



# Most students do not use tobacco.

## Discussion Questions

- Define tobacco. What products does it include?
- What are some health reasons not to use tobacco? What are some social reasons?
- Why do you think some youth and adults choose to use tobacco even though the negative effects are widely known?
- What is one creative way you can say “no” when someone asks you to use tobacco?
- Minnesota has a law that makes it illegal to smoke in indoor public places and some outdoor places as well. What are the benefits of having tobacco-free schools, restaurants, and parks?
- Do you notice when people are smoking in public places where they shouldn't be? How does it make you feel? What can you do?
- For years, tobacco companies have purposely marketed their products to children in order to gain more lifelong customers. What do you think of this? Is it okay?

## Activities

- Visit local grocery and convenience stores looking for tobacco ads. Record how many places you see images or words advertising for tobacco. Take note of location and placement in relation to children or children's products. Which stores are doing a good job keeping tobacco advertising away from kids?
- Use markers, puffy paint, or tie-dye to create t-shirts expressing your commitment to being tobacco free.
- Collect as many cigarette butts as you can at local parks, playgrounds, and other recreational areas. Present your findings to the local park board and ask for more signage about tobacco-free recreation.
- Create a poster showing all the positive things you have in your life instead of tobacco.

## Resources

- <http://www.cdc.gov/tobacco/youth/index.htm>
- <http://www.health.state.mn.us/divs/hpcd/tpc/>

- <http://teens.drugabuse.gov/parents/index.php>