



KICK BUTTS DAY IS SPONSORED BY
UNITED HEALTH FOUNDATION*

They Put WHAT in a Cigarette?!

Prep Time: Days Cost: Low Quick & Easy

There's a lot more than just tobacco in cigarettes. Cigarettes contain over 7,000 chemicals – including at least 69 cancer-causing toxins. For this activity, you will create a display that exposes the truth about cigarettes and **all of the dangerous, deadly chemicals they contain.**

YOU'LL NEED:

Batteries, vinegar, hair dye, nail polish remover, cleaning supplies, disinfectant, paint (see list of chemicals for more ideas)

INSTRUCTIONS

- Track down some household items that contain the same ingredients as cigarettes.
- Organize a place where you can display these products in a populated area, either at your school's lunch period or downtown when there's heavy foot traffic.
- Create a large display with all of the chemical names, and title it "What's in a cigarette?"
- When passersby approach your display, explain that these household items contain the same ingredients as what's in a cigarette.

WANT TO MAKE YOUR EVENT BIGGER?

Ask event participants or fellow students to sign a petition in support of a current tobacco control policy like smoke-free air in workplaces or parks.

Have your event participants write a letter to the FDA urging them to require elimination of these harmful substances found in tobacco products.

