



## Through With Chew Week

To help celebrate Through With Chew Week the I-STEP Executive Council suggests trying the following activities. If you have any questions you can email them to [turnyourbackontobacco@idph.iowa.gov](mailto:turnyourbackontobacco@idph.iowa.gov)

Announcements: You can read the facts below during each days 'announces' .(you'll need school permission of course)

Pledge: We also would like each Chapter to partake in a pledge against chewing. This could be something you could have during lunch each day or whatever time is convenient for you. You could leave the pledge hanging at your school where it is visible for as long as you see fit.

Video: Just like for January's WFF Campaign we are going to make a video for Through With Chew Week. We will create a poster with the QR code that you can hang up at school. This poster will be sent to you digitally so you can edit information on it (in case you're promoting your Chapter or something). The code on the poster will lead you to our video.

### **Activities (You can choose one based on what works best with your school)**

Balloon Facts: For this activity you need several inflated balloons and a place it's ok to pop them. You will put one of the facts listed below or a new fact in each balloon. The original idea was to have every student in the school pop a balloon but I suggest the following alternative. Set up a Through With Chew Week Table. Place 3-5 chairs near your table and place balloons on each chair. Have students, in groups of 3-5 pop the balloons and see who 'wins'. The winner will be whoever pops a random fact\*. You could have students sign a pledge in order to participate. You will also want to limit the number of students who can win the 'grand prize' of a shirt. Perhaps the 'normal prize' could be a sucker?

\*To choose the random fact you could draw it out of a hat, create some sort of 'spinner', use a phone app, etc... After everyone has popped their balloon you will announce the winning fact and hand out prizes. We will provide t-shirts for you to give as prizes.

Candy Facts: For this activity you just need to attach the facts to candy or suckers. You will pick one of the facts to be the 'winner' by only printing out 3-5 of that fact. You could hand t-shirts out to the winners. Maybe, in order to receive a sucker, the student needs to sign a pledge.

### FACTS:

1. 75 percent of smokeless tobacco users will develop leathery white patches and red sores in their mouths that may lead to oral cancer. Source: [www.ada.org/3013.aspx](http://www.ada.org/3013.aspx)
2. Smokeless tobacco stains teeth a yellowish-brown color, causes bad breath and dizziness, and can cause bleeding gums and 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 smokeless tobacco. Source: [http://www.tobaccofreeu.org/facts\\_figures/documents/spit\\_fact\\_sheet.pdf](http://www.tobaccofreeu.org/facts_figures/documents/spit_fact_sheet.pdf)
5. Nicotine continues to be absorbed in the bloodstream, even after the smokeless tobacco has been removed from the mouth. Source; American Legacy Foundation