

TOBACCO FREE NEBRASKA RESOURCE DIRECTORY

2018



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.

A COMPLETE STORY: FROM BEGINNING TO THE END

Chronicles the devastating consequences of tobacco use in three parts: Loss, Risk and Coping.

54 min. LEVEL: Grade 7-Adult

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



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

Animated for Grades K-3rd.

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

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



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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

SABEMOS: POR RESPETO – AQUI NO SE FUMA

A Spanish-language community outreach tool kit for parenting tobacco free Hispanic/Latino youth.

LEVEL: 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



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SMOKELESS TOBACCO: BASIC FACTS

This hard-hitting program shows graphic depictions of the damage caused by chewing.

18 min. LEVEL: Grades 6-12

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



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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: 4th-8th 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

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



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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 FREE CAMPUSES IN A BEHAVIORAL HEALTH SETTING

Produced by the Lincoln Lancaster County Health Department.

16.37 min.

TOBACCO ROAD: A DEAD END

Hard hitting, graphic footage and interviews with people stricken with tobacco-related illnesses.

30 min. LEVEL: Grades 7-12

TOBACCO X-FILES: REVISITED

Emphasizes to viewers that the best way to quit using tobacco is to not start. Cancer victims who have to speak with the aid of an amplifier held to their throats attest to the highly addictive nature of all forms of tobacco. Together these survivors, whose lives have been changed irreversibly by tobacco use, urge young tobacco users to quit.

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



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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

TRUTH OR DARE – *ALSO AVAILABLE IN SPANISH*

Excellent for teens and young adults.

20 min. LEVEL: Jr-Sr High

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

WOMEN AND SMOKING

Smoking has many specific effects on women. These include difficulty conceiving, more troubled pregnancies, and greater risk of birth defects. Special concerns, like weight gain, are addressed.

15 min. LEVEL Sr High-Adult



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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

THE ART OF SONGS & SKITS IN TOBACCO EDUCATION

For Primary Grades.

BUCK TOBACCO: TRAINING CURRICULUM FOR COMMUNITY-BASED POLICY OPTIONS TO SUPPORT RODEOS WITHOUT TOBACCO SPONSORSHIP

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.

LIFE SKILLS CURRICULUM

A CDC recommended curriculum.



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NO IFS, ANDS OR BUTTS

Curriculum and DVD.

RACING TOOLKIT

Helping motor sports to be free of tobacco sponsorships.

RODEO TOOLKIT

For tobacco advocates helping rodeos to be tobacco free.

SCIENCE & HEALTH EXPERIMENTS & DEMONSTRATIONS IN SMOKING EDUCATION

Materials for Grades K-12 from the American School Health Association.

SCREEN OUT

Parent's guide to smoking, movies and children's health includes 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



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- Smoke-Free Policies for Multi-unit Housing brochure
- Smoke-Free Apartments Available yard sign



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

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 CESSATION FOR PERSONS WITH DEVELOPMENTAL DISABILITIES

A curriculum of smoking cessation and health-related lessons and strategies designed for persons with developmental disabilities. Developed by the ARC of Lincoln/Lancaster County, Lincoln, NE.



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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.

TACK AND TOOLS – FOR RODEO ORGANIZERS

THE ART OF SONGS & SKITS IN TOBACCO EDUCATION

For Primary grades.

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.

TOBACCO CESSATION FOR CORRECTIONAL POPULATIONS

A curriculum manual.



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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>

TOBACCO FREE SPORTS PLAYBOOK

Pitching healthy lifestyles to youth, teams and communities.

UP TO SNUFF: A HANDBOOK ON SMOKELESS TOBACCO

Designed to help teachers, parents and teens become more aware of the health risks involved in using smokeless tobacco. Includes Lesson Plans and suggested activities for Grades K-12 and Adults.

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.



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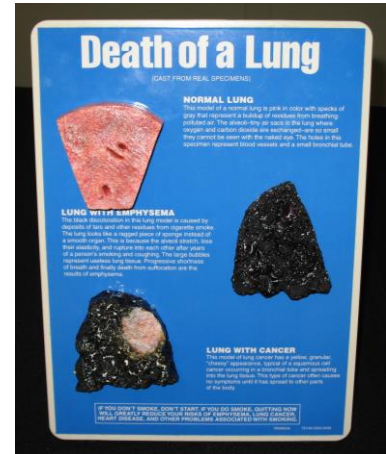
VISUALS

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.



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

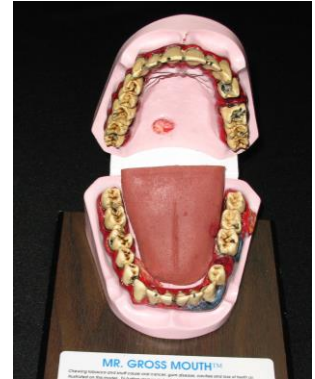
Four-panel display board.



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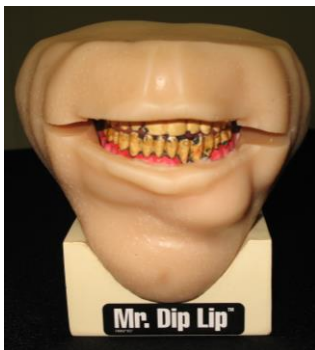
GROSSMOUTH

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.

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.



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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

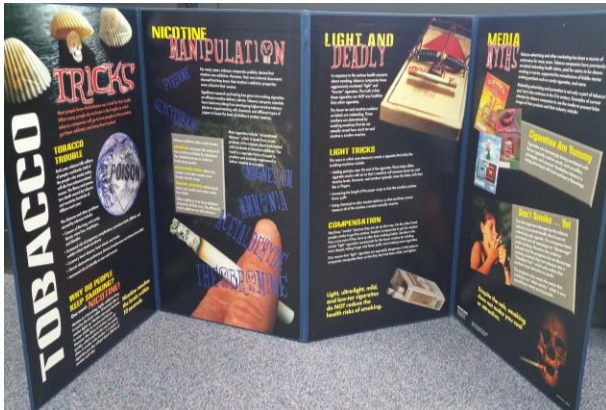
Four-panel display board.

SMOKING AND YOUR BABY

Four-panel display board.

SMOKELESS TOBACCO: SPIT IT OUT

Four-panel display board.



TOBACCO TRICKS

Four-panel display board.



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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 ½” x 4 ½” 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



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THIS IS A SMOKE FREE HOME

2 ¾" x 5 ½" Vinyl Cling.

Also available in Spanish.

LEVEL: All



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



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BROCHURES

A GUIDE FOR QUITTING SMOKELESS TOBACCO

SMOKELESS TOBACCO: DO YOU KNOW?

POSTERS

THERE ARE CHILDREN IN THE HOUSE - PLEASE DON'T SMOKE!

8 ½" x 11" poster. Also available in Spanish.

THERE IS A BABY IN THE HOUSE - PLEASE DON'T SMOKE!

8 ½" x 11" poster. Also available in Spanish.

OTHER POSTERS

Can be ordered directly from the Centers for Disease Control and Prevention (CDC), <http://www.cdc.gov/tobacco>



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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>

TOBACCO FREE NEBRASKA RESOURCE DIRECTORY

<http://dhhs.ne.gov/documents/TFNResources.pdf>

TRUTH INITIATIVE

<http://truthinitiative.org/>



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