

THE  LUNG ASSOCIATION™
Manitoba

- A non-profit health charity
- Funded by donations to our Christmas Seals and other campaigns
- Our goal is to improve lung health and eliminate lung disease
- COPD, asthma, air quality, occupational health, and **tobacco reduction**



- **1 in 5 teens between 15 and 19 years of age smoke. Half of these teens, *if they continue to smoke*, will **DIE** from smoking!**

Lungs are for Life



What is **Lungs Are For Life**?

- A one-hour interactive smoking prevention program for children in grades 4, 5, and 6.
- **Displays**, **discussion**, and **activities** are used to relay information about smoking and health



Key messages



Life is better when you are tobacco free

Most people don't smoke or use tobacco

Be smart. Don't start.

Be informed and know the truth.

Make good choices.

Say "no" to tobacco.

Students will learn:

- **About their lungs and breathing**
- **What's in cigarettes**
- **Effects of tobacco on the body**
- **Addiction**
- **About making good decisions**
- **About dealing with peer pressure**
- **Good reasons to stay smoke-free**

The respiratory system.



Real pig lungs and diagrams demonstrate the human respiratory system.

Lung diseases.



Blowing up a balloon with a straw demonstrates the difficulty of breathing with dirty or damaged lungs.

Physiological effects of smoking.

Sticky notes are placed on parts of body affected by smoking!



Cigarettes and tobacco.



A poster depicting poisons in cigarettes causes a stir.

Smoking is an addiction.



Masking tape, just like addiction, is hard to break!

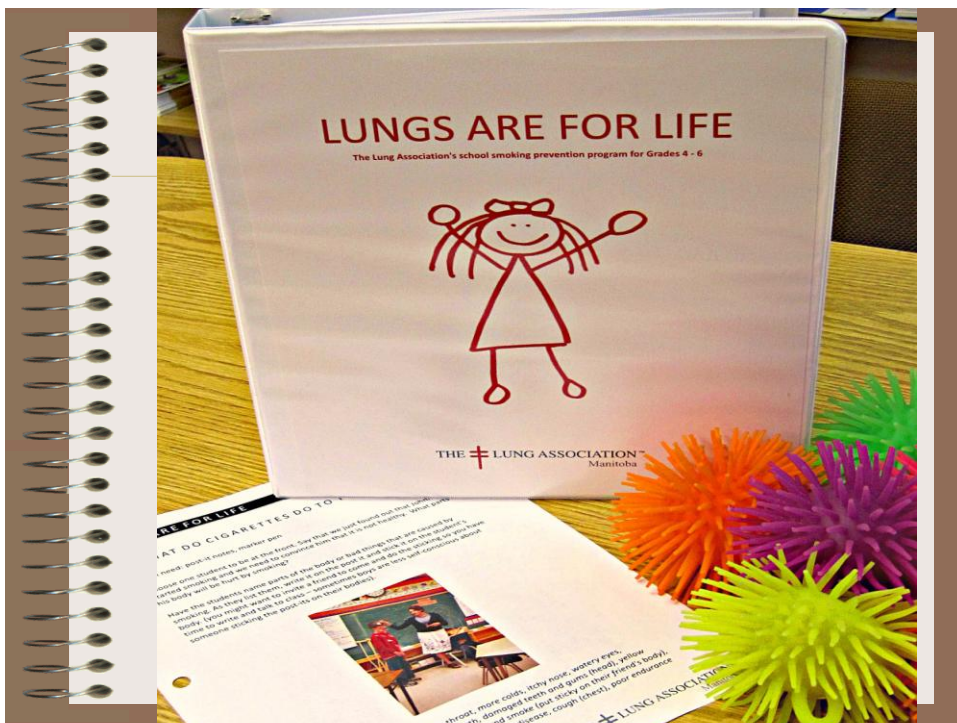
Creates a lot of interest.



Lots of participation. Lots of good questions.

LAF# training

- We train health professionals from RHAs who in turn train presenters who will do *Lungs are for Life* presentations in schools
- One-day training, free
- Contact your local RHA health promotion office or the Lung Association



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You may also want to
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Key Facts:

round second-hand smoke causes
en to have more colds, sore throats, ear
nitions, asthma, allergies, and coughs.
ond-hand smoke contains 4,000
stances - many are known to cause cancer.
Most Manitobans (80%) don't smoke.
Of all teens who smoke today and continue to
smoke, half will die of tobacco-related disea
• There's help to quit: call the Smokers' Help
1-877-513-5333 or the Lung Association,
talk to a doctor or pharmacist about pro
that can help you quit.

I, _____, pledge to
try to quit smoking.
My quit date is _____.



PARENT'S SIGNATURE

WITNESS

Sign, cut out, and put these on
your fridge or bulletin board.

Lungs are for life!

I, _____, hereby
vow to remain smoke-free!



CHILD'S SIGNATURE

DATE

WITNESS

1-888-566-5864 • www.mb.lur

