



3-Day

Environmental & Asthma Education Program Grades 3-8 (ages 8-14)

Module 1: Healthy Breathing

- o Toxic Substances
- o Health Effects of Air Pollution
- o What is Asthma?
- o Causes of Asthma & Triggers
- o Asthma Management
- o **Activity: Healthy Breathing Word Search**

Module 2: Climate Leadership

- o Carbon Cycle
- o The Greenhouse Effect
- o Climate Change
- o Urban Heat Island
- o Carbon Footprint
- o **Activity: Google Earth Scavenger Hunt**

Module 3: Energy & Sustainability

- o Energy
- o Sustainable Transportation
- o Environmental Justice
- o How Can Students Make a Difference?
- o **Activity: Design Your Own Environmental Poster**

2020 - 2021 YOUTH PROGRAMS



1-Day

Tobacco/Nicotine Prevention Program Grades 6-8 (ages 10-14)

Module 1: Know the Risk

- o Introduction to Tobacco & Nicotine Products
- o How Smoking Affects You
- o Smoking Doesn't Just Affect You
- o **Activity: Know the Risks Crossword Puzzle**

Module 2: Stress, Peer Pressure and Vaping

- o Intro to Stress and Vaping
- o Identifying Stress and Anxiety
- o Positive Ways to Cope with Stress
- o Social Awareness
- o Relationship Building
- o Responsible Decision Making
- o **Activity: Coping with Stress - Jamboard and Flipgrid Activities**

Module 3: Taking Down Big Tobacco

- o Tobacco & E-Cigarette Industry Influence
- o Cigarette Ads vs. E-Cigarette Ads
- o Social Advocacy & Anti-Tobacco Campaigns
- o **Activity: Create Your Own Public Service Announcement**