



Ideas on how to celebrate Youth Tobacco Free Day

What you can do...

Jump on-line – Visit OxyGen (www.OxyGen.org.au) to enter the on-line competition and find out how much smoking is really costing you.

Make a difference – Write a letter to the Federal Government or your local MP and show your support for increasing the price of cigarette packs and tobacco products. Increases in taxes on cigarettes and tobacco products are one of the most effective measures for reducing consumption of tobacco and can discourage young people from taking up the habit.

Spread the word – SMS or email a friend about the Youth Tobacco Free Day on-line competition and the chance to win great prizes - you could even split the prizes with a friend!

Go smoke free – Go to a party or BBQ that is smoke-free or organise one yourself!

Help your family and friends – If you know someone who smokes get them to jump on OxyGen.org.au to find out how much smoking is really costing them. You could also help them call the Quitline for extra support 13 78 48

What you and your friends can do...

Media magic – Get together with your friends and create a TV advertisement or 30 second radio ad encouraging young people to think about the cost of smoking and support increasing the price of cigarette packs and tobacco products. Upload it on YouTube or the 'Your Space' section on OxyGen site.

Roving reporter – Pretend that you have been contacted by a TV station and have been asked to interview friends to find out what they think about increasing the price of cigarette packs and tobacco products. Film it and post it on YouTube or the 'Your Space' section the OxyGen site.

Do something else – Play cricket or soccer, go shopping or swimming, have a smoke-free BBQ, the list goes on – do something else, anything but smoking!

What you can do at school or in your community...

Cigarette Price Hike survey – Conduct a survey to find out what young people think about increasing the price of cigarette packs and tobacco products. Email us the results at www.OxyGen.org.au for your chance to win

Talk it up – Host a debate on one of the following statements:

- *'If the price of cigarette packs and tobacco products were higher, young people would be less likely to take up smoking'*
- *'The government should increase the price of cigarette packs and tobacco products to prevent young people from taking up smoking'*

Add it up – Develop some simple math problems to illustrate how much smoking can cost. For example, How much would a person who smokes a packet a week spend on cigarettes in a year/in 5 years/in 10 years, given that a pack is around \$12.00?

Go big – Plan a campaign at your school to raise awareness of YTFD and the cost of smoking. Encourage young people to support increasing the price of cigarette packs and tobacco products. Don't forget to let us know what you do!

**For more ideas and activities for the classroom, check out the
'Resources for Schools' section on the OxyGen site.**