

**TOBACCO FREE  
NEBRASKA  
RESOURCE  
DIRECTORY**

***2011-2012***



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To request materials from the  
Tobacco Free Nebraska Resource Directory, contact:

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# VIDEOS – CDs – DVDs

## **120,000 LIVES A YEAR**

Presents the case against smoking in the movies and presents solutions.

LEVEL: Jr High – Adult **CD**

## **A MOVEMENT, NOT A MARKET**

A tobacco and alcohol prevention resource for the LGBTQI community from the New Mexico Media Literacy Project. Printable Discussion Guide included.

LEVEL: Sr High – Adult **VHS**

## **BIG DIPPER**

Describes the health effects of smokeless tobacco use and teaches refusal skills for dealing with peer pressure. 15 min. LEVEL: 5<sup>th</sup> – 12<sup>th</sup> Grades **VHS**

## **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 **DVD**

## **COUNTING THE COSTS**

Produced by the Lincoln-Lancaster County Health Department, Health Promotion & Outreach Division.

16 min. LEVEL: Jr High – Adult **VHS & CD**

## **DEATH IN THE WEST**

Documentary features interviews with medical experts, the tobacco industry and once rugged cowboys of the “Marlboro Country” who are now dying of smoking related diseases.

32 min. LEVEL: Jr High – Adult **VHS & DVD**

## **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 **VHS & DVD**

## **DON’T GIVE UP, QUIT**

A documentary on Big Tobacco and Hispanics/Latinos.

28 min. Sr High – Adult **DVD**

## **DON’T START! Three Short Films About Not Smoking**

A selection of three one minute, anti smoking films.

4 min. LEVEL: Grades 2<sup>nd</sup> – 4<sup>th</sup> **VHS**



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

Animated for Grades K – 3<sup>rd</sup>  
11 min. **VHS & DVD**

## **DYING FOR A SMOKE**

Answers questions and calls people to action against tobacco.  
39 min. LEVEL: Sr High – Adult

## **ENOUGH SNUFF**

A program to help you quit spit tobacco. Produced by the Oregon Research Institute. Includes a user's guide.  
20 min. LEVEL: Sr High – Adult **VHS & DVD**

## **THE FEMININE MISTAKE**

Narrated by Meredith Baxter Birney.  
32 min. LEVEL: Sr High – Adult **VHS**

## **IN GOOD TASTE: QUIT CHEWING TO IMPROVE YOUR ORAL HEALTH**

15 min. LEVEL: Sr High – Adult **VHS & CD**

## **IN GOOD TASTE: QUIT SMOKING TO IMPROVE YOUR ORAL HEALTH**

15 min. LEVEL: Sr High – Adult **VHS & CD**

## **I Quit: How To Stop Smoking**

Information on the how's & why's of smoking cessation.  
22 min. LEVEL: Sr High – Adult **VHS**

## **JEFF BOWER "ONE MAN'S STORY"**

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

## **KICKIN' BUTTS: How to Put Out Your Last Cigarette**

Did you ever want to quit smoking but were afraid to?  
24 min. LEVEL: Sr High – Adult **VHS**

## **LET'S CLEAR THE AIR**

What smoking says about you?  
LEVEL: High School **DVD**

## **LIGHTING UP: Gruesome Facts About Cigarette Smoking**

20 min. LEVEL: Middle School – High School **DVD**

## **LUNG CANCER: A Family Up In Smoke**

The Kathy Black story. **VHS**



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## **MEDIA AND WELLNESS – MEDIA LITERACY FOR SUCCESS**

Produced by the New Mexico Media Literacy Project. **DVD**

### **NO DIP – NO DUH!**

A “no-brainer” about spit tobacco use.

LEVEL: Jr – Sr High **VHS**

### **QUITTING TIME**

Follows nine older smokers who quit and the myths that kept them smoking for years.

26 min. LEVEL: Adult **DVD**

### **THE QUITTER**

A witty, animated film can help smokers kick the habit!

7 min. LEVEL: Sr High – Adult **VHS**

### **REALITY MATTERS – SMOKE SIGNALS**

The program explores three themes: selling of tobacco, rise in sales including smokeless tobacco and new trends in cigarettes.

Includes video index, curriculum units and teaching resources.

LEVEL: Grades 6 – 12 **DVD**

### **SABEMOS: Por respeto – Aqui no se fuma**

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

LEVEL: Adult **CD**

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

Addresses the serious health hazards of sidestream tobacco smoke. It combines humor with scientific facts.

15 min. LEVEL: Jr High – Adult **DVD**

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

An ethnically diverse group of young people address the toll of ETS (Environmental Tobacco Smoke).

11 min. LEVEL: Grades 4 – 8 **DVD**

### **SECONDHAND SMOKE: TRIUMPHS AND TRAGEDIES**

Relays how secondhand smoke affects people in their daily lives.

2008, from the CDC **DVD**

### **SMOKE AND MIRRORS: A HISTORY OF DENIAL**

Examines the past and illuminates the issues that threaten the tobacco industry's future.

75 min. LEVEL: Sr High – Adult **VHS**

### **SMOKE SCREENS**

A powerful message for young people on the dangers of tobacco for the former Winston man.

18 min. LEVEL: Jr – Sr High **VHS**



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## **SMOKELESS – NOT HARMLESS**

Looks back at the tactics used to sell smokeless tobacco over the past century.  
5 min. LEVEL: Sr High – Adult **VHS**

## **SMOKELESS TOBACCO: A SPITTIN' IMAGE**

From Media Projects, Inc.  
14 min. LEVEL: Jr – Sr High **VHS**

## **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 **DVD**

## **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 **VHS & DVD**

## **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 **DVD**

## **SMOKING: A GUIDE TO SELF HEALTH**

Illustrates the health effects of smoking on the body.  
13 min. LEVEL: Sr High – Adult **VHS**

## **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 **DVD**

## **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 **VHS & DVD**

## **SMOKING OUT THE TRUTH: Teens and Tobacco**

Focuses on the illusions and misconceptions surrounding teen smoking.  
24 min. LEVEL: Jr – Sr High **VHS**

## **SMOKIN' SAM**

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

## **SOMETHING STINKS IN HOLLYWOOD**

Explores the use of smoking and tobacco in the movies and film. From the New Mexico Media Literacy Project. **DVD**



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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 gripping 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 **VHS & DVD**

## TEEN FILES FLIPPED: Tobacco

Explores the themes of addiction and the dangers of tobacco through the lives of two ambitious teenagers, Kyle and Ashlee. Each of them is unconcerned about their 'nicotine habit' and declare themselves INVINCIBLE!

21 min. LEVEL: Grades 6 – 12 **DVD**

## TEEN SMOKING: SMOKE NOW, LUNG CANCER LATER

Discusses physical effects of smoking.

LEVEL: Jr – Sr High **DVD**

## 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 **VHS & DVD**

## 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 **DVD**

## TRAGIC CHOICE: THE BOB LESLIE STORY

How smokeless tobacco affected Bob Leslie's life and caused his death.

12 min. LEVEL: Jr High – Adult **VHS**

## TRUTH OR DARE – *ALSO AVAILABLE IN SPANISH*

Excellent video for teens and young adults.

20 min. LEVEL: Jr – Sr High **VHS & DVD**

## UNDERSTANDING MEDIA

Learn tools, skills, techniques. Hundreds of examples and explanations.

LEVEL: Jr High – Adult **CD**

## 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 **DVD**



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# **CURRICULUM, GUIDES, ETC.**

## **ANATOMY OF A PUFF**

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

15 min. LEVEL: Jr High – Adult DVD

## **THE ART of SONGS & SKITS IN TOBACCO EDUCATION**

For Primary Grades.

## **BEYOND COLD TURKEY – TOBACCO QUITTING METHODS**

## **BUCK TOBACCO: Training Curriculum for Community Based Policy Options to Support Rodeos Without Tobacco Sponsorship**

## **CANCER ATLAS**

A textbook on cancer including risks associated with tobacco use.

## **DISPELLING THE MYTHS ABOUT TOBACCO**

A community toolkit for reducing tobacco use among women.

## **ENACTING STRONG SMOKE-FREE LAWS**

## **ENFORCING STRONG SMOKE-FREE LAWS**

## **F.A.C.T.S.**

Facts and activities about chewing tobacco and smoking.

## **GET ACTIVE... GET STARTED**

A peer-to-peer teaching tool for tobacco prevention. Activities for Primary – High School.

## **HOW I QUIT SMOKING AND SAVED MY LIFE**

Through Carrie's eyes we learn how hard it is for her and other teens to break their addiction to nicotine and the smoking culture they have adopted.

29 min. LEVEL: Sr High

## **I CAN'T BREATHE. . .**

A smoker's story with Pam Laffin, 1969-2000.

## **KEEPING IT REAL-An Evidence Based Program**

Drug resistance strategies for middle school students.

## **KEEP IT SACRED**

National Network's Tribal Smoke-Free Policy Toolkit. DVD



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## **LEADER OF THE PACK**

Curriculum with **DVD** for lower elementary students.  
Also available in Spanish.

## **LET'S CLEAR THE AIR**

Curriculum and **DVD** discussing the dangers of secondhand smoke and strategies for quitting.  
LEVEL: Sr High – Adult

## **LIFE SKILLS CURRICULUM**

A CDC recommended curriculum.

## **MEDIA SHARP: ANALYZING TOBACCO AND ALCOHOL MESSAGES**

Curriculum with video.

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

Curriculum with video or **DVD**.

## **OPERATION STOREFRONT**

Outlines how to conduct an “Operation Storefront” in your community.

## **PROJECT T.N.T.**

Curriculum for Grades 5<sup>th</sup> – 8<sup>th</sup>. Endorsed by CDC.

## **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 includes **VHS & DVD**.

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

Curriculum and **DVD**.

## **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.



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

### **SMOKELESS TOBACCO: A Deadly Addiction**

Informative 48-page booklet with color pictures and tips for quitting.

### **SMOKE SCREENERS**

A media literacy program aimed at increasing young people's awareness of tobacco use in the movies. Includes video.

### **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.

### **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.

### **SPIT TOBACCO & YOU**

Curriculum and Guide Book.

### **SPIT TOBACCO KILLS**

Curriculum and **DVD**.

### **S.O.S. - SPOTLIGHT ON SMOKELESS**

Teacher Guide and Workbook on smokeless tobacco use prevention for middle school students. Includes power point presentation on CD (runs on a Mac or PC).

### **STRAIGHT TALK ABOUT SMOKE-FREE WORKPLACE LAWS**

Produced by Campaign for Tobacco-Free Kids, Americans for Nonsmokers' Rights Foundation and Kids Involuntarily Inhaling Secondhand Smoke (KIIS), this guide examines the benefits of smoke-free policies to businesses. The guide includes a 6.5-minute CD and fact sheets on the health effects of secondhand smoke exposure, a summary of the evidence that smoke-free laws do not harm businesses and quotes from industry insiders on ventilation systems. Audience: Legislators and policy makers, editorial boards, civic organizations

### **T.A.T.U. CURRICULUM**

A curriculum from Am. Heart Association, Am. Lung Assoc. and Am. Cancer Society which recruits teens grades 9 – 11 to teach younger children to avoid tobacco.

### **TACK AND TOOLS – For Rodeo Organizers**

### **TARGETED! HOW TOBACCO & ALCOHOL COMPANIES TRY TO GET YOU HOOKED**

Curriculum with **DVD**.



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## **THE ART OF SONGS & SKITS IN TOBACCO EDUCATION**

For Primary grades.

## **THUMBS UP – THUMBS DOWN!**

A Program Manual for reviewing tobacco use in the movies and on television  
From the American Lung Association of Sacramento.

## **TOBACCO AND DEATH: PERFECT TOGETHER**

Curriculum and DVD.

## **TOBACCO AND DEATH: PERFECT TOGETHER (SPANISH)**

Curriculum and DVD.

## **THE TOBACCO ATLAS**

A text book of tobacco prevention, control and marketing.

## **TOBACCO CESSATION FOR CORRECTIONAL POPULATIONS**

A curriculum manual.

## **TOBACCO FREE SPORTS PLAYBOOK**

Pitching healthy lifestyles to youth, teams and communities.

## **TOBACCO WORLD**

An interactive tobacco prevention program for middle school students. The guide features nine exciting and interactive game-like activities.

## **A TOOLKIT FOR CORPORATE DONATIONS**

Helping local groups to say “NO!” to tobacco money.

## **TURNING A NEW LEAF: Women Tobacco and the Future**

### **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 with DVD.



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# **VISUALS**

## **BIG CIGARETTE**

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

## **DANGERS OF SMOKING**

Four panel display board.

## **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.

## **GROSSMOUTH**

A hinged mouth model of teeth, tongue and oral cavity 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 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.

## **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.



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## SMOKING AND YOUR BABY

Four panel display board.

## SMOKELESS TOBACCO: Spit It Out

Four panel display board.

## TOBACCO TRICKS

Four panel display board.

## QUIT SMOKING FOR LIFE

Four panel display board.

# **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

## PLEASE DON'T SMOKE

3" sticker showing a large and a small heart.

LEVEL: All

## 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**

**DO YOU KNOW THAT IT IS AGAINST THE LAW TO SELL  
TOBACCO TO MINORS?**

**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**

Are available from the Centers for Disease Control and Prevention (CDC),  
<http://www.cdc.gov/tobacco/>



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