

MARBLES

Smoking kills more Americans each year than alcohol, AIDS, car crashes, illegal drugs, murders, and suicides combined.

To illustrate this fill each container with the listed number of marbles and label appropriately. Each marble is equal to 1000 deaths.

You can either use this as a visual display, or have the students close their eyes and pour the marbles into a glass pan to illustrate how many lives are effected by smoking.

Supplies Needed:

- 6 clear plastic containers with lids
- 600 marbles
- 6 adhesive labels
- 1 glass cake pan



Directions: This script should be read aloud to the group while demonstrating. Rehearse a few times before you present it.

The first thing I would like you to do is close your eyes and listen. This exercise demonstrates how deadly tobacco use is. We all know tobacco use is harmful to your health, but few of us really understand just how harmful it really is. To give you a new perspective on the problem of tobacco use, I am going to ask you to think about death.

I have marbles. Listen to the sound it makes when I toss it into the pan (toss in a single marble). Remember the sound of 1 marble represents 1,000 deaths.

Drugs⁴ = 55

Murder⁶ = 16

Motor Vehicle³ = 40

Alcohol² = 88

Suicide¹ = 44

Smoking⁵ = 480

Three out of four people who are dying today, and every day, started to use tobacco before the age of 18. Tobacco kills. It won't kill today or tomorrow, but remember that tobacco is the only legal consumer product in the US today, that when used as intended by the manufacturer, can kill you.

LIFE IN A FISH BOWL

Supplies:

- 1 Fish Bowl
- Water
- 3 Drops of Food Coloring
- Information on Secondhand Smoke



Directions:

1. **Fill the fish bowl with water**
2. **Brainstorm** with your group about ways to keep half of the water in the fish bowl clean while dropping food coloring in to the other half of the fishbowl.
3. **Drop the food coloring into the water**
4. **Present the following information to the class:**

Secondhand smoke pollutes the air for everyone. The EAP has designated secondhand smoke, also known as environmental tobacco smoke, as the most prevalent indoor air pollutant. Tobacco smoke is a Class A Carcinogen, (Cancer Causing) in the same class as asbestos. You might recall that workers wear protective suits and oxygen tanks when removing asbestos from old school buildings.

Use your fish bowl as an illustration of what happens when a facility allows smoking.

Is it possible to maintain clean air without separate heating, air conditioning, and ventilation system?

Remember, the emissions from just one cigarette or cigar remain in the air for up to five hours.

Think of places that you like to or have to go to that are not smoke-free.

Resources for information on Secondhand Smoke:

- ND Department of Health
- Centers for Disease Control (CDC)
- Campaign for Tobacco Free Kids (CTFK)