

**TOBACCO FREE  
NEBRASKA  
RESOURCE  
DIRECTORY**

***2014 – 2015***



*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 to you 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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# CDS and DVDS

## 120,000 LIVES A YEAR

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

LEVEL: Jr High – Adult CD

## 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 DVD

## 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 CD

## CHEEK & GUM

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

24 min. LEVEL: Grade 7 – Adult DVD

## 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 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 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 DVD

## DON’T GIVE UP, QUIT

A documentary on Big Tobacco and Hispanics/Latinos.

28 min. Sr High-Adult DVD



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

Animated for Grades K-3.  
11 min. DVD

## ENOUGH SNUFF

A program to help quit spit tobacco. Produced by the Oregon Research Institute. Includes a User's Guide.  
20 min. LEVEL: Sr High-Adult DVD

## 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 DVD

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

15 min. LEVEL: Sr High-Adult CD

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

15 min. LEVEL: Sr High-Adult CD

## 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 DVD

## KEEP IT SACRED

CDC National Network's Tribal Smoke Free Policy Toolkit.

## 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

## MEDIA AND WELLNESS – MEDIA LITERACY FOR SUCCESS

Produced by the New Mexico Media Literacy Project. DVD

## PETER JENNINGS REPORTING: FROM THE TOBACCO FILE

Behind the scenes in the tobacco industry.  
41 min. LEVEL: High School-Adult DVD



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## 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 DVD

## 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 Spanish-language community outreach toolkit for parenting tobacco-free Hispanic/Latino youth.  
LEVEL: Adult CD

## SECONDHAND SMOKE – *ALSO AVAILABLE IN SPANISH*

Addresses the serious health hazards of secondhand smoke, combining 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 secondhand 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 CDC DVD

## SMOKELESS TOBACCO: BASIC FACTS

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

## 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 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



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## 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 DVD

## SMOKIN' SAM

Two youngsters help a roller hockey star to quit smoking.

23 min. LEVEL: 4<sup>th</sup>-8<sup>th</sup> Grades DVD

## SOMETHING STINKS IN HOLLYWOOD

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

## 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 DVD

## SPIT TOBACCO ILLS: THE EXTREME DANGER OF CHEWING & DIPPING TOBACCO

28 min. LEVEL: Grade 7-Adult DVD

## 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 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 the physical effects of smoking.

LEVEL: Jr -Sr High DVD

## 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 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 DVD



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## TOBACCO FREE CAMPUSES IN A BEHAVIORAL HEALTH SETTING

Produced by the Lincoln Lancaster County Health Department.  
17 min. CD

## TOBACCO ROAD: A DEAD END

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

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

Excellent for teens and young adults.  
20 min. LEVEL: Jr-Sr High DVD

## WHAT'S UP WITH E-CIGARETTES?

Teens' use of e-cigarette and other electronic vaping devices has skyrocketed. Kids think e-cigarettes are a "safe" alternative to smoking. 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.  
20 min. LEVEL: Grades 7-College DVD

## 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. 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 DVD

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

For Primary Grades.

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

## **BLOWING AWAY BIG TOBACCO'S BIG LIES**

Learn how to interpret and evaluate tobacco advertising, promotion and marketing campaigns. LEVEL: Grades 6-Adult CD

## **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.

## **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.

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

A toolkit for tobacco-free worksites.

## **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.



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## 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

## LEADER OF THE PACK

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

## LIFE SKILLS CURRICULUM

A CDC recommended curriculum.

## 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 5–8. Endorsed by the 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 DVD.

## SECONDHAND SMOKE: JUST SAY KNOW

Curriculum and DVD.

## SMOKEFREE HOUSING TOOLKIT

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

## 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.

### 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.

### 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 the Campaign for Tobacco-Free Kids, American Nonsmoker's 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

### TACK AND TOOLS – FOR RODEO ORGANIZERS

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

Curriculum with DVD.

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

For Primary grades.

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

Curriculum and DVD.

### TOBACCO CESSATION FOR CORRECTIONAL POPULATIONS

A curriculum manual.

### TOBACCO FREE SCHOOLS TOOLKIT

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



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## **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.

## **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.

## 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

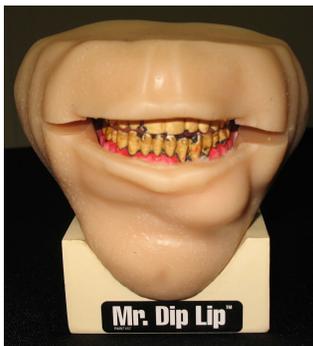
Four-panel display board.

## GROSSMOUTH

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

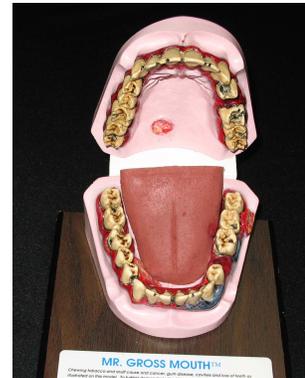
## HAZARDS DURING PREGNANCY

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.



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## 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.

## 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



## 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



## THIS IS A SMOKE FREE VEHICLE

3 1/2" x 4 1/2" 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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