

teens with the BEAT sponsors:

UAMS
AREA HEALTH
EDUCATION CENTER
SOUTHWEST

UNIVERSITY OF ARKANSAS
FOR MEDICAL SCIENCES

www.ahectxk.uams.edu



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
AND HUMAN SERVICES

www.stampoutsmoking.com

SOS Quitline
1-866-NOW-QUIT

*Contact Tonya Domokos for more
information about Teens with the BEAT*

870.779.6048

or e-mail at

tddomokos@uams.edu

Check out the BEAT web page:

www.ahectxk.uams.edu/beat.html

What

to expect from

BEAT

>> **Increased knowledge** of
tobacco, the industry,
education and cessation

>>How to work in your school
to **educate others** on
tobacco, secondhand smoke
and cessation

>>Support from BEAT staff
to **help implement goals**
of Teens with the BEAT

>>Be involved with
community organizations and
many fields of **health care
professions**



**BREATHE EASY ARKTEX TOBACCO CONTROL COALITION*

Why get involved?

>>Tobacco companies seek to addict young people to cigarettes and spit tobacco before the age of eleven!

**Getting involved with tobacco prevention & education is a way to help save lives and looks GREAT on the resume for college!!

{Tobacco is the leading cause of death in the U.S. due to strokes, heart attacks and cancers. }

just the FACTS.....

434,000 Americans die each year from diseases caused by using tobacco

Cigarette smoke contains over 4,100 chemicals

80% of smokers started before they were 18 years old

Tobacco companies spend \$16 million every day to advertise

- >>Smokeless tobacco causes cancer of the mouth, tongue and throat
- >> One large chew has the same amount of nicotine as 1/2 a pack of cigarettes
- >> One third of all new smokers will eventually die from tobacco use
- >> Smoking is the #1 preventable cause of death in the United States
- >> Babies whose parents smoke are seven times more likely to die from Sudden Infant Death Syndrome (SIDS)
- >>Smoking causes 87% of all lung cancers
- >> More people die from tobacco-related illness than from AIDS, car accidents, illegal drugs, murders, and suicides combined
- >> Tobacco smoke contains ammonia, arsenic, methane, tar, acetone, carbon monoxide, formaldehyde, nicotine, and cyanide

teens with the BEAT*

(BREATHE EASY ARKTEX TOBACCO CONTROL COALITION)
STUDENT INFORMATION

Date: _____

Name: _____

School: _____ Grade: _____

Address/City/State/Zip: _____

Phone number _____

E-Mail Address: _____

Which of the following activities would you wish to participate in?

- Tobacco Stings
- Presentations to elementary school students
- Performing dramas, skits, or creative music in public
- Letter writing campaign
- Membership recruitment
- Kick Tobacco Day Carnival
- Attending workshops
- World No Tobacco Day Event
- Other: _____

Tobacco-Free Pledge

I, _____, as a member/volunteer of the Teens with the BEAT (Breathe Easy ArkTex Tobacco Control Coalition), do hereby voluntarily pledge to abstain from the use of tobacco products that I might serve as a role model and positive reflection for those I am serving.

Student Signature _____ Date _____

Parental Consent

I, _____, the legal guardian of _____, do hereby give permission for my student to participate in Teens with the BEAT.

Parent Signature _____ Date _____