

Tobacco Hot Potato Game!



I. Object of Game

Teach Tobacco Facts/ Icebreaker

II. Ages:

Five and up. Modify tobacco facts for each age group. Young children may need help reading and answering questions.

III. Materials:

Markers, blank paper, music/ music player, prizes

IV. Set up

Prepare tobacco trivia questions on separate sheets of blank paper, one question per paper. Take one paper and roll into ball. Wrap second paper around ball until all the papers are added to make **one big paper ball**.

V. Play the Game

Ask participants to form a circle

Explain the rules of Tobacco Hot Potato.

The leader starts background music, and will throw the paper ball into the circle and the participants will keep it moving like a hot potato.

When the music stops, the person with the potato must remove the top layer of the ball and read question on paper.

The player can attempt to answer the question or pass to someone else.

The leader then gives the correct answer with explanation and the music starts again.

This pattern continues until all the tobacco facts are read.

As an incentive, prizes can be given for correct answers.

Trivia questions provided below:

Examples of Tobacco Trivia Questions

(Ages 9-12 years)

1. Which of the following kills more people each year?

A. Drugs B. Car crashes C. Tobacco

Answer: C Tobacco kills more people each year.

2. True or False: Smoking affects your ability to play sports.

Answer: True: Cigarette smoke takes oxygen out of your blood reducing stamina and making sports and other activities more difficult.

3. What is second hand smoke?

Answer: Second hand smoke is the smoke that you breathe when someone else is smoking in the same room or nearby. It also causes cancer, heart attacks, and problems with asthma and ear infections in children.

4. Is cigarette smoke toxic?

Answer: Yes. Cigarette smoke has more than 4000 chemicals, 43 of which cause cancer.

5. True or False: Nicotine is a drug

Answer: True. Nicotine is a drug that is as addictive as heroine. It's also a pesticide and a poison.

6. Smoking a cigar is equal to smoking how many cigarettes?

a. 2 b. 6 c. 10

Answer: C 10. Because of their size, smoking one cigar is like smoking 10 cigarettes.

7. True or False: Most Smokers can quit any time they want.

False: 70% of smokers say they wish they could quit. Quitting smoking can be the hardest thing you ever have to do in your life.

8. Smoking causes what type of cancer?

a. lung b. kidney c. bladder d. all of the above

Answer: D all of the above.

9. Is it true that spit tobacco or chew is safer than cigarettes?

Answer: No. Spit tobacco is especially dangerous and causes mouth and throat cancer, gum disease and tooth loss.

10. True or False: Most young people who smoke say they wish they'd never started.

Answer: True

(Ages 13 and up)

1. True or False: Tobacco Use is the #1 cause of preventable disease in the U.S.
Answer: True: Tobacco kills more people each year than AIDS, car crashes, illegal drugs, alcohol, murder and suicide combined.

2. True or False: Most teen who try smoking once or twice and never touch a cigarette again.
Answer: False. Half of kids who try smoking become regular smokers.

3. True or False: Most smokers start smoking as adults
Answer: False. 90% of Smokers start smoking before they graduate high school.

4. How many years of life does the average smoker loose?
A. 1-2 years. B. 5-7 years C. 13- 15 years
Answer: C: 13-15 years

5. Tobacco companies spend how much money on advertising each year
a. \$1,000 b. \$500,000 c. \$100 Million d. \$15 billion
Answer: D 15 billion

6. What is the average age that kids try their first cigarette?
a. 7 b. 12 c. 15. d. 19
Answer: b 12

7. What percentage of teens in North Carolina smoke?
a.10% b. 25% c. 33%
Answer: C: 33%, or roughly one third of teens in North Carolina are regular smokers.

8. How many people die every day in North Carolina due to smoking?
a. 2 b. 11 c. 33.d.41
Answer: c. 33. Every day 33 people die in North Carolina from smoking.

11. True or False. Second Hand Smoke may irritate people who are sensitive, however, it is not deadly.
Answer: False. Second Hand Smoke kills up to 65,000 people in the United States every year!

12. Which of the following chemicals are found in a cigarette?
a. ammonia (used in toilets) b. arsenic (rat poison) c. carbon monoxide (car exhaust)
d. acetone (nail polish remover) e. all of the above
Answer: e. all of the above, plus 4000 other chemical, 43 of which are known to cause cancer.

13. True or False: One in ten people who smoke will die from smoking.
Answer: False: One in three smokers will die from smoking.