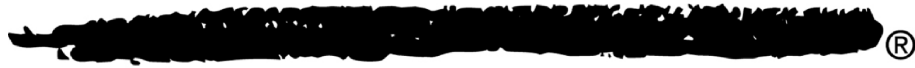


Tar Wars



A tobacco-free education program for kids from
the American Academy of Family Physicians

TEACHER'S GUIDE

Instructions for implementing Tar Wars in the Classroom

Tar Wars is a one-time, one-hour classroom presentation requiring minimal preparation and follow-up. The program can be implemented at any time during the school year.

Tar Wars is consistent with the Centers for Disease Control and Prevention (CDC) Guidelines for School Health Programs to Prevent Tobacco Use and is one of the building blocks in a comprehensive tobacco prevention education plan.

Tar Wars also meets several of the Idaho Health Education Standards.

Tar Wars is presented by local community health care providers
and is offered FREE to your school.



Zach Heasley- West Virginia
First Place, 2008 Tar Wars National
Poster Contest



AMERICAN ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA



IDAHO ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR IDAHO

Tar Wars was developed by Jeff Cain, MD and Glenna Pember of the Hall of Life,
a division of the Denver Museum of Natural History, and Doctors Ought to Care (DOC) in 1988.

Tar Wars is supported in part by an educational grant from the
American Academy of Family Physicians Foundation

Tar Wars for Teachers

Pre-Activity Exercise

Synopsis, Objectives, and Instructions for Teachers

The Pre-Activity Exercise should be conducted one week prior to the classroom presentation and is intended to show students that tobacco users are actually in the minority. Ask students to estimate the percentage of the population – segmented into fifth-grade students, ninth-grade students, and adults who use tobacco. Have students graph their estimates on the Pre-Activity Worksheet that follows.

Their estimates will be compared to the actual percentages shown on the Pre-Activity Answer Sheet during the classroom presentation. Through group discussions, students discover the positive aspects of not using tobacco and increase their knowledge of the harmful consequences of tobacco use.

Instructions for Administering the Pre-Activity Exercise

1. Make copies of the Pre-Activity Worksheet on the next page and hand out to each student.
2. Ask students to estimate the percentage of people in each group who use tobacco products (cigarettes, cigars, and spit/chew tobacco) and to illustrate their estimate by coloring in the bar graph to the line that represents this percentage.
3. Ask students to answer each question on the worksheet and explain their responses.



Ryan Anne Cothran-Tennessee
Second Place, 2008 Tar Wars National Poster Contest

Pre-Activity Worksheet

1. How many people in each group use tobacco products?
(including cigarettes, cigars, and spit/ chew tobacco)

Color in the bar below that represents your estimated percentage. You'll find out what the actual percentages are during the classroom discussion.

My Age Group

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

My Estimate _____%

Actual _____%

10th Grade Students

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

My Estimate _____%

Actual _____%

Adults

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

My Estimate _____%

Actual _____%

2. How can using tobacco products hurt you?

3. List good things that happen to you when you are tobacco-free.

POSTER CONTEST

The poster contest is designed to reaffirm the Tar Wars message learned during the classroom presentation. You are encouraged to organize a poster contest at your school and motivate students to participate in this activity.

PRIZES FOR STUDENTS AND CLASSROOMS!!

ONE winning poster from each school may be entered into the Idaho State Poster Contest.

Entrants (one from each school) will receive a Tar Wars t-shirt and a certificate.

PRIZES FOR STATE CONTEST WINNERS

FIRST PLACE:

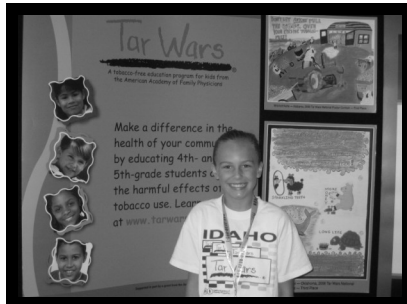
★ A trip to Washington DC (airfare and hotel) for student and one parent/guardian to represent Idaho at the National Poster Contest, and a chance to win a trip to Disney World.

★ \$150 Cash Prize to be awarded to student's teacher for classroom necessities.

2ND & 3RD PLACE RUNNERS UP:

★ \$50 Savings Bond for students

★ \$50 Cash Prize to be awarded to student's teacher for classroom necessities.



**McKenna Hardee
2008 Idaho State Winner
Representing Idaho in Washington DC and
visiting Sen. Mike Crapo as an
ambassador for Tar Wars.**



Please refer to Poster Contest Criteria and Entry Forms on the following pages.

CRITERIA FOR POSTER CONTEST

The AAFP Tar Wars national office has set the following criteria for poster submissions. Please be sure to go over these with your students to ensure compliance and avoid disqualification.

- ♦ Only fourth- and fifth-grade students who have had the Tar Wars presentation are eligible to submit posters for the contest.
- ♦ Posters must incorporate **creative and original** artwork and ideas. Depictions of cartoon, video game, and movie/television characters; celebrities; movie themes; and past poster designs does not constitute creativity and originality.
- ♦ Posters must deliver a **clear and positive** message about being tobacco-free. Death themes and art displaying negative health consequences (i.e., cigarettes, ashtrays, coffins, people smoking, etc.) are not considered positive messages.
- ♦ Posters must be no larger than standard poster board size (22" x 28") and no smaller than 8.5" x 11".
- ♦ Posters should not be laminated or mounted on mat board. Also, do not staple, glue, or tape entry forms to the backs of posters.
- ♦ Ask students to refrain from writing their name or other identifying information on the front of their poster. Poster contest entry numbers should not be marked on the fronts of posters either.
- ♦ Students may use a variety of media, such as watercolor, pen and ink, crayon, chalk, markers, etc.
- ♦ Computer clip art, pictures from magazines and other print media, or any other copyrighted brand or product images **will not** be accepted.
- ♦ Students may not work in pairs.

Failure to comply with the guidelines could result in a disqualification of the poster.

Judging

Posters should be judged on their artistry, creativity, originality, and their ability to communicate a clear and positive message to remain tobacco-free. Posters should also be judged on their compliance with the criteria listed above. Past state-winning posters can be viewed at www.tarwars.org.

Submitting Posters

The official Poster Contest Entry Form and Authorized Release Form (see following pages) must accompany your poster submission. Submitted posters become property of the IAFP Tar Wars program and will not be returned. Be sure to make color copies of your winning posters.

Send winning posters to: 777 N. Raymond St., Boise, Idaho 83704
Deadline for submitting posters is March 31st.

Information for Parents

In class today, your child participated in Tar Wars, a tobacco-free education program from the American Academy of Family Physicians. Tar Wars is designed for fourth- and fifth-grade students and is presented by volunteer health care professionals and educators. The program consists of two components: a one-hour classroom presentation and a follow-up poster contest. During the classroom presentation, your child participated in the six activities. Tar Wars urges you to discuss these activities with your child and ask them what they learned.

Stats You Need to Know

Did you know that:

- ♦ Approximately 90 percent of all tobacco users started at or before the age of 18?
- ♦ Each day, more than 4,000 children try their first cigarette and another 1,500 become new regular, daily smokers?
- ♦ Children are twice as likely as adults to recall tobacco advertising?
- ♦ More than five million children alive today will die prematurely from smoking-related illnesses?

How Can Parents Protect Their Children From Smoking?

- ♦ Be tobacco-free role models.
- ♦ Maintain a smoke-free home.
- ♦ Don't start smoking. If you do, then quit.
- ♦ Take an active interest in your child's social life: be aware of who your child hangs out with and if they smoke.

To remain tobacco-free, your child will need a clear, no-use message, factual information, and a strong will to resist peer pressures. Teach your children to be aware of how tobacco and other drugs are promoted in the media, through music and television, and other communication vehicles. Continue to practice with your child how to say "no" and refuse tobacco. Your children will appreciate the interest you show in their health and well-being.

Take the Tobacco-Free Pledge

Children take promises very seriously. Ask your child to commit to being tobacco-free by entering into a contract with them. Consider using an incentive (i.e., money, a special trip) to reward them for remaining tobacco-free until the age of 21.

Facts About Secondhand Smoke (SHS)

Secondhand smoke contains more than 4,000 chemicals, and at least 50 of those are known to cause cancer. Babies and children who breathe secondhand smoke suffer from increased incidences of □ Sudden Infant Death Syndrome (SIDS), Childhood asthma, □ Bronchitis, pneumonia, wheezing and coughing spells, ear infections, and frequent and more severe asthma attacks.

How Can Parents Protect Their Children From Secondhand Smoke?

- ♦ Don't allow smoking in the home.
- ♦ Don't smoke while holding a child or when near a child.
- ♦ Don't allow smoking in the car.
- ♦ Insist on being seated in the non-smoking section of restaurants and other public places.
- ♦ Don't allow caregivers to smoke around your children or in your home.
- ♦ Take the Smoke-Free Home Pledge

For more information on the Smoke-Free Home Pledge, call the toll-free hotline at 800-513-1157.

If You Smoke or Know Someone Who Does

Are you thinking about quitting smoking or know someone who is?

Call the National Network of Quitlines at 800-QUIT-NOW (800-784-8669) to receive **FREE** information and help.

For additional tobacco prevention and cessation resources, go to:

- ♦ www.askandact.org
- ♦ www.familydoctor.org (search for "smoking")
- ♦ www.smokefree.gov
- ♦ www.lung.org (access their free online program, Freedom from Smoking)
- ♦ www.ctcinfo.org
- ♦ www.tobaccofreekids.org

For more information about Tar Wars, go to www.tarwars.org.

Tar Wars is supported in part by a grant from the American Academy of Family Physicians Foundation and sponsored in Idaho by the Idaho Academy of Family Physicians.

Poster Contest Entry Form

Please type or print legibly the information requested below. If you do not know some of the information requested, please ask the student's parent(s) or guardian(s) to help you with this.

This form must be completed and attached (not stapled, taped, or glued) to your winning poster before sending it on to your coordinator for the Idaho Poster Contest.

Student's Name _____

Student's Age _____ Grade _____ Gender: M F

Student's Home Mailing Address _____

Student's Home Telephone Number _____

Name of Student's Parent(s) or Guardian(s) _____

Name of Student's School _____

Name of Student's Teacher _____

School's Mailing Address _____

School's Phone Number _____

School or Teacher's Email _____

Name of Tar Wars Presenter _____

Name of Student's Local Newspaper _____

Name of Newspaper's Editor/Reporter _____

Newspaper's Mailing Address _____

Newspaper's Telephone Number _____

Editor or Reporter's Email _____

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Authorized Release Form

I hereby authorize Tar Wars and the American Academy of Family Physicians (AAFP), my child's school, where the poster was created, and the acting Tar Wars Idaho program to utilize

_____ 's
(your child's name)

Idaho and/or National Poster Contest submission and/or photograph for use in various promotional activities, including

- news releases to the media (television, radio, newspaper, magazine, outdoor advertising, etc.);
- reproduction in Tar Wars, AAFP, and Idaho Tar Wars program publications;
- use on the official Tar Wars, AAFP, and Idaho Tar Wars program Web sites; and other non-commercial efforts as determined by Tar Wars, AAFP, or IdahoTar Wars program.

The only information that will be released to the media is your child's name, age, and hometown.

If you accept these terms and conditions, please complete and sign this form to accompany your child's poster for entry into the state and /or national Tar Wars Poster Contests.

Your Child's Name _____

Your Child's Age _____ Grade _____ Gender: M F

Your Home Mailing Address _____

Your Home Telephone Number _____

Name of Your Child's School _____

Printed Name of Parent or Guardian _____

Signature of Parent or Guardian _____

Today's Date _____

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