



Tobacco Prevention Puppet Program

Maximum Number of Students: 50
Program Length: 30 minutes

Program Synopsis

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. Eric answers all of her questions in detail, particularly about how it affects your lungs. Eric talks about how hard it was for his dad to quit and what helped him succeed. An interactive question and answer period with the audience is included in this program.

Key Program Points:

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

Resources

[The Campaign for Tobacco-Free Kids](#)

The Campaign for Tobacco-Free Kids' [stats page](#) on the toll of tobacco in Vermont.

[The Coalition for a Tobacco Free Vermont](#)

[802 Quits](#)

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Have a good resource you'd like to share? Email Karen at: karen.sharpwolf@vtnfn.org