



# TOBACCO-RELATED BROCHURES

The Tobacco Prevention and Control Program has many informational brochures available in limited quantities to Utah agencies and residents only. Please call the Tobacco-Free Resource Line at 1-877-220-3466 or email [TheTruth@utah.gov](mailto:TheTruth@utah.gov).

## Prevention Brochures – Grades K-6

### EIGHT WAYS TO SAY NO TO SMOKING WITHOUT LOSING YOUR FRIENDS

**Published By:** Journeyworks Publishing

**Description:** Each young person is different, and how they handle difficult situations (like saying “no” to tobacco) is unique. This pamphlet models eight different approaches to saying “no” to tobacco. It encourages young people to decide which approach will work best for them.

### HOW TOBACCO AFFECTS YOUR BODY

**Published By:** Journeyworks Publishing

**Description:** This pamphlet is full of well-known and unusual facts about tobacco's effects on the human body. Because young people in the upper elementary and early high-school grades are body conscious, this pamphlet uses the facts of tobacco's effects on the body to get the tobacco prevention message across.

### I LOVE NOT SMOKING

**Published By:** AMC Medic Corp.

**Description:** This booklet is a story, activity, and coloring book for children in preschool through grade three. The story follows two children from infancy to adulthood, and illustrates the benefits they derive from not smoking. This booklet helps children develop an appreciation for good health and a positive self-image as non-smokers. (Limit 30 copies)

### PRESSURE TO SMOKE

**Published By:** Journeyworks Publishing

**Description:** Pressure to smoke comes from lots of different sources: movies, advertising, friends, family, and ourselves. Help young people resist common pressures with this refusal skills pamphlet, which identifies the most common pressures and offers encouragement and suggestions for resisting.

### SMOKING: FIVE BEST REASONS TO NEVER START

**Published By:** Journeyworks Publishing

**Description:** Appeal to upper elementary age kid's sense of good and bad, right and wrong, with these five reasons to say no to smoking. The reasons include health risks, secondhand smoke health risks, addiction, cost and appearance. This pamphlet is simple, straightforward and compelling and kids love the illustrations and the tone.

### TALKING TOBACCO: WHAT TO SAY AND HOW TO SAY IT

**Published By:** Journeyworks Publishing

**Description:** Give parents and caregivers these tips for talking with kids about tobacco and smoking. This pamphlet helps adults empower kids to make tobacco-free choices by providing basic information for parents and other adults to talk with kids about tobacco--and persuade them not to use it.

### TOO SMART TO SMOKE

**Published By:** Journeyworks Publishing

**Description:** Tobacco education needs to start early. Engage younger readers with this activity pamphlet. Kids can do the puzzles, connect the dots, follow the maze, color the pictures – all while getting an age-appropriate anti-smoking message. This pamphlet has been kid-tested and approved.

## Prevention Brochures - Grades 7-12

### 50 THINGS YOU SHOULD KNOW ABOUT TOBACCO

**Published By:** Journeyworks Publishing

**Description:** This pamphlet lists the real facts about tobacco--including the dangers of nicotine, the deceptive advertising tactics used by tobacco companies, and the increased risk of cancer of many types. The facts presented are enough to persuade anyone to say "no way" to cigarettes and other tobacco products.

### THE ABCS OF SMOKING

**Published By:** Health Edco

**Description:** Medical photography shows the results of smoking in a unique and graphic way. This booklet is an effective tool for use in classrooms, smoking cessation programs, health fairs, clinics, and more.

### A TEEN'S GUIDE TO FACTS ABOUT TOBACCO

**Published By:** Journeyworks Publishing

**Description:** Persuade young people to say "no" to tobacco with this pamphlet, which offers an overview of tobacco and its dangers including nicotine addiction and other key health and social issues. Besides cigarettes, this pamphlet also covers smokeless tobacco, cigars, bidis, and herbal cigarettes and includes facts about health risks, addiction, cost, appearance and more.

### REVENGE OF TOBACCO

**Published By:** Journeyworks Publishing

**Description:** Counter the glamorous Hollywood images that make smoking look attractive. Revenge of Tobacco won't let young people get swept away by the "cool" image of smoke presented in movies. This pamphlet uses humorous illustrations and thought-provoking text to take apart the glamorous images of tobacco in movies and give the behind-the-scenes dangers.

### SOCIAL SMOKING: WHAT IT IS AND HOW IT HURTS YOU

**Published By:** Journeyworks Publishing

**Description:** This pamphlet defines "social smoking" (a habit in which people do not necessarily smoke every day) and outlines the health hazards. This pamphlet gives young people the message that even occasional smoking can cause health problems--and lead to addiction.

### TALKING TOBACCO: WHAT TO SAY AND HOW TO SAY IT

**Published By:** Journeyworks Publishing

**Description:** Give parents and caregivers these tips for talking with kids about tobacco and smoking. This pamphlet helps adults empower kids to make tobacco-free choices by providing basic information for parents and other adults to talk with kids about tobacco--and persuade them not to use it.

### TOBACCO AND MONEY: WHAT DOES SMOKING REALLY COST

**Published By:** Journeyworks Publishing

**Description:** Show young people that the price of smoking is a lot of hard-earned cash. From the cost of a pack to the increased cost of health care, the reader will see that the high price of smoking is more than just the health risks. This pamphlet seeks to persuade young people not to smoke by describing how much money they will save if they don't smoke.

## Smokeless and Other Forms of Tobacco Brochures

### 50 THINGS YOU SHOULD KNOW ABOUT SPIT TOBACCO

**Published By:** Journeyworks Publishing

**Description:** Provide a strong prevention message and counter the myth that spit or chewing tobacco is "safer" than smoking with the 50 facts in this pamphlet. It includes facts about the health risks, addiction, tobacco companies' advertising tactics, peer pressure, social stigma, and more.

### **BIDIS: PLUS CLOVE AND OTHER HERBAL CIGARETTES**

**Published By:** Journeyworks Publishing

**Description:** Young people too often believe bidis, kreteks, and herbal cigarettes are safer than regular cigarettes. Address this misinformation and more with this informative pamphlet, which dispels myths about smoking bidis by including factual dangers about the real health risks associated with bidis and herbal cigarettes. Teen reviewers really liked this pamphlet and several commented, "I actually learned something!"

### **DANGERS OF CIGARS & PIPE TOBACCO**

**Published By:** Health Edco

**Description:** This booklet destroys the myth that cigars and pipes are safe alternatives to cigarettes. It reveals that cigars and pipes greatly increase the risk of lip, mouth, and esophageal cancer. Also covers cancer-causing chemicals, secondhand smoke, and the physiological effects of nicotine.

### **SMOKELESS TOBACCO**

**Published By:** Health Edco

**Description:** Using graphic images and startling information, this booklet highlights the dangers of smokeless tobacco, including deadly mouth cancers, severe dental problems, and dangerous cardiovascular conditions.

### **SPIT TOBACCO: A GUIDE FOR QUITTING**

**Published By:** National Cancer Institute

**Description:** This booklet, published by the National Institute of Dental and Craniofacial Research and NCI, provides information on how to quit using smokeless tobacco.

### **THE TRUTH ABOUT CIGARS**

**Published By:** Journeyworks Publishing

**Description:** Cigars are a passing fad, with lasting consequences. Give teens and adults the facts about the risks of addiction and the true health hazards. This pamphlet offers nine compelling reasons not to smoke cigars and includes information about the health hazards, the cost, the danger of secondhand smoke and more.

## **Secondhand Smoke Brochures**

### **50 THINGS YOU SHOULD KNOW ABOUT SECONDHAND SMOKE**

**Published By:** Journeyworks Publishing

**Description:** This pamphlet spells out the health hazards of secondhand smoke and provides tips for avoiding the risk. It gives specific suggestions for how nonsmokers can say "no" to secondhand smoke. It also gives smokers suggestions on what they can do to protect their families. Also available in Spanish.

### **BOTHERED BY SMOKE**

**Published By:** Utah Tobacco Prevention and Control Program

**Description:** This pamphlet provides a basic overview of where the Utah Indoor Clean Air Act prohibits smoking. The brochure also describes how to report a violation and lists local health department contacts.

### **HOW TO SAY NO TO SECONDHAND SMOKE**

**Published By:** Journeyworks Publishing

**Description:** It's tough to ask smokers to smoke away from you. This pamphlet offers concrete suggestions for saying "no" to secondhand smoke at home, work, and in public places. Offers suggestions on setting up "smoking areas" outside and away from children. This pamphlet includes a "Thank You For Not Smoking" door hanger. Also available in Spanish.

### **IF YOU LIVE WITH A SMOKER**

**Published By:** Journeyworks Publishing

**Description:** The suggestions in this pamphlet will help nonsmokers who live with smokers to protect their health and, ideally, keep their home free from smoke. It offers great tips for talking tactfully with the smoker and setting up a smoking area outside.

### **OTHER PEOPLE'S SMOKE**

**Published By:** ETR & Associates

**Description:** This pamphlet lists health risks of environmental tobacco smoke (ETS), reports special risks for children, covers how to talk with smokers, suggests ways to practice, and offers steps for avoiding ETS. Also available in Spanish.

### **PREGNANCY AND SECONDHAND SMOKE**

**Published By:** Journeyworks Publishing

**Description:** A secondhand smoke prevention pamphlet that targets pregnant women and their families. This pamphlet explains the risks of secondhand smoke during pregnancy and to a newborn, and encourages pregnant women and their family members to protect the baby from the health risks of cigarette smoke. It also provides tips on how women can avoid secondhand smoke at home and work.

### **SECONDHAND SMOKE AND YOUR NEW BABY**

**Published By:** Journeyworks Publishing

**Description:** This pamphlet encourages new moms, dads, and other caregivers to protect their babies from secondhand smoke. It gives tips for keeping the home smoke-free and suggests that parents who smoke quit for their health and their baby's health.

### **SECONDHAND SMOKE AND YOUR PETS**

**Published By:** Journeyworks Publishing

**Description:** Did you know that dogs who live with smokers are three times more likely to get lung or nasal cancer than dogs who live with nonsmokers? Or that cats who live with smokers have more than double the risk of feline lymphoma? Secondhand smoke hurts all living creatures. This creative pamphlet offers an original approach to a serious issue. This pamphlet provides important, interesting facts and offers smokers even more good reasons to quit.

### **SECONDHAND SMOKE AMENDMENTS**

**Published By:** Utah Tobacco Prevention and Control Program

**Description:** This pamphlet outlines changes in laws that were made in 1997 that specifically apply to tobacco smoke that drifts into any residential unit (i.e., condos, apartments, etc) a person rents, leases, or owns from another residential or commercial unit. Gives tips on how to resolve issues related to drifting smoke.

### **SECONDHAND SMOKE: ASTHMA, CANCER AND OTHER HEALTH RISKS**

**Published By:** Journeyworks Publishing

**Description:** Show people that secondhand smoke isn't just an annoyance – it's a serious health risk. This pamphlet describes the health hazards associated with secondhand smoke and includes information on asthma, allergies, heart and lung disease, cancer and more. It also gives tips on how to protect yourself and your family from secondhand smoke.

### **SECONDHAND SMOKE: HOW TO PROTECT YOUR KIDS**

**Published By:** Journeyworks Publishing

**Description:** Children exposed to secondhand smoke are at greater risk for serious health problems, including Sudden Infant Death Syndrome (SIDS) and asthma. Encourage adults (whether they smoke or not) to protect their kids from secondhand smoke with this pamphlet.

## **UP IN SMOKE**

**Published By:** Utah Tobacco Prevention and Control Program

**Description:** This secondhand smoke brochure was designed for union workers. It contains information about the costs of secondhand smoke and tips for quitting tobacco use.

## **Quitting Tobacco Use Brochures**

### **THE ABCS OF SMOKING**

**Published By:** Health Edco

**Description:** Medical photography shows the results of smoking in a unique and graphic way. This booklet is an effective tool for use in classrooms, smoking cessation programs, health fairs, clinics, and more.

### **A PARENT'S GUIDE TO QUITTING SMOKING**

**Published By:** Journeyworks Publishing

**Description:** This pamphlet provides parents who smoke with motivation and quit tips. It offers strong reasons for quitting including your health, your children's health, saving money and the desire to be a good role model. It gives specific suggestions for getting support from family and dealing with the stress of being a parent.

### **A TEEN'S GUIDE TO QUITTING SMOKING**

**Published By:** Journeyworks Publishing

**Description:** This pamphlet addresses the issues specific to teens, who are trying to quit smoking, such as dealing with family, friends, stress, and weight gain. This pamphlet acknowledges that quitting is tough, but sends a strong message of encouragement. It also helps teens overcome the obstacles that might make it harder for them to quit and includes specific quit tips for teens.

### **HELP YOUR TEEN QUIT SMOKING: A GUIDE FOR PARENTS**

**Published By:** Journeyworks Publishing

**Description:** What can parents do if their teens smoke? Here are specific ideas for parents to help their teens quit smoking. This pamphlet provides supportive suggestions to empower the parents, while emphasizing that the decision to quit needs to come from the teen.

### **HOW TO HELP A FRIEND OR FAMILY MEMBER QUIT SMOKING**

**Published By:** Journeyworks Publishing

**Description:** This pamphlet provides good information for someone who is concerned about a friend or family member's smoking. Offers realistic suggestions for what a person can do to help, while reminding the reader that it is ultimately up to the smoker to decide when to quit.

### **HOW TO QUIT SMOKING: WHEN YOU'VE TRIED BEFORE**

**Published By:** Journeyworks Publishing

**Description:** Encourage smokers who have tried to quit before to try again. This supportive, encouraging and practical pamphlet acknowledges that it takes many smokers more than one try to quit for good, and it offers great tips for building on what worked the last time and avoiding what didn't work.

### **HOW TO STAY QUIT OVER THE HOLIDAYS**

**Published By:** American Cancer Society

**Description:** This pamphlet offers tips and suggestions of how to deal with the stress that the holidays can bring while remaining tobacco free.

### **IT'S NEVER TOO LATE TO QUIT**

**Published By:** Journeyworks Publishing

**Description:** This motivational pamphlet targets long-term smokers by describing the benefits that come with quitting even after years of smoking. Among the benefits listed are improving your health (and that of your family), your chances of living a longer life, saving money, and an improved physical appearance.

### **NEXT STOP: WHEN FORMER SMOKERS SLIP**

**Published By:** ETR & Associates

**Description:** This pamphlet helps people deal positively with slips and learn from them. It encourages people to think about why the slip happened and what about their plan didn't work. It also discusses making a new plan to quit that uses lessons learned.

### **NICOTINE AND ADDICTION: WHAT YOU NEED TO KNOW**

**Published By:** Journeyworks Publishing

**Description:** Help people understand, and break, nicotine addiction with this essential overview. The pamphlet explains why it's difficult to quit using tobacco products and emphasizes that nicotine in any form is not healthy, including newly hyped products like smoke-free and light cigarettes. It also cautions people that nicotine replacement therapy (NRT) is not intended as a permanent substitute for tobacco.

### **QUIT SMOKING WITHOUT GAINING WEIGHT**

**Published By:** Journeyworks Publishing

**Description:** One of the most common reasons for not quitting smoking is a fear of gaining weight. This pamphlet helps people overcome that barrier and quit smoking by providing practical tips for minimizing weight gain while quitting. Suggestions include increasing activity, not substituting food for cigarettes, eating a healthy diet, and talking with a health care provider about nicotine replacement.

### **QUITTING FOR LIFE SELF-HELP GUIDE**

**Published By:** Channing-Bete Company

**Description:** This guide teaches smokers how to quit and sticks with them through the process. Addresses the physical benefits of quitting, and the emotional barriers that stand in the way. Provides checklists and quizzes that help readers examine why they want to quit, discover their smoking triggers, and evaluate their level of addiction. Helps smokers to develop a customized quit-smoking plan, offers tips for handling nicotine withdrawal, tells how to enlist friends' and family members' support, and more. Includes a list of helpful resources and a reminder card to help new nonsmokers stay on track. Only appropriate for people who have committed to quit.

### **SOCIAL SMOKING: WHAT IT IS AND HOW IT HURTS YOU**

**Published By:** Journeyworks Publishing

**Description:** This pamphlet defines "social smoking" (a habit in which people do not necessarily smoke every day) and outlines the health hazards. This pamphlet gives young people the message that even occasional smoking can cause health problems--and lead to addiction.

### **TEN BEST REASONS NOT TO SMOKE WHILE YOU'RE PREGNANT**

**Published By:** Journeyworks Publishing

**Description:** Help women who are pregnant (or who are planning to be) quit smoking today. This very easy to read pamphlet provides 10 compelling reasons to quit smoking while pregnant or before becoming pregnant. It focuses on the health aspects for both mother and baby. Also available in Spanish.

### **TOBACCO AND STRESS**

**Published By:** Journeyworks Publishing

**Description:** Smokers identify stress as one of the key obstacles to quitting and staying quit. This pamphlet will help people see how they can cope with stress without cigarettes. The light-hearted illustrations keep the reader engaged and illustrates key points.

### **TOP TEN STEPS TO QUITTING SMOKING**

**Published By:** Journeyworks Publishing

**Description:** Support quitting efforts with the quit-smoking reminders in this pamphlet. Easy to read and understand, this pamphlet lists important steps that will help ensure quitting success, such as preparing a plan to make it through the first day and avoiding triggers. It also offers plenty of encouragement and support.

### **UNION YES TOBACCO NO**

**Published By:** Utah Tobacco Prevention and Control Program

**Description:** This brochure was designed for union workers. It contains information about the health effects of smoking, spit tobacco, and secondhand smoke, as well as the economic benefits of quitting.

### **WOMEN AND SMOKING**

**Published By:** Journeyworks Publishing

**Description:** Powerful and motivating, this pamphlet discusses the specific risks women smokers face while emphasizing the benefits of quitting. It includes information on heart and lung disease, osteoporosis, menstruation, birth control pills, pregnancy, secondhand smoke, and more.

### **WHY DO YOU SMOKE?**

**Published By:** National Cancer Institute

**Description:** This brochure contains a self-test for people who smoke and suggests alternatives and substitutes that can help them stop.

## **Spanish Brochures**

### **50 COSAS QUE DEBE SABER SOBRE EL HUMO DE SEGUNDA MANO**

**English Translation:** 50 Things You Should Know About Secondhand Smoke

**Published By:** Journeyworks Publishing

**Description:** This pamphlet spells out the health hazards of secondhand smoke and provides tips for avoiding the risk. It gives specific suggestions for how nonsmokers can say "no" to secondhand smoke. It also gives smokers suggestions on what they can do to protect their families. Also available in English.

### **COMO AYUDAR A UN AMIGO O FAMILIAR A DEJAR DE FUMAR**

**English Translation:** How to Help A Friend or Family Member Quit Smoking

**Published By:** Journeyworks Publishing

**Description:** This pamphlet provides good information for someone who is concerned about a friend or family member's smoking. Offers realistic suggestions for what a person can do to help, while reminding the reader that it is ultimately up to the smoker to decide when to quit. Also available in English.

### **COMO DECIR 'NO' AL HUMO DE SEGUNDA MANO**

**English Translation:** How to Say No to Secondhand Smoke

**Published By:** Journeyworks Publishing

**Description:** It's tough to ask smokers to smoke away from you. This pamphlet offers concrete suggestions for saying "no" to secondhand smoke at home, work, and in public places. Offers suggestions on setting up "smoking areas" outside and away from children. This pamphlet includes a "Thank You For Not Smoking" door hanger. Also available in English.

### **CUANDO OTROS FUMAN**

**English Translation:** Other People's Smoke

**Published By:** ETR & Associates

**Description:** This pamphlet lists health risks of environmental tobacco smoke (ETS), reports special risks for children, covers how to talk with smokers, suggests ways to practice, and offers steps for avoiding ETS.

**DATOS ACERCA DEL FUMAR**

**English Translation:** Facts About Smoking

**Published By:** Tobacco Educational Clearing House of California

**Description:** This pamphlet provides basic facts about the negative health effects of smoking, smoking and pregnancy, secondhand smoke, and nicotine addiction. Good outreach tool for working with recent immigrants or communities where English is not the primary language. English translation is available on the back.

**GUIA PARA DEJAR DE FUMAR: NO LO DEJE PARA MANANA, DEJE DO FUMAR HOY**

**English Translation:** Guide to Quitting Smoking: Don't Leave it for Tomorrow, Quit Today

**Published By:** National Cancer Institute

**Description:** This full-color, 36-page self-help booklet on smoking cessation is specifically for Spanish-speaking audiences. It gives tips on how to quit smoking and includes an extensive section on pharmacological aids for nicotine addiction. Only appropriate for people who have committed to quit.

**LAS DIEZ MEJORES RAZONES PARA NO FUMAR MIENTRAS ESTA EMBARAZADA**

**English Translation:** Ten Best Reasons Not to Smoke While You're Pregnant

**Published By:** Journeyworks Publishing

**Description:** Help women who are pregnant (or who are planning to be) quit smoking today. This very easy to read pamphlet provides 10 compelling reasons to quit smoking while pregnant or before becoming pregnant. It focuses on the health aspects for both mother and baby. Also available in English.