

Lending Library

A Resource for School & Community Educators



If interested in the materials shown contact:



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What is the Lending Library?

To promote education in the area of tobacco facts and prevention, The Tobacco Prevention Office at Bismarck-Burleigh Public Health Unit has developed a lending library of videos, books, props and curricula free of charge to schools and community organizations. Items may be checked out from the Tobacco Prevention Resource Library for up to two weeks. We also have a limited supply of age appropriate brochures and posters. The following pages have short descriptions of each of the materials we have available. *We are continually getting new items so if you don't see something you are looking for, contact us and we will do our best to get it for you.*

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Checking Out Materials

If you are interested in checking out any items you see in the library contact:

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Visual Aids/Displays | Audience Age Varies



Lung Display

This model is of real freeze dried lungs that were donated. The lungs displayed are of healthy lungs, and smokers lungs that died from both early stage and complete stage of emphysema.



Mr. Gross Mouth

This model of the teeth, tongue, and oral cavity shows the effects of smokeless tobacco. Hand-painted model is mounted on a wooden base. Simulated tobacco juice included.



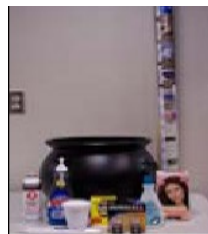
Phlegm Jar

Graphically demonstrating one of the nasty consequences of smoking, this attention-getting sealed jar contains about 2 cups of phlegm, the amount a smoker with emphysema or COPD would cough up each day.



Tar Jar

This graphic, sealed exhibit, which contains a cigarette package and cigarette butts submerged in gooey "tar" represents the amount of the carcinogenic liquid that smoking a pack per day for one year would put in your lungs.



"What's in a Cigarette" Display

Demonstrate to your class the deadly chemicals found in cigarettes. Use a witch's cauldron and various ingredients to illustrate how the chemicals are mixed together. A realistic model of a cigarette shows the tobacco, filter and chemicals the way they are packaged by the tobacco industry.. A demonstration script is included.



Giant Cigarette Display

Large inflatable cigarette shows students how much tobacco would be consumed in a year by a pack a day smokers. Also compares tar, nicotine, and carbon monoxide levels of various cigarette brands. Lists the toxic chemicals in tobacco, health consequences of tobacco use, and environmental tobacco pollutants.



The ABC's of Smoking

Flip chart with an alphabetic approach describing the various diseases related to smoking. Includes photographs of many diseased organs. Appropriate for middle and high school students.



Smokeless Tobacco: A Chemical Time Bomb - Flip Chart

Highlights the dangers of smokeless tobacco, including deadly mouth cancers, severe dental problems, and dangerous heart conditions • Six-panel flip chart • Teaches how a pinch between the cheek and gum can rob smokeless tobacco users of good health.

Visual Aids/Displays | Audience Age Varies

Effect and Hazards of Second Hand Smoke Display

Many people don't realize that the smoke produced by a burning cigarette is deadly. This folding display points out that secondhand smoke puts non-smokers at risk for developing a number of serious conditions and diseases.



Smokeless Tobacco: Spit It Out!

Addressing issues that are important to young adults, this display graphically illustrates smokeless tobacco's negative effects on health and physical appearance. Reveals how tobacco

advertisements attempt to lure young people into a lifetime of tobacco addiction.



Consequences of Smoking

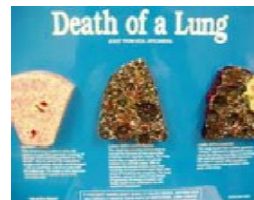
Fold out display with cast models of the physical consequences of smoking like bronchitis, burns, cancer, etc.



What You Should Know about COPD : Display

This display provides information about Chronic Obstructive Pulmonary Disease (COPD). It provides risks factors for

COPD, symptoms of COPD, diagnosing COPD, treatment of COPD and living with COPD.



Death of a Lung

Casts from real specimens illustrate a normal lung, lung with emphysema, and a lung with cancer.



Dirty Water Display

While e-cigarettes have not been around long enough to be researched like combustible cigarettes, we do know that they contain at least 65 harmful chemicals and toxins. Use this display to provide a visual to students that while we know cigarettes have over 7,000

chemicals in them we are still learning about e-cigarettes. Research has shown that there are still chemicals in these products. Would students still drink dirty water even if it was less dirty than the bottle next to it? Or would they rather drink clean water? What kind of air would they rather breathe in? While e-cigarettes may not contain as many chemicals as cigarettes, they still contain chemicals and toxins that are harmful to your body.

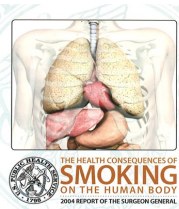


Mr. Ciggy Butts Costume

Life size cigarette butt costume for students/adults to wear.

Videos/DVD's | 4-12 Grade Options

Appropriate for all Grades



The Health Consequences of Smoking on the Human Body: 2004 Report of the Surgeon General (CD-ROM)

Audience: Elementary, Middle and High School

This interactive presentation on the health consequences of smoking, based on the findings of the 2004 Surgeon General's Report. See an animated human body and get a close-up, 360-degree view of how smoking damages nearly every organ system. Compare actual photos of healthy and diseased organs. Learn how the body can heal itself after quitting. Find the latest tips and information on how to quit smoking for good.

Appropriate for Grades 5 - 9



All You Need to Know About Tobacco in 17 Minutes (DVD)

Human Relations Media; 17 minutes. ©2011

Audience: Grades 5– 9

Viewers learn about the toxic chemicals in tobacco smoke and are alerted to the hazards of secondhand, and thirdhand smoke. Long and short term health risks are discussed, from shortness of breath to lung cancer. Program also emphasizes the unique dangers of smokeless and dissolvable tobacco products. Doctors share fascinating details about how nicotine quickly leads to addiction. Program also explores the misleading marketing tactics meant to lure young people into smoking. Several young ex-smokers describe how difficult it is to quit tobacco. Strong no-use message is sure to resonate with young teens. Also included is a teacher's resource book, student handouts and pre/post tests in digital format.

Appropriate for Grades 5-12



Addiction Incorporated (DVD)

Variance Films; 1 hr 40 min ©2011

Audience: PG; GRADES 4—12

The true story of how Victor DeNoble's unexpected discovery of an addiction ingredient in tobacco leads to both more addictive Marlboro cigarettes and Congressional testimony. The public revelation of long held tobacco industry secrets leads journalists, politicians, attorneys and whistle blowers into an unexpected alliance, that achieves the first ever federal regulation of the tobacco industry.



The Teen Files—Smoking: Truth or Dare? (DVD)

AIMS Multimedia; 34 minutes ©1998

Audience: Grades 4-12 and Adult

Supports the health and Life Skills units on behavioral choices and personal health, tobacco education, and may be used as ancillary support in family life and alcohol and drug education classes. Students' understanding of the risks of tobacco use is reinforced as they learn that smoking kills more people each year than AIDS, drug abuse, car accidents, and murder combined.



Spit Tobacco Kills: The Extreme Danger of Chewing and Dipping Tobacco (DVD)

Human Relations Media; 28 minutes ©1996

Audience: Grades 5-12

Dispels the myth that most cowboys and baseball players use spit tobacco. Interviews with a champion rodeo cowboy, a former spit tobacco user and cancer survivor, and a professional baseball player on their experiences with spit tobacco, and a police sting operation to stop the sale of tobacco products to minors.

Videos/DVD's | 6-12 Grade Options

Appropriate for Grades 6-12



Media Sharp: Analyzing Tobacco & Alcohol Messages (DVD)

Centers for Disease Control; 7 minutes. ©1998

Audience: Grades 6 – 12

A creative learning tool for teaching critical thinking, problem solving, and production techniques featuring activities and interactive learning in a nonjudgmental, no authoritarian style that appeals to young people. Using alcohol and tobacco as its focus, it aims to engage educators and youth leaders into a critical analysis of overt ads and hidden media messages.

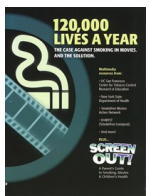


Blowing Away Big Tobacco's Big Lies

New Mexico Media Literacy Project ©2003

Audience: Grades 6—12 and Adult

A data CD with over 250 media examples (pictures and movie clips) with printable discussion guides for teachers, parents and workshop leaders. Contains the History, Master Settlement Agreement (MSA), and Today since the MSA, Movies, Internet, and Prevention.



120,000 Lives A Year: The Case Against Smoking in Movies. PLUS SCREEN OUT!: A Parent's Guide to Smoking, Movies & Children's Health (DVD)

Center for Tobacco Control Research & Education.

©2005 Audience: Grades 7 – 12

Introduction to the history, the science, and the policy solutions. Images of tobacco use on screen are a primary recruiter of new young smokers. Leading health organizations have endorsed policy solutions to clear future youth rated films of tobacco imagery voluntarily, without censorship. SCREEN OUT! Includes a Parent's Guide, Slide Show and Ad Campaign for newspapers and newsletters.

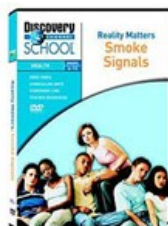


Secrets Through The Smoke (DVD)

Centers for Disease Control; 55 minutes. ©2009

Audience: Grades 6 – 12

Featuring Jeffrey Wigand (The Insider), the video is intended primarily for use with middle and high school students, although "Secrets" can also be used with community leaders and policymakers, and as a training video for nonprofit health organizations. Because of some of the graphic supporting footage, adult previewing is recommended before sharing with children. Divided into three parts to facilitate viewing and discussion. CDC Best Practices for tobacco prevention.



Reality Matters: Smoke Signals (DVD)

Discovery Channel School; 24 minutes. ©2004

Audience: Grades 6-12

Teens and adolescents in record numbers are becoming hooked on tobacco, from cigarettes to a rise in the use of smokeless tobacco to boutique cigarettes such bidis. Through interviews with students, parents, doctors, and teachers, the program explores the rise of teens using tobacco. The program explores three themes: The selling of tobacco to a new generation of savvy adolescents, does advertising work? The rise in tobacco sales including smokeless tobacco and new trends in cigarettes.



I Can't Breathe: A Smoker's Story (DVD and Book)

Centers for Disease Control; 19 minutes ©2002

Audience: Grades 6 – 12 and Adult

This is the Pam Laffin Story. 1969-2000. Pam died, one year after making this video, of complications of emphysema. The story is powerful and will likely reach many students on an emotional level. Therefore, it has potential to positively impact young people's risk taking behavior.

Videos/DVD's | 7-Adult Options

Appropriate for Grades 7—12 and Adults



No If's, Ands, or Butts: Smoking Kills (DVD)

Human Relations Media; 23 minutes ©2002

Audience: Grades 7-12

For middle years students. Created to help teachers spread the news that tobacco is a deadly drug. This unique toll presents the facts about tobacco in a clear and dynamic way. Viewers will bring away new information and compelling ideas about cigarettes, herbal bidis and spit tobacco. Vivid concepts that may help them to avoid temptation in the future. Includes a teacher's guide with suggested student activities, facts sheets.



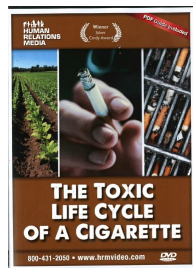
This is Your Brain on Tobacco: A Research Update (DVD)

Human Relations Media; 16 minutes. ©2009

Audience: Grades 7 – 12 and College

Program takes viewers inside a brain lab to show the latest research about the effects of nicotine on the brain.

A neuroscientist explains how smoking affects brain chemistry and how dopamine and the brain's reward pathways reinforce tobacco use. Interviews with teen smokers deliver the message that smoking can lead to dependence and addiction; that cravings for nicotine persist; and that people who try to give up smoking often relapse. The program also describes recent research finding that the teenage brain is still developing and why this may mean that teens are at greater risk for long-lasting addiction. The program also profiles teens who have managed to quit.

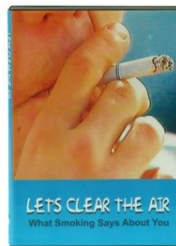


The Toxic Life Cycle of a Cigarette (DVD)

Human Relations Media; 17 min. ©2015

Audience: Grades 7– 12 and College

Most people know that smoking is bad for your health, but what about the lesser known effects of cigarette manufacturing, consumption and disposal? In this program students hear from teenage farm workers who describe being exposed to harmful pesticides and nicotine poisoning. It details how around 600 chemical additives are added to tobacco and that the purpose of many of these chemicals is to make the experience of smoking more addictive. Students also learn how cigarette smoke can leave a toxic residue called third-hand smoke that coats furniture, carpets, drapery and clothing and poses a lingering health risk long after smoking has stopped. Finally they see how cigarette butts make up a large part of the world's litter and that the poisonous chemicals remaining in this litter threaten wildlife and our own health. Included is a Teacher's Resource Book (PDF file) with student activities, pre/post tests, fact sheets, learning objectives and more.



Let's Clear the Air: What Smoking Says About You (DVD)

The Bureau for At-Risk Youth; 25 minutes. ©2002

Audience: Grades 7 – 12

Explains smoking's addictive properties and harmful effects, discusses the dangers of secondhand smoke, details the benefits of kicking the habit and offers strategies for quitting, helps teens understand the role of peer pressure and media influences, and features teens and experts outlining the facts about smoking.

Videos/DVD's | 7-Adult Options

Appropriate for Grades 7 to Adults Cont.



What's Up with E-Cigarettes? (DVD)

Human Relations Media; 19 minutes. ©2012

Audience: Grades 7 – 12 and Adults

Teens' use of e-cigarette and other electronic vaping devices has skyrocketed. Kids think e-cigarettes are a "safe" alternative to smoking. Gives students the facts and urges extreme caution. Viewers learn the truth about nicotine addiction and its impact on health. They will understand that the supposedly "safe" water vapor contains other harmful chemicals as well. E-cigarettes are unregulated by the FDA and the amount of nicotine in each e-cigarette varies, so that the user never knows what's inside. E-cigarettes are not approved by the FDA for smoking cessation. Viewers will also learn that big tobacco companies are using

Appropriate for High School to Adults



Vaping: More Dangerous Than You Think (DVD)

Human Relations Media; 21 minutes. ©2015

Audience: Grades: 7– College

This video and print curriculum addresses the new craze of vaping drugs (nicotine, alcohol, liquid marijuana and others). Through interviews with teen users and medical professionals, this program clearly demonstrates the serious health risks of vaping, including drug overdose, instant high or drunk, alcohol poisoning, and impaired thinking and decision making. Explains that vaping delivers an unknown dose of drugs or alcohol directly to the brain. Vaping nicotine carries the additional risk of accidental swallowing of liquid nicotine which has put hundreds of teens into ERs. Vaping pens make it easy to disguise marijuana use because there is little or no odor.



Merchants of Doubt

Big Tobacco Section start at 2:30min end at 16:30min,
DVD/Blu-Ray.

Sony Pictures; 93 minutes. ©2014

Audience: High School—Adults

Inspired by the acclaimed book by Naomi Oreskes and Erik M. Conway, **MERCHANTS OF DOUBT** takes

audiences on a satirically comedic yet illuminating ride into the heart of conjuring American spin. Filmmaker Robert Kenner lifts the curtain on a secretive group of highly charismatic, silver tongued pundits-for-hire who present themselves in the media as scientific authorities- yet have the contrary aim of spreading maximum confusion about well-studied public threats ranging from toxic chemicals to pharmaceuticals to climate change.



Smokeless. . .NOT Harmless: Understanding World Marketing of Smokeless Tobacco (DVD)

Centers for Disease Control; 5 minutes. ©2009

Audience: High School—Adults

This video looks back at the many tactics used to sell smokeless tobacco over the past century. Like a virus, smokeless tobacco marketing has spread around the world. But counter marketing efforts are giving young people the truth about these deadly, addictive products.



Enough Snuff: A Video Program To Help American Indians Quit Spit Tobacco (DVD)

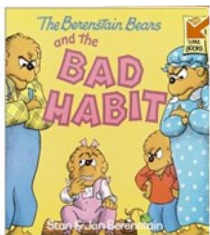
ETR Associates; 26 minutes. ©2010

Audience: High School—Adults

This video features American Indians from Pacific Northwest area tribes, and is designed to be used with **Enough Snuff: A Guide for Quitting Smokeless Tobacco For American Indians**. It utilizes interviews and testimonials from successful quitters to teach the five key steps in quitting.

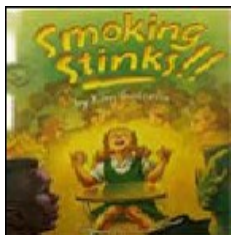
Trade Books/ Games | Audience Age Varies

Books—Audience Age Varies



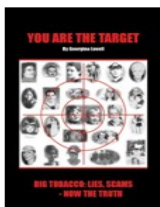
The Berenstain Bears and the Bad Habit (Grades K-2)

Bad habits are hard to break is a lesson that many adults don't even know very well. Most young children don't even have a clue what a habit is, let alone know the difference between a bad habit and a good one. This edition of The Berenstain Bears not only explains what a habit is, it also illustrates the difference between good and bad habits, and offers a helpful way how possibly to break a bad habit youngsters may have.



Smoking Stinks!! By Kim Gosselin, 30 pages A great read-aloud for kids of all ages. (Grades 1st– 3rd) Maddy is frustrated with her grandpa's smoking habit. It's making her allergies worse and his coughing keeps her up at night. Maddy decides to do her health report on smoking. She talks to her grandpa about his smoking. Grandpa even comes to

school with his doctor as guest speakers, and he commits to quitting smoking.



PROJECT MOVING TARGET

Tobacco Awareness Youth Mentorship Program complies with CDC Guidelines for School Health Programs to Prevent Tobacco Use and Addiction. Middle/High School students complete classroom lesson plans to become Tobacco Awareness Youth Mentors, who visit primary school pupils to talk about tobacco trickery. This book and curriculum comply with CDC Guidelines for School Health Programs to prevent



Tobacco: Biology and Politics, Third Edition

32 pages Youth-oriented unit text investigates tobacco, its history, its physical effects on the body, and the deadly damage it causes. Discusses the earliest uses of tobacco and explains how it was marketed and promoted into a massive industry. Also details the fight to protect America's health from tobacco. 30 copies available for classroom use.

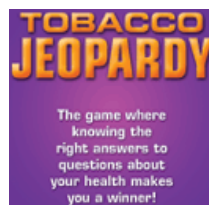


The Tobacco Atlas, 2nd edition

Dr Judith Mackay, Dr Michael Eriksen and Dr Omar Shafey

Published by the American Cancer Society, 2006it includes a wealth of evidence-based information on tobacco use and control. It shows how tobacco is more than just a health issue – it involves governments, economies, businesses, politics, and crimes such as smuggling.

Games—Middle & High School



Tobacco Jeopardy

A great way to educate your peers and your campus on tobacco. A computer based game show. Tobacco Jeopardy offers 4 games as well as a “Final Jeopardy” round and can host up to 4 participants or teams at a time.