goal by keeping strategies for quitting, tips for coping with relapse, and other helpful advice close at hand. Coated for durability, it can be taken everywhere and referred to discreetly any time the urge to light up strikes.

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Posters

	<p>Cigarette Companies Are Making a Killing Off You This poster illustrates the tobacco industry's exploitation of smokers by showing the ultimate outcome of tobacco use - death.</p>
	<p>Countdown to Quitting This poster features a four-week countdown (two weeks before quitting and two weeks after). Instructions include making a list of all the reasons you want to quit, getting rid of cigarettes, and steps on how to avoid temptation.</p>
	<p>Dental Provider – Most Smokers Say they Want to Quit For dental providers to help their patients quit smoking.</p>
	<p>El tabaco esta matando a nuestra familia Fumar no solo te envenena a ti, sino tambien a tus hijos y a tu familia. Tobacco can kill an entire family. Smoking won't kill just you, but also your children and your family.</p>
	<p>El Tabaco es un asesino que no discrimina. El fumar contribuye a la enfermedad del Corazon, la causa primary de muerte entre los hisopano americanos. Tobacco kills without discriminating. Smoking contributes to heart disease, the primary cause of death for Hispanic Americans.</p>
	<p>Get Your Kicks without tobacco This colorful poster shows young soccer players making a goal. Text reads: "Get Your Kicks without tobacco."</p>
	<p>Good Dog! Say No to Tobacco This colorful and engaging tobacco prevention poster is a favorite of animal lovers and young people. It shows that even dogs are too smart to smoke! Text reads: "Good Dog! Say No to Tobacco."</p>
	<p>I Won't Smoke Today Because... This colorful poster lists inspirational reasons why not to smoke.</p>
	<p>If You Smoke While You are Pregnant (English & Spanish versions) What you need to know to keep your baby healthy even if you don't smoke. If you smoke while you are pregnant, toxic chemicals you breathe in from cigarettes can harm you and your unborn baby</p>
	<p>Impotent This traditional tobacco industry use of the cowboy image boldly addresses the relationship between smoking and impotence. Adapted from California Department of Health Services campaign.</p>

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	<p>Mommy Quit Smoking (English & Spanish versions) Quitting tobacco is one of the most important steps you can take to keep you and your baby healthy and strong.</p>
	<p>Possessing tobacco under the age of 18 is against the law Youth Tobacco Possession Campaign</p>
	<p>PROTECT YOURSELF from Secondhand Smoke (English and Spanish versions) This brightly colored poster features information on how secondhand smoke exposure affects nonsmokers' health. Exposure to secondhand smoke causes heart disease, lung cancer, and breathing problems for adults, and weaker lungs and sudden infant death syndrome in infants. "</p>
	<p>Secondhand Smoke Is Dangerous to Children (English and Spanish versions) This brightly colored poster featuring the image of an infant and includes information on how secondhand smoke exposure affects infants and children including causing sudden infant death syndrome, lung problems, ear infections, and more severe asthma.</p>
	<p>Secondhand Smoke Is Not Healthy for Living Things. Thank You for Not Smoking! This colorful poster shows humans and animals of all types gathered next to a pond. Text reads: "Secondhand Smoke is Not Healthy for Living Things."</p>
	<p>Secondhand Smoke Is Toxic (English and Spanish versions) This brightly colored poster features information on the health effects of some of the more than 4,000 chemicals contained in secondhand smoke, including cancer-causing chemicals like formaldehyde and benzene, toxic metals like arsenic and cadmium, and poisonous gases like carbon monoxide and hydrogen cyanide. This is a folded poster.</p>
	<p>The Benefits of Quitting (English and Spanish versions) This brightly colored poster displays the benefits of quitting compared with the harmful health consequences of smoking. Quitting smoking has immediate as well as long-term benefits, such as reducing risks for stroke, cancers, coronary heart disease, chronic obstructive pulmonary disease, ulcer, peripheral artery disease, and low birth weight in infants.</p>

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Materials Order Form

**Place your order by phone: (860) 509-8251, by fax: (860) 509-7854,
or by Email: DPHTobacco@CT.GOV**

If faxing, complete the information below and fax both pages (please print legibly)

SHIPPING LABEL

Date of Order: _____

Facility Name: _____

Address: _____

Attn: _____

Phone: _____

Request Title: _____ Amount: ____ Page #: ____

Request Title: _____ Amount: ____ Page #: ____

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Displays

Available on loan for up to three weeks at a time. Must be picked up at DPH.

	<p>Blue Three-Piece Display Board This board comes empty with no materials attached. This board can be designed to fit the specifics for whatever you need in tobacco use prevention and control outreach.</p>
	<p>The Consequences of Tobacco Use 3D Display This display features hand painted, 3-D models that show the diseases and conditions that can result from smoking: cancer, heart disease, emphysema, and more. The carrying case can be set up in seconds and measures 28" x 27" when opened.</p>
	<p>Life Or Death Lungs Model Set These life-like lungs provide a shocking, graphic view of the damage smoking causes. The healthy lung is pink and free of abnormalities. In contrast, the diseased lung is black, has a large grayish-white cancerous mass, and is covered with spongy bubbles caused by emphysema. Sure to make a lasting impression.</p>
	<p>Quit Smoking For Life Folding Display Informative and motivational, this folding display encourages viewers to quit smoking and provides tips and strategies to become smoke-free. Also addresses reasons to quit and concerns about weight gain. Ideal for use with the <i>Quit Smoking for Life</i> booklet. 58" x 22 ½" opened.</p>
	<p>Smoker's Foul Mouth Display 'Put out that #@?! cigarette!' cries this tart-tongued teacher. "Foul" certainly needs his mouth washed out with soap. Unfortunately, all the soap in the world won't scrub away smoking-related conditions such as gum disease, tooth decay, and lip cancer. At least he's bilingual-that is he has two tongues: One depicts leukoplakia and cancer while the other portrays "hairy tongue."</p>
	<p>The Tarminator Designed to deliver the same "punch" as our other smoking machines without using cigarettes, The Tarminator is perfect for demonstrations in which using an actual cigarette is impractical or not permitted. The user starts by pumping clean water through The Tarminator's filter unit, demonstrating how unpolluted air leaves no deposits on the lungs. For comparison, a special tar mixture is then pumped through the unit, staining The Tarminator's filter a dull brown. The stains reveal how lung tissue absorbs the tiny particles in cigarette smoke. After the demonstration, the stained filter can be passed around for closer examination. Comes with 50 filters, tar mixture, and instructions.</p>
	<p>Tobacco Ingredients Display The toxic chemicals found in tobacco smoke are more easily remembered by associating them with common-and grossly unappealing- substances. This eye-catching, Plexiglas, 3-D display resembles a cigarette yet allows viewers to see what is really inside tobacco smoke. Comes with a two-sided tent card that can be used with adults or children.</p>
	<p>Youth "Don't get burned" Display Teen-oriented graphics and language help young viewers understand that smoking can have negative-and immediate-effects on their health and appearance. This sturdy folding display identifies the risks of tobacco use and explains that cigarette "alternatives" such as clove cigarettes and smokeless tobacco are not safe choices, either. 58" x 22 ½" opened.</p>
	<p>Pack of Cigarettes with Tar Display See just how much tar a smoker receives in the lungs from smoking just one pack of cigarettes. This kit includes two removable cigarettes filed with goeey "tar" that represents the amount of tar left behind from one pack of cigarettes.</p>

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Video Resources

	<p>I Can't Breathe 20min Pam Laffin, a 31-year-old mother of two young girls, died from emphysema. In the program, Pam tells why she started smoking and what it was like to learn she had emphysema, a smoking-related disease for which there is no cure. Despite her debilitating illness, Pam was committed to sharing her story so others might learn from her. The 20-minute video, coupled with a moderator's guide, is designed to help lead classroom discussions with students about the consequences of cigarette smoking. The program has been created specifically for young people aged 11 to 14 years. The product is a joint effort between the Massachusetts Department of Public Health and CDC's Office on Smoking and Health.</p>
	<p>Patrick Reynolds, The Truth About Tobacco 20min Patrick Reynolds, grandson of tobacco company founder, RJ Reynolds, but the family brands, Camel and Winston killed his father and eldest brother. After turning away from his family's former business, Mr. Reynolds became one of the nation's best-known advocates against tobacco and smoking.</p>
	<p>Secrets Through the Smoke 55min Secrets Through The Smoke, an educational video for middle and high school students and non-profit health organizations, is a 55 minute video, directed by actor/director Jeremy London, (Party of Five, I'll Fly Away, Mall Rats) and hosted by Giselle Fernandez (Access Hollywood, Dancing with the Stars), will share Dr. Wigand's story and provide firsthand information about the tobacco industry's manipulation and obfuscation of the truth.</p>
	<p>Seven Deadly Myths 17min Hosted by cover model, entrepreneur, and smoking-cessation advocate Christy Turlington, this 17-minute video explores some of the common myths about smoking and empowers women to become or stay smoke-free. A facilitator's guide is also included with the video.</p>
	<p>Scene Smoking: Cigarettes, Cinema and the Myth of Cool 60min This hour-long documentary on smoking in film and television features Hollywood insiders speaking out about artists' rights, social responsibility, and the First Amendment. The thoughtful and thought-provoking video is available with curriculum guides for high school and college classes.</p>
	<p>Smoke Screen 20min For nearly a decade, Dave image helped to sell cigarettes. But after years in the business, the former "Winston Man" realized he was selling a lie. Are people influenced by brand images created by cigarette companies? Ex-cigarette super model Dave Goerlitz thinks so. Are kids targeted and affected by this "adult" advertising? Cigarette victim Dave Goerlitz knows so.</p>

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Lending Library

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I, _____ representing _____ take responsibility for returning all materials borrowed from DPH by _____. All materials will be returned in good condition. If materials are not returned or are returned but not in good condition, I will be responsible for replacing the materials at my agency's cost.

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Name (printed)

Date

Telephone number

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