

# 2 Smart 2 Start

## A Smoking Prevention Program

### Notes and Content Outline: by Steve Harmer

#### Introduction:

I am so excited to be here today to share my show because I am certain that the students at this school are definitely "2 SMART 2 START" smoking. I know a lot of smokers and I have never had one of them come up to me and say, "Steve smoking is the best decision I have ever made. Everything I have and am I owe to smoking. I recommend that you start immediately. Your life will greatly improve." You know what they say, "I wish I had never started. I wish I could quit. I am getting sicker all the time but I just can't quit. I wish I had been 2 smart 2 start smoking."

#### Warm-up:

"I don't have any burgers. I don't have any fries. But I do have a shake." Shake and hand and welcome someone here today. Say to a neighbor. "You're going to learn something today." Then add, "And its about time!"

**Vanishing liter of Coke:** Cigarettes contain harmful drugs  
All of us use drugs. But some drugs help us and some harm us.

#### #1 Smart Kids Have Healthy Fun

There are so many ways to have fun without smoking and people don't usually smoke for fun anyway. They smoke because they can't quit. You can have fun by doing drama, music, art, crafts, sports, music reading, dance, writing, skateboarding, cubs, brownies, church kids clubs.

##### Unicycle Demonstration

##### Juggling: balls, apple, blindfold, boxes

Its fun to be fooled when you know it's pretend. Smoking is not pretend. There is a real danger to the use of cigarettes.

#### #2 Smart Kids Know The Facts

Smoking is illegal for kids	Cigarettes cost \$3300 per year
It makes you sick – cancer & H.D.	3400 die each year in Alberta
Smokers die 15 years sooner	1 out 5 people smoke
It is most addicting	You smell yucky
You look older sooner	Contains 4000 chemicals -50 cause cancer

##### Enlarging Cigarette

##### Monster Hat Trick: Choose habits wisely

A bad habit can turn into an addiction that can turn into a monster.

#### #3 Smart Kids Like Themselves

6 Reasons Kids Choose to Smoke:

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 1. To fit in, to be part of a group | 2. To look cool                      |
| 3. They have friends who smoke      | 4. To experiment, just to try it out |
| 5. To be rebellious                 | 6. To look older                     |

##### A B C Blocks: The building blocks of self-esteem

**Butterfly Blendo** -6 ways to show respect

#### #4 Smart Kids Choose Friends Carefully

**Respectful kids / Disrespectful kids Trick**

**“Do what’s right when the wrong is popular” Trick**

Sword Box says: Courage means to “Do what’s right when the wrong is popular”

The “right way” Box includes: Friends, Fun, Freedom, Future

We often look for these things by going the “popular way” or the “easy way” to find happiness only to discover that these ways are just illusions.

When we choose the right way we will ultimately discover true friends, wholesome fun, real freedom within limits and a future of integrity.

#### #5 Smart Kids Choose To Be Drug Free (Make your decision about drugs now)

**Pick A Card Game Show:** Make up your mind to say NO to drugs now, when you are young before you are offered drugs. Don’t wait until someone tempts you.

4 Possibilities: Cigarette Card, Alcohol Card, Hard Drugs Card, Drug Free Card

#### #6 Smart Kids Care (about themselves and others)

**Special Olympics Story:** “Caring is more important than winning or being cool.”

**Torn and Restored Newspaper To Dove and Rabbit**

When you are “2 Smart 2 Start” you protect yourselves from the dangers of smoking and other drugs because: Smart kids have healthy fun. Smart kids know the facts. Smart kids like themselves. Smart kids choose friends carefully. Smart kids choose to be drug free. Smart kids care.

“You are definitely students who are 2 Smart 2 Start!”