

Tobacco Prevention Puppet Program



What to expect:

Eric is entering a poster in the Tobacco Free Vermont Campaign. Joanne has many questions for him about tobacco and how exactly it harms your body, which Eric answers in detail, especially about the lungs. Eric talks about how hard it was for his dad to quit and what helped him. 15 minute puppet skit including interactive question and answer period with audience.

Key Program Points:

- Tobacco in any form is harmful to your body
- Nicotine affects your brain, and “tricks” it into wanting more, so you become addicted
- Companies target kids to try to get life-long tobacco users
- Quitting can be challenging for people, but there is help
- What to do if people around you smoke or use tobacco and how to keep yourself safe

Resources:

<https://www.tobaccofreekids.org/>

<https://www.tobaccofreekids.org/problem/toll-us/vermont>

<https://www.tobaccofreevermont.org/>

<https://802quits.org/>



For more information about our programs or ways we support families, please visit VermontFamilyNetwork.org or PuppetsInEducation.org or call (800) 800-4005

