

What's out there?

AADAC supports a number of community-based action programs through the Alberta Tobacco Reduction Strategy. There are a number of tobacco reduction and prevention programs designed to support youth to stay tobacco free. Here's a brief summary:

- **Teaming Up for Tobacco-Free Kids** is a school-based prevention program aimed at kids in Grades 4, 5 and 6.
www.tobaccostinks.com
- **Building Leaders for Action in Schools Today (BLAST)** is a tobacco education and prevention program for youth in Grades 7-9.
www.blastonline.com
- **Kick the Nic** is a 10-session cessation program for teens that provides information and support to help them quit.
- **Youth Action and Advisory Project (YAAP)** is a tobacco prevention program for teens aged 15-17.

For more information about these and other community-based programs and grants, please contact your local **Alberta Alcohol and Drug Abuse Commission (AADAC)** office or visit www.aadac.com.

Warning: This video contains emotional material regarding Barb Tarbox's experience with terminal lung cancer caused by smoking. Some content may be disturbing for preteens and should be discussed after viewing. Viewer discretion is advised.

This video is dedicated to the life and legacy of Barb Tarbox. Her commitment made this video possible.

Special thanks to:

ALBERTA  LUNG ASSOCIATION
When you can't breathe, nothing else matters.



barb
tarbox
a life cut short by tobacco

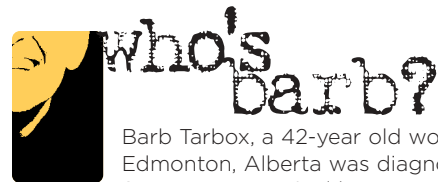
Smoker's Help Line 1.866.33AADAC
www.aadac.com

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Barb Tarbox, a 42-year old woman from Edmonton, Alberta was diagnosed with Stage Four terminal lung cancer after smoking since Grade 7. Refusing to let cigarettes take another life, Barb began speaking to students across Alberta and Canada warning of the dangers associated with smoking. In just a few short months Barb spoke to more than 50,000 students.

This video captures the spirit of Barb's presentations and the passion that characterized the last months of her life. **After watching the video, we recommend starting a discussion with your class or group that covers the effects of smoking, addiction and the personal damage it can cause.** Remember, information and communication can play a part in preventing someone from taking up smoking in the first place – or in helping them quit. **This discussion is important.**

A tobacco truth: *Tobacco use causes an estimated 3,400 deaths every year in Alberta.*

Before you start the discussion...

Keep a few guidelines in mind before raising the topic of smoking with your class or group.

1. **People who smoke are not bad.** People who have tried smoking or other forms of tobacco aren't bad: it's tobacco use that's bad for you.
2. **Include both smokers and non-smokers.** People who do not use tobacco can be a great source of support in helping others to quit.
3. **Encourage people to discuss tobacco use with their friends and family in a way that demonstrates care and concern for those who smoke.**

A tobacco truth: *Tobacco is linked to over 22 deadly diseases.*

Questions for conversation

Use the following questions to start a discussion with your class or group. Don't feel obligated to limit your conversation to what's outlined here. Feel free to make up new questions.

- Why do you think people use tobacco?
- Do you know people who smoke?
- Do you and your friends talk about smoking?
- Have you ever had a discussion with your parents about smoking?
- What would help someone stay smoke-free?
- How could you help someone who wanted to quit?
- How would you deal with pressures from others to smoke?

Say no. And then say...

Sooner or later most everyone is tempted by tobacco, often by their friends who smoke. By being prepared with some responses, kids have a better chance of dealing with the pressure to try smoking and avoid it altogether. Here are a few examples of what we mean:

- "Is this what you do to be cool?"
- "No thanks, I like my clothes to smell like my perfume."
- "My boyfriend has a problem with kissing ashtrays, so I'll say no."
- "Why would I want to smoke?"
- "I'm excited about making the team and I think smoking might slow me down."
- "No thanks, I don't want to chance getting hooked, I see people spending \$75 a week on cigarettes."
- "Cancer runs in our family, so I don't want to push my luck."

Ask your group or class for their ideas!

A tobacco truth: *In some cases, light cigarettes can yield higher levels of tar, nicotine and carbon monoxide than regular cigarettes.*

What if someone in the group smokes?

Students who smoke and are interested in quitting can contact their local AADAC office to get information about the **Kick the Nic** program, a series of 10 sessions that offer information and support.

Quitting smoking or any other type of tobacco use is one of the most important things anyone can do for themselves. You can play a part in helping a smoker quit. As a start, suggest a visit to **www.aadac.com** for tips on how to quit or have them call **1-866-33AADAC** to speak with a counsellor for help.

A tobacco truth: *Tobacco kills more people than HIV/AIDS, car crashes, murder, suicide and illegal drug use combined.*

I have this friend...

Open and honest communication will go a long way in helping a loved one butt out. If someone in your class or group wants to raise the subject with a friend or family member who smokes but doesn't quite know how, here are some suggestions:

- Encourage an honest discussion with the smoker about how smoking affects a person's body and how it affects people who don't smoke. It's OK to share your worries and fears.
- Try not to get into a heated argument. Ask questions to help understand their situation and talk about the behaviour of smoking, not the person.

Above all, it's important to remember that smokers have to decide to quit for themselves. Your power to influence their decision increases if you're caring and respectful.