

**TOBACCO FREE  
NEBRASKA  
RESOURCE  
DIRECTORY**

**2019-2020**



*For a great state of health*

To request materials from the Tobacco Free Nebraska (TFN) Resource Directory contact:

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**Materials in the TFN Directory are available to Nebraska groups and organizations on a free-loan, first-come/first-served basis.**

**Contact the TFN office IN ADVANCE to request the materials you wish to use.**

**They will be sent to you UPS and the only charge to you will be the return postage.**

**Materials are checked out for 5-7 days. Please be prompt in returning your materials because others may be waiting for them. The person requesting the material is responsible for lost, damaged or unreturned materials.**



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# **DVDS**

## **120,000 LIVES**

A case against smoking in the movies and the solution.

## **CHEEK & GUM**

Dispels the myths of cowboys and sports stars using smokeless tobacco.

24 min. LEVEL: Grade 7 – Adult

## **CIGARETTES: WHO PROFITS? WHO DIES?**

Interviews with former cigarette models who are now dying of cigarette-related cancer. Looks at international tactics devised by American tobacco companies in the face of falling demand for their products in this country.

49 min. LEVEL: Grade 7-Adult

## **DONNIE DINOSAUR'S TOBACCO TROUBLE**

While on a walk through the forest, Sandy leads Milo into a cave and pressures him to smoke a cigarette. Activity masters included.

12 min. LEVEL: Primary Grades

## **DON'T GIVE UP, QUIT**

A documentary on Big Tobacco and Hispanics/Latinos.

28 min. Sr High-Adult

## **DUSTY THE DRAGON AND DR. MARGE HOGAN TALK ABOUT TOBACCO**

Animated for Grades K-3<sup>rd</sup>.

11 min.

## **EVERYTHING YOU NEED TO KNOW ABOUT TOBACCO IN 22 MINUTES**

Riveting and information-packed summary of everything students need to know about the dangers of using tobacco. Vividly illustrates the health effects, identifies toxic chemicals and presents quitting strategies.

22 min. LEVEL: Grade 7-College

## **THE HOOKAH HOAX**

This fact-based program refutes the widely believed myth that hookahs are a safe alternative to cigarette smoking

20 min. LEVEL: Grade 7-College



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### **JEFF BOWER “ONE MAN’S STORY”**

Diagnosed with lung cancer due to smoking in 2006, this 42-year-old Lincoln, NE man shares his story. Mr. Bower passed away in January 2007.  
10 min. LEVEL: Adult

### **LET’S CLEAR THE AIR**

- What smoking says about you?  
LEVEL: High School

### **LIGHTING UP: GRUESOME FACTS ABOUT CIGARETTE SMOKING**

20 min. LEVEL: Middle School – High School

### **LUNG CANCER: A FAMILY UP IN SMOKE**

The Kathy Black story.

### **QUITTING TIME**

Follows nine older smokers who quit and the myths that kept them smoking for years.  
26 min. LEVEL: Adult

### **THE QUITTER**

A witty, animated film can help smokers kick the habit!  
7 min. LEVEL: Sr High-Adult

### **SECONDHAND SMOKE – ALSO AVAILABLE IN SPANISH**

Addresses the serious health hazards of secondhand smoke. It combines humor with scientific facts.  
15 min. LEVEL: Jr High-Adult

### **SECONDHAND SMOKE: JUST SAY KNOW**

An ethnically diverse group of young people address the toll of secondhand smoke.  
11 min. LEVEL: Grades 4-8

### **SMOKELESS TOBACCO: BASIC FACTS**

This hard-hitting program shows graphic depictions of the damage caused by chewing.  
18 min. LEVEL: Grades 6-12



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#### **SMOKELESS TOBACCO: A WAD OF TROUBLE**

Many teens view smokeless tobacco as a "safe" alternative to smoking cigarettes \* In fact, one can of smokeless tobacco can contain as much nicotine as three packs of cigarettes \* This eye-opening program provides viewers with the facts concerning the social and medical ramifications of using smokeless tobacco and presents techniques for quitting this potentially deadly habit.  
25 min. LEVEL: Jr-Sr High

#### **SMOKELESS TOBACCO: YOUR HABIT OR YOUR LIFE**

Uses interviews with smokeless tobacco users and dentists who have seen, up close, the damage smokeless tobacco can do.  
16 min. LEVEL: Jr High-Adult

#### **SMOKING AND HUMAN PHYSIOLOGY**

Illustrates the devastating effects of cigarette smoking as a camera follows cigarette smoke into the human lung.  
16 min. LEVEL: Sr High-Adult

#### **SMOKING: THE MOST PREVENTABLE CANCER**

Smoking is directly responsible for most of the lung cancer, emphysema, and chronic bronchitis cases being treated today.  
LEVEL: Sr High-Adult

#### **SMOKING: THE TOXIC TRUTH - ALSO AVAILABLE IN SPANISH**

What your friends won't tell you about smoking cigarettes. Includes Resource Guide.  
20 min. LEVEL: Jr-Sr High

#### **SMOKIN' SAM**

Two youngsters help a roller hockey star to quit smoking.  
23 min. LEVEL: 4<sup>th</sup>-8<sup>th</sup> Grades

#### **SPIT THIS! THE HAZARDS OF SMOKELESS TOBACCO**

Offers nitty-gritty facts about the hazards of chewing tobacco and the immensely addictive properties of nicotine.  
26 min. LEVEL: Grade 7-College



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#### STORY OF A SPIT TOBACCO USER

Former chewing tobacco user and professional baseball player Rick Bender speaks to students in this griping program about what caused him to begin "dipping", his addiction to "chew", his development of oral cancer and the eventual loss of part of his jaw, tongue and facial tissue as a result.  
19 min. LEVEL: Grade 9-Adult

#### TIMMY AND MR. SCIENCE

Fourth graders use a shrinking machine and rocket to travel inside the human body and discover the devastating effects of tobacco use.  
15 min. LEVEL: Grades 3-4

#### TOBACCO HORROR PICTURE SHOW

Video combines humor with horror to drive home the message that nicotine hooks you, while tar kills you.  
28 min. LEVEL: Jr -Sr High

#### TOBACCO ROAD: A DEAD END

Hard hitting, graphic footage and interviews with people stricken with tobacco-related illnesses.  
30 min. LEVEL: Grades 7-12

#### THE TRUTH ABOUT TOBACCO

Uses state-of-the-art graphics and special effects to explore the history of tobacco use and its effects on the body. Includes discussion guide.  
17 min. LEVEL: Jr-Sr High

#### THE TRUTH ABOUT VAPING

Informs young and old alike about the dangers, both known and unknown, when using e-cigarettes.  
16 min. LEVEL: Grade 7-Adult

#### WHAT'S UP WITH E-CIGARETTES?

Teens' use of e-cigarette and other electronic nicotine delivery devices has skyrocketed. This program gives students the facts and urges extreme caution. Viewers will also learn that big tobacco companies are using advertising techniques to lure in users and hook them for life.  
19 min. LEVEL: Grades 7-College



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# **CURRICULUM, TOOLKITS, ETC.**

## **ANATOMY OF A PUFF**

Using scientific facts and targeted humor, this program alerts viewers to the variety of toxic, carcinogenic and addictive substances found in every puff.

15 min. LEVEL: Jr High-Adult

## **DEVELOPING A SMOKE FREE MULTI-UNIT HOUSING PROGRAM**

A Guide For Tobacco Control Professionals. Created by LIVE SMOKE FREE, a program of the Association for Nonsmokers – Minnesota.

<http://www.mnsmokefreehousing.org/>

## **HELP YOUR BUSINESS MAKE A DIFFERENCE**

A toolkit for tobacco free worksites.

## **LEADER OF THE PACK**

Curriculum with DVD for lower elementary students.

Also available in Spanish.

## **NO IFS, ANDS OR BUTTS**

Curriculum and DVD.

## **SECONDHAND SMOKE: A MATTER OF LIFE AND BREATH**

Curriculum and DVD.

## **SECONDHAND SMOKE: JUST SAY KNOW**

Curriculum and DVD.

## **SMOKE FREE HOUSING TOOLKIT**

A toolkit developed for landlords, property managers or public housing authorities. Toolkits include:

- Legality of Smoke-Free Policies factsheet
- How to Implement a Smoke-Free Policy factsheet
- Benefits of Smoke-Free Policies factsheet
- Smoke-Free Policies for Multi-unit Housing brochure
- Smoke-Free Apartments Available yard sign



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**The following toolkit items are available in English and Spanish:**

- Reminder! This building will become smoke-free on \_\_\_ door hanger
- Please remember this building is smoke-free door hanger
- Proud to be a Smoke-Free Property sticker and window cling

[http://dhhs.ne.gov/publichealth/Pages/smokefree\\_housing.aspx](http://dhhs.ne.gov/publichealth/Pages/smokefree_housing.aspx)

**SMOKE FREE OUTDOOR PRIDE EVENTS TOOLKIT**

A toolkit, developed for tobacco prevention advocates by the California Department of Public Health, is designed to help LGBT Pride events become smoke-free.

**SMOKE FREE PARKS FOR THE HEALTH OF OUR CHILDREN**

**SMOKING EXPOSED**

Young people discuss their candid opinions about tobacco. Includes an 18 min. DVD, activity sheets and fact sheets.

**SPIT TOBACCO EXPOSED**

Testimonials from smokeless tobacco users and young people's personal views about this deadly form of tobacco. Includes a 16 min. DVD, activity sheets and fact sheets.

**THIS IS YOUR BRAIN ON TOBACCO: A RESEARCH UPDATE**

Takes viewers inside a brain lab to reveal the latest research on the effects of nicotine on the brain. Curriculum and DVD.

**TOBACCO AND DEATH: PERFECT TOGETHER – ALSO AVAILABLE IN SPANISH**

Curriculum and DVD.



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## TOBACCO FREE SCHOOLS TOOLKIT

Information to assist schools in developing and implementing tobacco free schools – by everyone, everywhere, at all times



<http://dhhs.ne.gov/publichealth/Documents/TFSchoolToolkit.pdf>

## UP IN SMOKE: THE EXTREME DANGERS OF SMOKING TOBACCO Curriculum and DVD.

## WHAT'S WRONG WITH TOBACCO?

Uses a variety of scenes and speakers to get the message to teens that tobacco kills! Curriculum and DVD.

## WHY? THE PSYCHOLOGICAL TRIGGERS OF TOBACCO

Explains the dangers of nicotine addiction. Curriculum and DVD.

# VISUALS

## BIG CIGARETTE

32" model encases a banner that lists the 108 poisonous chemicals contained in cigarette smoke.

## DEATH OF A LUNG

9" x 12" display showing a model of a healthy lung, cancerous lung tumor and emphysema.



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**EFFECTS AND HAZARDS OF SECONDHAND SMOKE**

Four-panel display board.

**EFFECTS AND HAZARDS OF SMOKELESS TOBACCO**

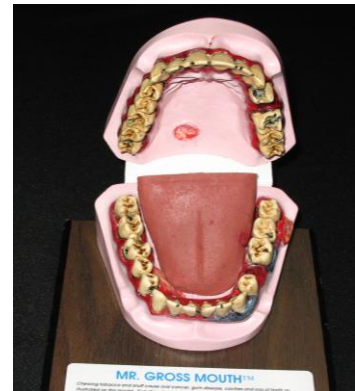
Four-panel display board.

**EFFECTS AND HAZARDS OF SMOKING**

Four-panel display board.

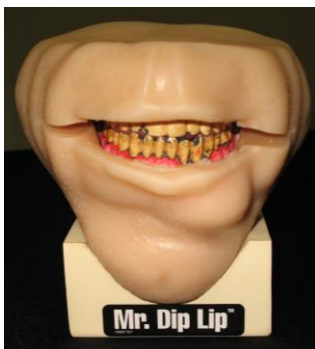
**GROSSMOUTH**

A hinged-mouth model of the teeth, tongue and oral cavity that accurately shows the effects of using smokeless tobacco.



**HAZARDS DURING PREGNANCY**

Four-panel display board.



**MR. DIP LIP**

Mouth opens and closes from the rear and flesh-like lips retract to show the disease effects of dipping on the inner lip, gums and teeth.



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## QUIT SMOKING FOR LIFE

Four-panel display board.

## SMOKEY SUE

- When you pump Sue's "lungs" with your hand she "smokes" a cigarette and collects the tars in a test tube, designed to simulate her lungs.



## SMOKEY SUE SMOKES FOR TWO

Cousin to Smokey Sue, but as Sue smokes, tars and nicotine pass through the water around the life-like model of a 7-month fetus, mimicking the placenta.

## SMOKING: DON'T GET BURNED

Four-panel display board.

## SMOKING AND YOUR BABY

Four-panel display board.

## SMOKELESS TOBACCO: SPIT IT OUT

Four-panel display board.

## THE TRUTH ABOUT E-CIGARETTES AND VAPING PRESENTATION DISPLAY

Free standing display banner 6ft. high x 3ft. wide.



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# STICKERS & CLINGS

**\*\*The following materials are offered in quantity (as available) at no charge\*\***

## **CHOOSE TO BE TOBACCO FREE**

- 3" sticker with the international "no smoking" symbol.
- Smokeless tobacco is pictured along with the cigarette.
- LEVEL: All



## **NO SMOKING-INCLUDING ELECTRONIC CIGARETTES**

- 3 1/2" x 4 1/2" or 6" X 8" vinyl clings. 6" x 8" also available in Spanish.
- LEVEL: All



## **PLEASE DON'T SMOKE**

- 3" sticker showing a large and a small heart.
- LEVEL: All



## **THIS IS A SMOKE FREE HOME**

- 2 3/4" x 5 1/2" Vinyl Cling.
- Also available in Spanish.
- LEVEL: All



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**THIS IS A SMOKE FREE VEHICLE**  
3 ½" x 4 ½" Vinyl Cling  
Also available in Spanish.  
LEVEL: All



**TOBACCO FREE**  
5" Sticker or Vinyl Cling  
Smokeless tobacco is pictured along with a cigarette.  
LEVEL: All



## **BROCHURES**

**YOU CONTROL THE CAN – Information Card**  
Check list for quitting chew.  
Also available in Spanish.  
LEVEL: All

**YOU CONTROL THE CAN – Pamphlet**  
How the NE Tobacco Quitline can help you quit chew.  
Also available in Spanish.

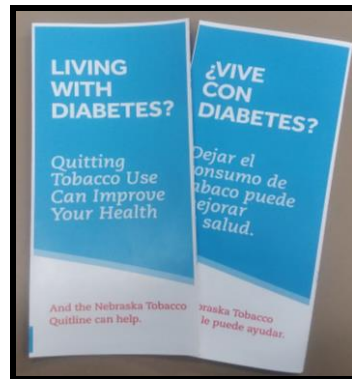


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## LIVING WITH DIABETES?

Tobacco use is associated with an increased risk of diabetes. The NE Tobacco Quitline can help diabetics quit.  
Also available in Spanish.



## LINKS

### AMERICAN CANCER SOCIETY

<http://www.cancer.org/>

### CAMPAIGN FOR TOBACCO FREE KIDS

<http://tobaccofreekids.org/>

### CENTERS FOR DISEASE CONTROL AND PREVENTION

<http://www.cdc.gov/tobacco/>

### FDA TOBACCO

<https://www.fda.gov/TobaccoProducts/default.htm>

### TOBACCO FREE NEBRASKA

<http://dhhs.ne.gov/publichealth/pages/tfn.aspx>

### TRUTH INITIATIVE

<http://truthinitiative.org/>



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