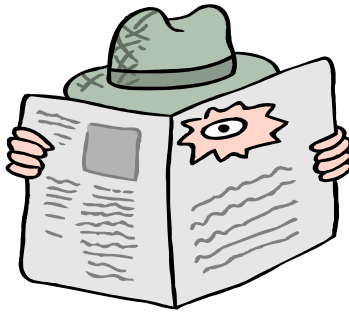


**Boston University School of Medicine
Present**

Smoking Sleuths



**A Tobacco Research and Prevention Program for
Children and Adolescents**

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PACE (Prevention and Cessation Education)**

Overview

The Peer leaders learn the basic objectives of the project in the brief introduction from BU students and faculty of the PACE project. Through a video, discussions, interactive learning modules and cooperative goal setting, the Peer leaders will hopefully become enthusiastic and engaged in the project. Learning the importance and dangers of tobacco from the start provides an impetus for understanding the significance of community service intervention with children and adolescents. The peer leaders will then develop one hour modules on tobacco prevention through the use of materials they have reviewed and been engaged with in their sessions with the BU throughout the training sessions and into their time with community service organizations throughout the Boston area.

Session 1

Objectives

- Peer educators take a pre-test survey about tobacco knowledge and attitude
- Peer educators recognize the significant danger of tobacco use, yet its prevalence in society through a worksheet activity in pairs
- Peer educators begin to draw their own conclusions about tobacco advertising and the tobacco company target consumer groups
- Peer educators brainstorm ideas that can become the basis of their sessions with community service groups (what to prepare in their modules)

Materials and Equipment

- Markers
- Name tags
- M and Ms
- Weymouth High School video
- VCR/TV
- Worksheets: Prevalence of tobacco use, Q and A about video

Preparation

- Teachers set up VCR/TV ready to go for video viewing
- Prepare answers and explanations for Prevalence of tobacco use

Vocabulary

- Prevalence
- Regulations
- Media

Warm-Up

- Can do this with the adolescent groups you work with to get to know each other.
- M and M game: each person gets three M and Ms. Each color represents a topic that they reveal about themselves (i.e. red=favorite animal) (15 min)
- Create name tags (5 min)

Context

- Pre-test survey distributed and taken to assess baseline tobacco use, knowledge and attitude (10 min)
- Present our team goals: 1. Educate the peer leaders/adolescents about tobacco use and its media
2. Prepare the peer leaders/adolescents to inform others about how the tobacco advertising works and the dangers of tobacco (5 min)—this could be for a health fair the kids might be involved in or science project

Content

- Prevalence of smoking exercise with a worksheet. Done in pairs. Ask kids to estimate prevalence of tobacco use in each age group, followed by teachers providing the correct values, to indicate that not “everyone is doing it”, however it is still a concern (5-7 min)
- Weymouth High School video (30 min)
- Discussion period directed by a question and answer sheet (15 min)
- Objective planning for students in small groups (if you have the ability to break them into small groups for the proposed field trip)

- Teachers explain the “detective” project that involves taking pictures of advertising in the neighborhoods, counting of smokers seen in a 10 minute time period, counting cigarette butts on the sidewalks, and looking at point of purchase sales in stores that sell cigarettes. The goal of the project is to really bring home the message that it is happening in the kids neighborhoods. Decide what role the students will have and what the expectations the students have. (10-15 min)

Closing

- Quick review of important facts and goals from the day (5min)
- Two truths and a lie game (10 min)
- Clean up (5 min)

Session 2

Overview

This session covers three main areas: The chemistry of cigarettes; anatomy and tobacco (what do cigarettes do to your body) and tobacco/media.

1. Adolescents will learn about the ‘chemistry of cigarettes,’ such as what chemicals are in cigarettes (see worksheets—chemicals’ in common household products and warning labels). They will explore some of the common household chemicals, which are contained in cigarettes in a hands-on exercise.
2. Anatomy and cigarettes-What does tobacco do to different parts of your body?
Experiment: youth try breathing through a drinking straw to experience cigarettes’ impact on work of breathing. Students may try different activities such as sitting, walking, jumping while breathing through the straw.
What impact does tobacco have on other parts of the body?—worksheet and discussion
3. Media can be discussed slightly more formally (power point slides of examples), involving a media presentation and the chance to analyze the myths and truths of tobacco advertising.
Youth can create BADvertising where age appropriate

Materials and Equipment

- Household chemicals: ammonia, isopropyl alcohol, acetone, castor oil
- Drinking straws
- Advertising power point slides
- LCD and laptop
- Paper to plan BADvertising with examples of BADvertising
- Magazines for cutting out pictures for BADs (entertainment, movie stars, fashion, Sports Illustrated)
- Scissors
- Glue
- Markers, pens
- Construction paper and posterboard

Closing

Discuss one thing that struck them most about today’s activities

Session Three

Overview

The Peer Educators and/or adolescents they work with go on a field trip to neighborhoods of Boston to investigate the prevalence of tobacco use and marketing. They can explore the presence of tobacco in everyday life. The collected “evidence” can be part of a portfolio to use in an health fairs or science projects or community service work.

Materials and Equipment

- Cameras (throw away kind)
- Clipboards/pads of paper
- Pens
- Worksheets-counting cigarette butts, counting smokers, advertising
- Observations-Enter store and view inside advertising, “What did you think?”
- Gloves, Tweezers, Small plastic bags for gathering cigarettes/butts
- Ids
- Previously discussed advertising/media using LCD/laptop
- Folders
- Markers
- Examples of BADvertising and paper to plan BADvertising
- Expectations flip chart
- Quarters

Preparation

- Advertising/media discussion
- Know where you are going/which neighborhoods and stay in groups
- Have supplies ready in individual packs

Vocabulary

- Prevalence
- Marketing
- Media
- Point of purchase
- Data

Warm up/Context

- Rules and expectations
- Break into groups and review the plan

Content

- Field trip: Count/collect cigarette butts, count smokers in 10-15min, document advertising using the cameras, enter a store and analyze interior sales set-up. -Upon return: “what did you think writing exercise and discussion.
- Interactive Advertising/Media presentation: myth vs truth (10min)
- Plan projects if youth are involved in any

Closing

- Discuss one thing that struck them most about the day’s activities

Session Four

Overview

The Peer Educators solidify and finish any community project/advocacy they are working on today. Through the sessions, we've looked at tobacco advertising, health effects of tobacco, tobacco in the movies and so forth. This information and experience can be used in a variety of ways for their projects.

Materials and Equipment

Photos from field trip (if taken)

Large paper

Tri-fold board

Markers

Scissors

Magazines

Word Find

Crossword puzzle

Preparation

Develop and check over photos

Objectives

Peer Educators prepare and present presentation/poster ideas

Peer Educators introduce the idea of advocacy/ petitions and smoking in movies

Ideas: BADvertising, games, what is in a cigarette and warning labels of products that contain the same chemicals, health effects of smoking, field trip, petitions, develop a survey

Warm up

Review past sessions briefly and go over goals

Context

Present goals for the day

1. Discuss movies and petitions
2. Finalize individual presentations or projects
3. Practice in small groups

Content

Discuss smoking in the movies and use of petitions as a way that adolescents and peer educators can be heard by movie producers

Post Test of program

Finish projects