

## October TAP and TEG Enews From Community Intervention (October 2004)

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Happy Halloween! From what I hear, there is a flurry of **TAP** and **TEG** activity going on in schools and agencies of all sizes around the country. While some have several groups underway, others are compiling lists of students who want to attend **TAP** right after the first of the year. For those struggling to get enough students signed up for **TAP** or **TEG**, take note of the success alternative schools report on getting more than enough kids to join group. Last summer, many facilitators focused their energies on revamping policies and procedures so students attend **TEG** for the first tobacco use violation. Now it's a matter of getting staff support to route tobacco-using students into class.

As you bustle around, take a minute to reflect and remember that **TAP** and **TEG** groups are not simply about helping teens stop using tobacco. They are a means to build trusting relationships with teens and make a difference in their young lives. Carpe diem!

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**Scary Tobacco Trivia: Did you know?**

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Now *this* is scary! Tobacco companies spent a record \$12.5 billion on marketing in 2002. The good news: Cigarette sales continue to decline! (Federal Trade Commission 2004)

This is enough to give you nightmares: Teenagers think that light cigarettes are healthier than regular cigarettes. They believe that if they smoke light cigarettes, they will be significantly less likely to get lung cancer, have a heart attack, or get wrinkles. Even worse, teens also think light cigarettes are less addictive and easier to quit. (Pediatrics October 2004)

Freak me out! It only takes one puff of a cigarette to cause breaks in DNA leading to defects in a cell's chromosomes. (Reuters, October 1, 2004)

Boo! Smokers snore! Past or present smoking is a major risk factor for habitual snoring. Snoring increases with the amount smoked. (American Thoracic Society Journal October 2004)

**Keep Your Simulated Smoker's Lungs Fresh**

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Those who use the simulated smoker's lungs know what a powerful teaching tool they can be, especially for visual and tactile learners. The lungs teach students how the tar in cigarettes turns lungs from a healthy pink to black. Students can actually feel a lung tumor. Facilitators who choose to take this exercise a step or two further attach the lungs to optional tubing and bellows to show how the diseased lungs don't inhale and exhale properly like healthy lungs.

How do you care for the lungs so they last as long as possible and don't become a mass of slimy goo? First, it is perfectly acceptable to remove the lungs from the plastic bag in which they are shipped. Wrap a lightweight towel, moistened with excess fluid from the bag, around the lungs and store in a plastic container with a tight-fitting lid.

It is very important that the lungs do not come in contact with water. However, it is important to keep them moist with the proper fluid. Unlike our biology classes in days of yore, this is not formaldehyde. It is a mixture of 50% glycerin and 50% distilled water. You may order a maintenance kit that includes a humectant or may mix your own. Pour into a spray bottle for ease of use.

Finally, kids, don't try this at home, but... The thought occurred to me that if a person donned a big, plastic apron and hung a set of simulated smoker's lungs around one's neck and somehow rigged up the bellows so that the lungs would breathe, a person would have an awesome Halloween costume that I bet that would scare a few people into quitting smoking!

Click here to see autopsy photo of emphysema >>  
<http://medlib.med.utah.edu/WebPath/LUNGHTML/LUNG056.html>

#### **New 2005 TAP and TEG Training Dates & Locations**

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November 1-2      San Diego CA  
November 4-5      Columbus OH  
November 4-5      Waterbury VT  
November 18-19   Buffalo NY  
January 19-20     Ventura CA  
January 27-28     Montclair NJ  
February           Los Angeles CA (TBA)  
March 14-15       Westminster MD  
March 21-22       Indianapolis IN

#### **October Question(s) of the Month**

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**Do you invite speakers to your TEG or TAP classes? If so, who? How did you find them? Tell me about the pros and cons.** Remember: The first ten people to reply get 10 FREE **TAP** or **TEG** student workbooks!

In September, we asked, "Are students who join **TAP** required to get written parent permission specifically to attend **TAP**?" Terry Graney from Shelbyville, KY, wrote, "At the beginning of the year, we (the Guidance Counselor, Student Assistance Counselor (me) and our Youth Services Center Coordinator) send home a letter - signed by all of us - which outlines most of our group topics and asks parents whether or not they will permit their child to participate in a counseling group sometime during the school year. The majority of parents give permission and I keep a list of all students who may NOT participate or whose parents would like more information about group before their child participates. This covers most students for any group that is conducted during the year. If a student has not received general permission and wishes to join a group - or is referred to one - we ask the student to take another form home and talk with their family about it. By using this process, we've found it to be very rare that a student is not allowed to participate."

Bobbie Olson who works with an agency in Dickenson, ND does not need to get parent permission, since the group is confidential and not school-based.