

TUPE

TOBACCO USE PREVENTION EDUCATION

PREVENTION ACTIVITIES **GUIDEBOOK**



ORANGE COUNTY DEPARTMENT OF EDUCATION
EDUCATIONAL SERVICES DIVISION

INTRODUCTION

The purpose of the Tobacco-Use Prevention Education (TUPE) program is to reduce youth tobacco use by helping young people make healthy decisions through tobacco-specific, research-validated education and activities that build knowledge as well as social skills and youth development assets.

This guidebook is meant to be a practical tool that educators can use immediately to implement and enhance Tobacco Prevention Activities. To help educators get started, this guide is presented in a "how to" format with examples and a number of sample models.

PREVENTION ACTIVITIES

Grant Requirement: Each school will complete one campus-wide prevention activity annually.

Prevention refers to providing students with the skills and knowledge they need to avoid initiating tobacco use.

Campus-wide prevention activities promote and educate students with the skills and knowledge to avoid tobacco use. These activities can be led by school staff, teachers, or students.

Prevention Activities Include:

- Develop a district-wide campaign to deglamorize and denormalize vaping
- Host a Red Ribbon Week, World No Tobacco Day or Mental Health Awareness event
- Teach students to deconstruct tobacco ads to learn how the industry manipulates young people
- Ask students to create a Photovoice project after learning about the health consequences of vaping
- Lead students to explore the history of smokeless tobacco in sports
- Invite a guest speaker to address the personal cost of tobacco use
- Hold an assembly with a tobacco-related message
- Host a table at school events to educate students about the impact of tobacco use and resources to help people quit
- Create social media campaigns and/or Public Service Announcements
- Host a esports X TUPE Tournament on campus
- Lead students to explore the environmental and health effects of tobacco
- Plan a beach / school / neighborhood clean-up that educates about the harms of tobacco waste

YOUTH DEVELOPMENT PROJECTS (YDPs)

Grant Requirement: Each school will complete one youth development project annually.

Youth development projects are **student-led** projects or activities that engage youth leaders to take active roles in tobacco prevention with their peers. Students participating in youth development projects will develop critical thinking, communication, creativity, and collaboration skills as they promote healthy choices.

Youth Development Strategies Include:

- Service learning
- Peer education
- Media literacy
- Advocacy

Youth development projects will involve recruiting student representatives, providing tobacco prevention education, and guiding students through the process of planning their project.

Strategies to Recruit Students for Youth Development Projects:

- Partnering with clubs on campus like [Friday Night Live](#) (FNL), [Peer Assistance Leadership](#) (PAL), [Student Advocates for Mental Health](#) (SAMH) Associated Student Body (ASB), Strength in Numbers, National Alliance on Mental Illness (NAMI), LGBTQIA+ and other student clubs and organizations to provide peer-to-peer leadership and activities
- Providing opportunities for students to attend student leadership events and training
- Recruiting from classes in which the prevention curriculum is implemented

CONNECTING PREVENTION ACTIVITIES AND YOUTH DEVELOPMENT PROJECTS

Q: What is the difference between a youth development project and a campus-wide prevention activity?

A: The main difference is that youth development projects must be **student-led**. That means that students take the primary role in developing the idea, planning, and implementing their project. If the activity is planned and led primarily by teachers and staff, it would be a campus-wide prevention activity, not a youth development project.

Q: Can a campus-wide prevention activity also be a youth development project?

A: Yes, students can plan a campus-wide prevention activity as their project. It will count as a youth development project if it is student-led.

Q: If my students complete their campus-wide prevention activity as their youth development project, can I count that one activity for both grant requirements?

A: No, you will still need to do two separate activities.

Q: Can you give me an example of what this might look like in practice?

A: At the beginning of the year, get a student group involved in a prevention activity that you plan for Red Ribbon Week in October. Students can learn how to plan and implement the activity. Have those students take what they learned to lead the planning and implementation of a prevention activity in May during Mental Health Awareness Month.

As a campus-wide prevention activity, you can invite an assembly speaker to talk about the dangers of tobacco to the entire campus. You have a group of students do promotion for the assembly and set up a Q&A session with the speaker. The students promotion and session would be the youth development project.

ANNUAL OBSERVANCES

Month	TUPE Program Specific Events
January	Martin Luther King Jr. Day
February	Heart Health Month
March	Take Down Tobacco Day Brain Awareness Week National Drug and Alcohol Facts Week
April	Stress Awareness Month Kick Butts Day Earth Day
May	Mental Health Awareness Month World No Tobacco Day Clean Air Month
June	Pride Month
July	Independence Day
August	World Lung Cancer Day
September	National Recovery Month Suicide Prevention Awareness Month
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December	Various Holidays

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INSTRUCTIONAL MATERIALS

INFLATABLE (PIG) LUNGS DEMONSTRATION

Description:

This display will demonstrate for students the potential damage that smoking can do to your lungs in a real and tangible way.

Materials Needed:

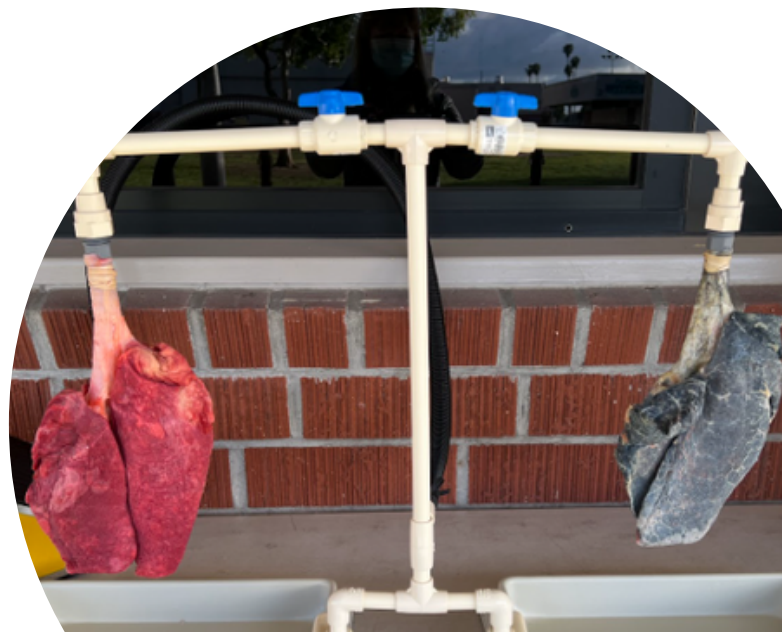
- Simulated Smoker's lung kit with air pump
- Humectant spray (vegetable glycerin 50% solution)
- Gloves

Setting Up the Lungs:

- Wear gloves when touching or handling the pig lungs.
- Do NOT get the pig lungs wet. Even the smallest amount of water from your hands can damage the lungs.
- Do not throw away any of the liquid that the lungs may be stored in.
- If the lungs look dry, use the humectant spray (vegetable glycerin 50% solution) to mist them.

Sample Demonstration Video:

<https://tinyurl.com/f6sbntck>



INFLATABLE (PIG) LUNGS DEMONSTRATION

FREQUENTLY ASKED QUESTIONS

Q: Why do we use pig lungs?

A: The pig lungs are virtually indistinguishable from those of a 140-160 pound human.

Q: Where do the pig lungs come from?

A: They are salvaged from meat processing plants.

Q: How do they get the pig to smoke?

A: They don't! The lungs are infused with microscopic carbon particles and tinted with dyes. The inflatable pig lungs in your kit simulate the lungs of a person who has been exposed to "normal" amounts of air pollutants and has smoked a pack of cigarettes a day for about 20 years!

Q: Why is tobacco smoke so damaging to our lungs?

A: Tobacco smoke is a very complex mixture, containing about 4000 different substances. Of these, 43 are known carcinogen (cancer causing substances) and 40 are toxic compounds that can damage lungs as well as other organs. Some of the most hazardous compounds are tar, nicotine, carbon monoxide, cadmium, nitrogen dioxide, ammonia, benzopyrene formaldehyde, and hydrogen sulfide. (NOTE: Use the "What's Your Poison?" display to show toxic chemicals)

Q: Why is one set of lungs pink and the other black?

A: The pink set of lungs represents what lungs look like when you have not smoked. The size, shape and function of the lungs are exactly how they should be. The blackened lungs represent what can happen to your lungs from inhaling smoke and especially tar (NOTE: Use Tar Jar for a visual).

Q: Can lungs heal after you have smoked?

A: The good news is that, with the exception of emphysema, everything is reversible when you quit smoking. You can clean out the rest of the tar and you can improve your lung function up to 30% in just a few weeks of quitting!

PHLEGM JAR TEACHING VISUAL

Description:

The "Phlegm Jar" contains two weeks worth of simulated phlegm that would be coughed up by a smoker with Chronic Obstructive Pulmonary Disease (COPD). Smoking causes thick mucus to build up in the lungs, causing smokers to cough until they spit out the phlegm.

FREQUENTLY ASKED QUESTIONS:

Q: What is Phlegm?

A: Phlegm is a specific type of mucus that originates in your lungs and throat. It is slightly thicker than the mucus that is produced in your nose and sinuses when you have a cold.

Q: What is COPD?

A: COPD stands for chronic obstructive pulmonary disease. It is a progressive disease that makes it hard to breathe. "Progressive" means that the disease will get worse over time.

Q: How serious is COPD?

A: COPD is a serious, irreversible condition that has no cure, although it is manageable. Once COPD has damaged the lungs, the damage cannot be undone. COPD is the third leading cause of death worldwide (CDC, 2019).

Q: How do you get COPD?

A: Cigarette smoking is the leading cause of COPD. Most people who have COPD smoke or used to smoke.

Q: What are the symptoms of COPD?

A: Common symptoms are coughing, producing large amounts of phlegm, wheezing, shortness of breath, and chest tightness.



TAR JAR TEACHING VISUAL

Description:

The "Tar Jar" represents how much tar passes through a smoker's lung each year from smoking 10 cigarettes (half a pack) a day.

FREQUENTLY ASKED QUESTIONS:

Q: What is Tar?

A: Tar is a thick, black and sticky substance created when chemicals are burnt and melt together. Tar is most commonly used to pave roads, but it is also created and inhaled when you smoke cigarettes.

Q: What does Tar do to your lungs?

A: Tar damages a smoker's lung over time by damaging the cilia. Cilia are tiny hair like structures that line our trachea and help prevent toxic particles from entering our lungs. Tar in your lungs may lead to lung cancer, emphysema and other lung problems that can make it hard to breathe.

Q: What does Tar do to your body?

A: Tar hardens over time which can harden inside of blood arteries and block blood flow. Tar also stains teeth and lungs to a blackish brown color. It can also damage the gums and taste buds.

Sample Demonstration Video:

shorturl.at/bfl29



WHAT'S YOUR POISON DISPLAY

Description:

The "What's your poison" display associates the poisons in tobacco such as arsenic, butane, benzene, and ammonia with other products containing the same poisons. The text on the display board explains each poison and its damaging effect on the body.

FREQUENTLY ASKED QUESTIONS:

Q: What's this about?

A: This display associates the poisons in tobacco such as arsenic, butane, benzene, and ammonia with other products containing the same poisons. The text explains each poison and their damaging effects on the body.

Q: How many chemicals are found in tobacco smoke?

A: Tobacco smoke contains over 4,000 chemicals including hazardous air pollutants, hazardous wastes, carcinogens (cancer-causing chemicals), and poisons.

Q: Where are these poisons found?

A: These poisons can be found in common household products and in clouds of cigarette smoke.

Q: What are Mothballs?

A: Mothballs are small balls of chemical pesticide and deodorant, sometimes used when storing clothing and other materials susceptible to damage from mold or moth larvae.



LUNG PATHOLOGIES MODEL

Description:

The Lung Pathologies model shows the differences between a normal lung and a lung reflecting the effects of chronic obstructive pulmonary disease (COPD), cancer, and asthma.

FREQUENTLY ASKED QUESTIONS:

Q: What do lungs do?

A: Lungs are two spongy organs in your chest that take in oxygen when you inhale and release carbon dioxide when you exhale.

Q: Are our lungs actually this size?

A: Yes! This is a full-size cutaway model of our lungs.

Q: What is lung cancer?

A: Cancer is a disease in which cells in the body grow out of control. When cancer starts in the lungs, it is called lung cancer.

Q: What is COPD?

A: COPD stands for chronic obstructive pulmonary disease. It is a progressive disease that makes it hard to breathe. "Progressive" means that the disease will get worse over time.

Q: What is asthma?

A: Asthma is a condition in which in person's airways become inflamed, narrow and swell, and produce extra mucus, which makes it difficult to breathe.



E-CIGARETTES & VAPING: 3D DISPLAY BRIEFCASE

Description:

The E-cigarette & Vaping Display Briefcase showcases realistic 3-D models and images of different types of vaping devices and e-liquids, as well as describing the health risks of using e-cigarettes.

FREQUENTLY ASKED QUESTIONS:

Q: What's inside the briefcase?

A: Realistic 3-D models and images of different types of vaping devices and e-liquids.

Q: What kind of models are included?

A: Models include: flavored disposables, a refillable and rechargeable vape pen, two mods with sub-ohm tanks, a nic salt pod, and e-liquids of varying nicotine strength including nicotine salt e-liquid.

Q: What does this show us about vaping?

A: How E-cigarette, or vaping, devices come in a variety of styles and appearances, making them attractive to young people and difficult for parents and educators to identify.

Q: What does the stand-alone side panel represent?

A: The side panel explains what e-cigarettes are and the health risks of vaping devices, including nicotine addiction, harm to young people's brain development, serious lung injury, nicotine poisoning, explosion of batteries, and more.



CAMPUS-WIDE EVENTS

TUPE FAIR ACTIVITIES

INTENDED AUDIENCE: GRADES 6-12

Description:

Interactive games and activities are great opportunities to engage and draw-in students at TUPE tabling events. These activities can be conducted using quiz questions. We have provided some sample questions for you.

Interactive Games and Activities Available:

- Spin wheel
- Ball toss
- Plinko
- Bingo cage

Materials Needed:

- Table(s) for activities, demonstrations, games
- Table cloth(s) (TUPE branded is available)
- TUPE cessation resources (i.e flyer, brochures, wallet cards, etc.)
- Incentives or giveaway items

Incentives and Giveaway Ideas:

All incentives and giveaways purchased with TUPE funds must include **a positive tobacco prevention message** and **a cessation resource** like 1-866-NEW-LUNG.

- pens, pencils, highlighters, colored pencils, markers
- notepads, notebooks
- school supplies
- sunglasses
- lip balm
- sunscreen
- stickers
- stress balls or fidgets
- cinch sacks or tote bags
- lanyards
- water bottles
- yoga mats exercise bands
- lanyards



TUPE FAIR ACTIVITIES



Tabletop Spinning Prize Wheel

12 customizable color prize slots for prize names of trivia questions.



Bingo Cage

10 customizable window balls for trivia questions.



Plinko

4 customizable slots for winning prizes with 12 pucks .



Ball Toss

Interactive Game with stress balls for slots.

QUIZ QUESTIONS EXAMPLES

Q: True or False? Smoking a cigarette every now and then is no big deal.

A: False, nicotine addiction happens very rapidly even if the young person is only smoking intermittently.

Q: In California what is the legal age for purchasing recreational cannabis?

A: 21 years old.

Q: True or False? The amount of nicotine in a vape pen is equivalent to 1.5 - 2 packs of cigarettes.

A: True, one vape pod is equivalent to the nicotine to of 30 - 40 cigarettes.

Q: What are some of the health effects of using tobacco products?

A: Pancreatic cancer, stomach cancer, lung cancer, any kind of cancer, high blood pressure and cardiovascular disease.

Q: Is smoking just a choice?

A: The first time it is someone's choice, after a few cigarettes it is not.

Q: True or False? The THC level in cannabis edibles is always measured.

A: False, it changes and varies by product.

Q: How many chemicals are found in a cigarette?

A: Over 7,000+ chemicals

Q: What are the two chemicals in cannabis responsible for causing direct effects on the body?

A: Tetrahydrocannabinol (THC) and cannabidiol (CBD)

Q: How many flavored tobacco products are on the market?

A: Over 15,500+

Q: What is the cloud of cloud of "smoke" released by vapes made out of?

A: Aerosol

QUIZ QUESTIONS EXAMPLES

Q: How many people die every year from tobacco related illnesses and diseases in the United States?

A: 480,000 deaths

Q: Why is marijuana addictive to youth?

A: Chances of addiction are higher the earlier you begin using. The brain isn't fully developed until the age of 25 and substances overstimulate the reward center making youth highly susceptible to addiction.

Q: Name the two most harmful elements of smoke.

A: Carbon monoxide and tar

Q: What is dopamine?

A: "The happy" neurochemical that is produced in the brain when using substances.

Q: Smoking hookah for a one hour session is equivalent to smoking 100 cigarettes.

A: True

HOW TO TURN A TUPE FAIR INTO A YOUTH DEVELOPMENT PROJECT

Scenario: A group of students want to host a TUPE fair for Red Ribbon Week.

Project Description

- A TUPE fair can be any combination of TUPE related presentations, games, and demonstrations.

For a TUPE Fair to become a YDP, students will lead the planning and facilitate the activities with their peers:

Student Preparation:

- **Decide** where and when to have the event
- **Assemble** resources (statistics, informational material, handouts, giveaways, etc.)
- **Work** with staff to order supplies if needed
- **Request** time out of class (permission slips, hall pass, etc.)
- **Assign** roles for each portion of the event or station
- **Set-up** tables, displays, and presentation materials

Student-Led Activity Examples:

Set up multiple tables for activities, demonstrations, games. Choose from the activities and instructional materials to personalize the TUPE Fair.

- Popular Table Activities
 - Spin wheel
 - Ball toss
 - Plinko
 - Bingo Cage
- Instructional Materials
 - Inflatable Pig Lungs Display
 - Phlegm Jar
 - Tar Jar
 - What's your poison display
- Additional Activities
 - Pledge Wall
 - Gallery Wall
 - Photobooth

ASSEMBLIES AND GUEST SPEAKERS

INTENDED AUDIENCE: GRADES 6-12

Description:

TUPE funds can be utilized bring assembly speakers that provide a tobacco prevention message. For an updated list of approved assembly speakers, please refer to the ocde.us/tupe website.

Learning Objectives:

- Raise awareness of issues relating to tobacco use
- Explore different perspectives on health alternatives and tobacco prevention
- Bolster student engagement and school connectedness

Recommended Guidelines:

In order to use TUPE funds, guest speakers must:

- Provide an anti-tobacco or tobacco prevention message to students.
 - Examples: the personal cost of tobacco, the influences of the tobacco industry, refusal skills, techniques to cope with peer pressure and stress.
- Speakers may discuss other topics like mental health, coping strategies, self-esteem; however, an anti-tobacco message must be included.
- Guest speakers should always be vetted for appropriateness, for compliance with state statutes, and to ensure the content they are providing is **valid, age appropriate,** and **medically accurate.** (CA Health Education Framework, 2019, p.20)



HOW TO TURN AN ASSEMBLY INTO A YOUTH DEVELOPMENT PROJECT

Scenario: A group of students would like to host a school-wide TUPE assembly to kick off Red Ribbon Week or Mental Health Awareness Month.

Project Description

- A TUPE assembly is when all or part of the school is gathered together for a Tobacco prevention speaker or demonstration.

For a TUPE Assembly to become a YDP, students will lead the planning and facilitate the activities with their peers:

Student Preparation:

- **Brainstorm** potential dates with school staff
- **Contact** desired assembly speaker to confirm date, time availability, and cost
- **Decide** when and where you will have the event
- **Request** time out of class (permission slips, hall pass, etc.)
- **Assign** roles for each portion of the assembly

Student-Led Activity Examples:

- **Design a Theme or Slogan** used for the day that revolve around that theme.
- **Write/produce anti-tobacco Public Service Announcements (PSAs)** that will be read, or shown during morning announcements. Should include the 1-866-NEW-LUNG number.
- **Lead a Lunchtime Activity** that promotes anti-tobacco messages.
 - Tobacco trivia games
 - Information booth
 - Activities that promote tobacco awareness
- **Introduce the Speaker or Group**
 - **Message About Presenter** - A message about the presenter and a brief description about the anti-tobacco message they will present.
 - **Anti-Tobacco Message** - Along with the presenter introduction, briefly give a few anti-tobacco messages. "Did you know..."
 - **Cessation Hotline Information** - Promote the 1-866-NEW-LUNG cessation hotline or other cessation resources.
- **Student-led Q&A Session**
 - If the speaker is willing, organize a Q&A session with the speaker.
 - Gather questions from peers in the week prior to use during the session.

POSTER / ART / VIDEO CONTESTS

INTENDED AUDIENCE: GRADES 6-12

Description:

- Poster/Art/Video contests must include a positive prevention message. TUPE funds can be used to print student artwork on stickers, shirts, posters etc. Final products can be posted around campus and promoted via school social media channels.

Learning Objectives:

- Raise awareness of issues relating to tobacco use
- Promote a healthy and fun alternative to tobacco use
- Bolster student engagement and school connectedness

Recommended Guidelines:

- **Keep your message short and easy to understand**
 - Example: "Secondhand smoke is a real health risk."
- **Use clear and friendly language, free of blame or judgement**
 - Example: "Unplug from Drugs."
- **Focus on realistic actions and achievable goals**
 - Example: "Ask family members and friends to step outside to smoke."
- **Emphasize the benefits of adopting the behavior**
 - Example: "When you make a smoke-free rule at home, your whole family will breathe easier."
- **Acknowledge barriers (social and financial) and provide ideas to overcome them**
 - Example: "Let them know it isn't about smoking, it's about keeping your family healthy."
- **Include free or low-cost resources for help, such as the 1-866-NEW-LUNG cessation hotline**
 - Example: "Orange County offers free help to quit smoking, if you or someone you love would like to quit please call 1-866-NEW-LUNG."



POSTER / ART / VIDEO CONTESTS

Stay Positive

Remember to create **positive prevention messages**. For example, instead of saying “don’t vape, it damages your lungs” with a skull and crossbones, you could focus on what healthy lungs support and say “vape-free lungs allow your healthy lungs to do the things you love” with graphics of activities that students enjoy.

Don't do this



Do this



Know Your Audience

A **target audience** is the audience that you are targeting with your campaign. Before you start your project, think about who you want to reach and how you can reach them.

Middle School Prevention Artwork



Elementary School Prevention Artwork



USING VENDORS FOR MEDIA PROJECTS

INTENDED AUDIENCE: GRADES 6-12

Description:

TUPE funds can be utilized to bring in outside vendors that specialize in youth development projects. Vendors will guide students through the process of planning their desired tobacco prevention project. For an updated list of approved vendors, please refer to the ocde.us/tupe website.

Example Projects:

- Songwriting
- Animation
- Video production
- Audio production
- Graphic design
- Youth advocacy

Approved Vendors

- Music Notes
- Royer Studio
- Mikva Challenge

Sample Video (Royer Studios):

<https://tinyurl.com/t47revkb>



HOW TO TURN A POSTER/ ART CONTEST INTO A YOUTH DEVELOPMENT PROJECT

Scenario: A group of students that would like to organize a poster contest at the school

Project Description

- A TUPE Poster/Art/Video contest promotes a positive prevention message that encourages their peers to avoid the harms of tobacco by not using.

For a TUPE Poster/Art/Video contest to become a YDP, students will lead planning and facilitate the activities with their peers:

Student Preparation:

- **Brainstorm** potential dates with school staff and choose a theme for the contest
- **Contact** school staff, community members, and parents to judge the contest
- **Decide** when and where to have the contest and the criteria for the poster/art
- **Request** time out of class (permission slips, hall pass, etc.)
- **Assign** tasks to carry out the contest (who will promote, make the flyer, contact judges, etc.)

Student-Led Activity Examples:

- **Develop** the guidelines and criteria for the contest.
- **Decide** where the artwork and posters will be display around campus or used on student planners, stickers, etc.
- **Plan a TUPE Art Show** at the school or district.
- **Use artwork to design** a calendar for the district .
- **Promote contest** on campus by creating the flyer and informational poster for the contest.
- **Schedule** judges and decide on prizes for the contest.

PUBLIC SERVICE ANNOUNCEMENTS

INTENDED AUDIENCE: GRADES 6-12

Description:

- Public Service Announcements (PSAs) are short messages produced on film, video, or audio to educate or promote awareness about health topics.

Learning Objectives:

- Raise awareness about a tobacco-related issue identified by students
- Encourage the audience to do something (call for information, seek help, take action etc.)

Recommended Guidelines:

- **Choose a clear message**
 - Example: "If you have asthma, don't smoke"
- **Brainstorm creative and relevant ideas**
 - Example: Ask students what they're interested in seeing
- **Make sure your information is accurate and you are recommending a trusted organization for help**
- **Hook your audience with emotional or shocking images/words**
 - Examples: Humor, catchy music, shocking statistic, etc.
- **Ask a question that will relate to your audience fears, needs or issues**
- **Call your viewer to action with words like "Visit", "Talk to", "Text" "Go To"**

How to Disseminate the PSA:

- Post on social media, school or district website, morning announcements, parent communication tool used by your district
- Play at school events (events, open-house, back-to-school)

Sample PSA Video:

<https://tinyurl.com/f6sbntck>



HOW TO TURN A PUBLIC SERVICE ANNOUNCEMENT INTO A YOUTH DEVELOPMENT PROJECT

Scenario: A group of students that want to create PSAs for the school announcements, newsletter, or social media

Project Description

- A TUPE Public Service Announcements (PSAs) are short messages produced on film, video, or audio that promote an anti-tobacco or tobacco prevention message. They may also include topics about tobacco and mental health or tobacco and environmental health.

For a TUPE Public Service Announcement to become a YDP, students will lead the planning and facilitate the activities with their peers:

Student Preparation:

- **Brainstorm** potential topics
- **Contact** school staff who run the morning announcement/newsletter/social media
- **Decide** how to create the messages and when to broadcast them
- **Request** time/space to showcase the PSA
- **Assign** roles for the project (who will write, record, perform the PSA)

Student-Led Activity Examples:

- **Recruit peers** to be involved in the project.
- **Choose a topic** that is meaningful to them to create a PSA about.
- **Take the lead in communication and coordination** with administration or other school staff.
- **Have artistic control** (within school guidelines) over the visuals and message of their PSA.

BEACH CLEAN-UP

INSIDE THE OUTDOORS BEACH CLEAN-UP

INTENDED AUDIENCE: GRADES 6-12

Description:

- Orange County Department of Education (OCDE), Inside the Outdoors (ITO), will conduct a two (2) hour cleanup in which they will discuss information student's researched, conduct the cleanup, and then categorize what was found.

Learning Objectives:

- Understand the harmful effects of trash and tobacco products, and reflect on its effects on the ecosystem.
- Increase environmental health literacy.
- Understand the positive and negative impacts our behaviors have on the environment.

Materials Needed:

- Signed **permission slips** and **media release forms**
- Sunscreen
- Sunglasses
- Gloves
- Trash buckets
- Snacks
- Water
- Catered lunch
- Hand sanitizer
- Activity supplies (i.e football, basketball, polaroid camera, etc.)

Safety Guidelines:

- Do not pick up sharp objects and glass
- Sanitize hands before and after cleanup
- Do not swim in the ocean



BEACH CLEAN-UP SAMPLE AGENDA

Time	Activity Description	Responsible Party
8:30 a.m. - 9:00 a.m.	Students arrive at School Breakfast and Paperwork	School Staff
9:00 a.m. - 9:30 a.m.	Depart to Salt Creek Beach	School Bus
10:15 a.m. - 12:15 p.m.	Discussion about trash Runoff Stream Activity Little Plastic Activity Beach Clean-up	Inside the Outdoors
12:15 a.m. - 1:30 p.m.	Lunch Enjoy park, pictures, and games	School Staff
1:30 p.m. - 2:15 p.m.	Return to School Debriefing & Optimistic Closure	School Staff

HOW TO TURN A BEACH CLEAN UP INTO A YOUTH DEVELOPMENT PROJECT

Scenario: A group of students want to organize a beach clean-up on Earth Day.

Project Description

- A beach clean-up is the process of removing solid litter, dense chemicals, cigarette butts, and organic debris deposited on a beach or a coastline by the tide, local visitors, or tourists.

For a Beach Clean-up to become YDP, students will lead the planning and facilitate the activities with their peers:

Student Preparation:

- **Brainstorm** potential dates with school staff
- **Contact Inside The Outdoors (ITO)** to confirm date and time availability
- **Decide** when and where to have the event
- **Request** time out of class (permission slips, hall pass, etc.)
- **Secure** transportation (school bus)
- **Coordinate** catering (local lunch places)
- **Assign** roles for each portion of the beach-clean-up

Student-Led Activity Examples:

- **Recruit peers** to lead and participate in the beach clean-up.
- **Design a Theme or Slogan** – Activities for the day revolve around that theme
 - Example, "Earth Aware, Self Care."
- **Develop Morning Announcements** - Students write/produce anti-tobacco Public Service Announcements (PSAs) that will be read, or shown during morning announcements to promote the beach clean-up. Should include the 1-866-NEW-LUNG number.
- **Make shirts or water bottles** with various anti-tobacco statistics to wear on the day of the clean-up.
- **Make a flyer** advertising the clean-up. Include anti-tobacco statistics and the 1-866-NEW-LUNG number on them. Post around campus and pass out to peers.
- **Lead any type of beach activity** that promotes anti-tobacco messages or healthy coping strategies as an alternative to tobacco use.
 - Tobacco trivia games
 - Vapes in the Watershed Activity
 - Wellness activity like yoga or deep breathing
- **Create an environmental awareness campaign** on campus to educate peers about the dangers of tobacco and vape waste on the environment.

ESPORTS X TUPE

ESPORTS X TUPE TOURNAMENT

INTENDED AUDIENCE: GRADES 6-12

Description:

- The OCDE esports x TUPE program will provide technical assistance for the implementation of esports tournaments and youth development projects pertaining to the content area. All of the equipment will be provided upon request.
- If schools wish to facilitate tournaments or gaming on their own, Nintendo Switches and materials are available for loan.

Learning Objectives:

- Increase protective factors against tobacco use
- Promote a healthy and fun gaming experience as a positive alternative to tobacco use
- Bolster student engagement and school connectedness

Materials Needed:

- Nintendo Switches (2)
- Joy Cons (8) and Joy Con Grips (optional) (8)
- esports x TUPE Tablecloths (2)
- Signed **permission slips** and **media release forms**
- Promotional flyers
- Name tags/lanyards
- 1st, 2nd, 3rd place prizes
- Bracket generator
 - Recommended: challonge.com

Safety Guidelines:

- Use tape to secure loose cords and cables.
- Remind students to respect personal space of competitors to avoid distractions.
- Keep an aisle clear between spectators.



ESPORTS X TUPE TOURNAMENT LAYOUT



Projector and Screen

Microphone and Sound Set-up

Student Artwork

Chairs for Spectators

Tables for Competitors and Joy Cons



TUPE Resource Table with instructional Materials and giveaways

Registration Table with Student Competitor Lanyards

ESPORTS X TUPE TOURNAMENT SAMPLE AGENDA

Time	Activity Description	Responsible Party
1:30 p.m. - 2:30 p.m.	Set-up for Tournament	OCDE & School Staff
2:30 p.m. - 2:45 p.m.	Student Arrival and Registration	School Staff
2:45 p.m. - 3:00 p.m.	Opening Remarks Explain Room Layout and Activities Explain Tournament Rules	MC
3:00 p.m. - 4:00 p.m.	Gaming Tournament	MC Bracket Monitor Resource Table Volunteers
4:00 p.m. - 4:30 p.m.	Winner Announcement	Medal and prize distributors

HOW TO TURN AN ESPORTS TOURNAMENT INTO A YOUTH DEVELOPMENT PROJECT

Scenario: The esports club on campus wants to host a Super Smash Bros. Tournament at school.

Project Description

- esports, or electronic sports, is organized competitive video gaming. It primarily involves teams competing against each other in tournaments for a prize.

For an esports Tournament to become a YDP, students will lead planning and facilitate activities with their peers:

Student Preparation:

- **Brainstorm** potential dates with school staff
- **Contact** esports x TUPE program to confirm date and time availability
- **Decide** when and where to have the event
- **Request** time out of class (permission slips, hall pass, front of the line lunch pass, etc.)
- **Assign** roles for each portion of the tournament

Student-Led Activity Examples:

- **Design a Theme or Slogan** – Activities for the day revolve around that theme
 - Example "Unplug from Drugs."
- **Develop Morning Announcements** - Students write/produce anti-tobacco Public Service Announcements (PSAs) that will be read, or shown during morning announcements to promote the beach clean-up. Should include the 1-866-NEW-LUNG number.
- **Create the Promotional Materials** for the esports tournament (i.e flyers, social media posts etc).
- **Design an esports logo** for the school to be printed on shirts, stickers, or posters posted around campus.
- **Create and Manage the Tournament Bracket**
- **Shoutcast** (provide commentary) throughout the tournament
- **Lead an anti-tobacco/ wellness activity**
 - Mindful breathing activity at the beginning of the tournament
 - Introduce the tournament and tournament rules
 - Host a TUPE resource table

RESOURCES

TUPE

TOBACCO USE PREVENTION EDUCATION

<https://ocde.us/tupe/>



<https://tupeca.org>

