

# **8X REVIEW RATE**

**2023-24**

**PROGRAM OVERVIEW**

**ADDITIONAL RESOURCES**  
**A Complete Guide for Teachers**

## **Online Viewing!**

Log in to [manitobastoptobacco.ca](http://manitobastoptobacco.ca)  
using the password: **Tobaccofree24**  
to view videos and submit results  
online.

Manitoba Mental Health and Community Wellness expresses sincere gratitude to the many governments and organizations that graciously allowed their material to be included in Review & Rate 2023-24.

## **TOBACCO ADS**

### **Their Gain, Our Loss**

Vital Strategies, Turkey

### **Smoking Can Take A Lot Away Before it Kills.**

Make Smoking History Western Australia, Australia\*

### **There's No Such Thing as Safe Secondhand Smoke**

California Department of Public Health (CTCP), USA\*

### **Are you in a Toxic Relationship?\*\***

Réseau du sport étudiant du Québec, Canada

### **I Consume Tar 4 Times a Day \*\***

Réseau du sport étudiant du Québec, Canada

### **Stolen Moments (Utah)**

Utah Department of Health, TPCP, USA

## **VAPING ADS**

### **Spilled Milk**

Rescue Agency, USA

### **Nicotine Makes You Feel Off**

Rescue Agency, USA

### **The A-Z of Vaping**

British Columbia Ministry of Health, Canada

### **School**

California Department of Public Health (CTCP), USA\*

### **Bedroom**

California Department of Public Health (CTCP), USA\*

### **Banning Menthol and Flavored Tobacco: A major way to protect youth**

Oklahoma Tobacco Settlement Endowment Trust, USA

\*Reproduced with the kind permission of Cancer Council Western Australia (Inc)

\*Courtesy of the Centres for Disease Control and Prevention Media Campaign Resource Centre

\*\* Available in English and French

# PROGRAM GUIDE

## TEACHER'S KIT CONTENTS:

1. Program and Additional Resources Guide **(YOU'RE READING IT)**
2. Access to Review & Rate's online portal comprising of 12 outstanding international ads
3. Student Ballots
4. Classroom Tally and Evaluation Sheet

You can also download all items and view the ads (password: Tobaccofree24) from our website at:

**manitobastoptobacco.ca**

If you are having issues with the website please contact:

Mental Health and Community Wellness

Health Promotion and Wellness Branch

**health.promotion@gov.mb.ca**

We encourage you to access the full program online. However, if you live in a remote, rural, or northern community, and have internet connectivity issues, you can request a physical copy of the program material by contacting

**Greg.Martin@gov.mb.ca**

**EASILY & QUICKLY ENTER YOUR TALLY RESULTS  
& PROGRAM FEEDBACK ONLINE AT:**

**manitobastoptobacco.ca**

# NICOTINE, TOBACCO & VAPING

## WHAT IS NICOTINE?

Nicotine is a highly addictive chemical found naturally in the tobacco leaf and is present in tobacco products and the majority of vaping products. When inhaled, nicotine can reach the brain in as little as 10 seconds causing several reactions including an increase in heart rate and blood pressure, altered brain waves and muscle relaxation. New users of nicotine may experience coughing, dizziness, a dry, irritated throat, nausea, weakness, stomach cramps and headache.



## EFFECTS ON YOUTH

Youth are especially at risk to the negative effects of nicotine as it can alter brain development and can affect memory and concentration. It can also lead to dependence and addiction. Children and youth may become dependent on nicotine more rapidly than adults.

**In Manitoba, smoking costs \$244 million per year in avoidable health care costs.**

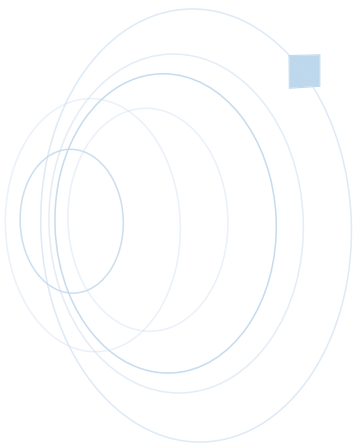
## NICOTINE ADDICTION

As you introduce nicotine to your body, you begin to crave it more, which can lead to dependence and addiction. Addiction refers to the problematic use of a substance and can be described by the presence of the 4Cs:

- Craving
- loss of Control of amount or frequency of use
- Compulsion to use
- use despite Consequences

Once addicted to nicotine, going without it for more than a few hours can lead to symptoms of withdrawal such as:

- dizziness and shakiness
- headaches
- anxiety and irritability
- nervousness and restlessness
- difficulty concentrating and sleeping
- increased appetite
- slight depression or feeling down



**As of 2019, 19% of Canadian students in grades 7 to 12 (approximately 402,000) have tried smoking a cigarette.**

Source: [www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey/2018-2019-summary.html](http://www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey/2018-2019-summary.html)

**As of 2019, twenty percent (20%) of Canadian students (approximately 418,000) had used an e-cigarette (with or without nicotine) in the past 30 days.**

Source: [www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey/2018-2019-summary.html](http://www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey/2018-2019-summary.html)

## WHAT IS TOBACCO?

Tobacco in its purest, traditional plant form is used culturally in ceremonies, rituals and prayers by many Indigenous people and has been an essential sacred medicine for thousands of years. Tobacco from this perspective has a powerful and spiritual purpose in establishing a direct communication with the spiritual world and is used ceremonially to carry prayers, blessings and gratitude to the Creator.

There is an important distinction between the traditional use described above and non-traditional uses of tobacco. Non-traditional uses involve inhaling the smoke, often to satisfy a chemical addiction. Smoking cigarettes, using chewing tobacco or snuff, smoking non-traditional tobacco in non-sacred pipes and smoking cigars are not traditional uses of tobacco.

## WHAT IS VAPING?

Vaping is the act of inhaling and exhaling an aerosol produced by a vaping product such as an electronic cigarette. Vaping products have many names such as e-cigarettes, vape pens, mods, tanks, and e-hookahs. Unlike cigarettes, that require burning, the device turns a liquid into a vapour, which then turns into



aerosol. Often, vapour is flavoured and contains nicotine. Vaping devices may also be used for other substances like cannabis.

Vaping is not harmless.

- Vaping can increase your exposure to harmful chemicals.
- Vaping can lead to nicotine addiction.
- The long-term consequences of vaping are unknown.
- It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries.

## MYTH: VAPING IS NOT HARMLESS.

**FACT:** Health Canada has identified vaping as less harmful than smoking cigarettes. However, less harmful does not mean harmless. Vaping releases many toxic and cancer-causing substances that may lead to lung and heart disease. Vaping can also cause immediate health effects including coughing, wheezing, and worsening of asthma symptoms. More research is still needed to understand the long-term impacts of vaping on health.

## MYTH: VAPING IS NOT ADDICTIVE.

**FACT:** Some vaping liquids contain nicotine. Nicotine is a very addictive substance that can affect memory and concentration, as well as hinder brain development in teens. Vaping with nicotine may lead to nicotine dependence and/or addiction. Youth are especially susceptible to the effects of nicotine as they may become dependent more rapidly than adults.

## MYTH: VAPING IS THE BEST WAY TO QUIT SMOKING.

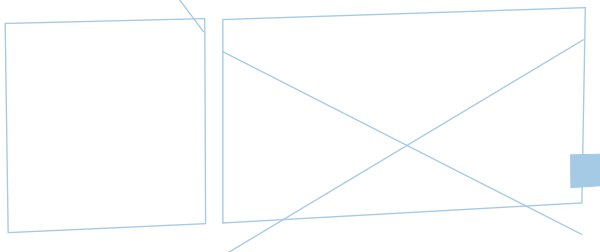
**FACT:** If you smoke, quitting is one of the best things you can do to improve your health. Some research suggests that vaping with nicotine can help current smokers to quit. However, there is currently not enough data to assess the effectiveness of vaping as a form of as a way to quit smoking. It is not safe for youth to use any nicotine products, including cigarettes and vaping products.

If you or a loved one would like to quit smoking, talk to a doctor about proven methods to quit. These methods include counseling, medication, nicotine replacement therapy or a combination of these practices.

### DID YOU KNOW?

As of 2019, 21.5 per cent of Manitoba youth in grades 7-12 have reported vaping in the last 30 days.

Source: [www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey/2018-2019-detailed-tables.html#t6](http://www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey/2018-2019-detailed-tables.html#t6)



# TOBACCO

## B E H I N D   T H E   S M O K E

### The Tobacco Plant (*Nicotiana*)

Naturally  
contains over  
**2,500**  
chemicals



including nicotine, the  
**highly addictive**  
substance responsible for tobacco addiction.

### Anatomy of a Cigarette



### Smoking Cigarettes

The burning of the tobacco releases  
**7,000+ chemicals**  
including 70+ that are cancer-causing

Toxic chemicals are absorbed through the lungs  
into the bloodstream and to the entire body



### Exposure to Smoke

Smokers, and everyone around them, are  
exposed to toxic chemicals, including:

- Tar
- Carbon monoxide
- Hydrogen cyanide
- Benzene
- Formaldehyde

These can cause a number of adverse  
health effects, including:

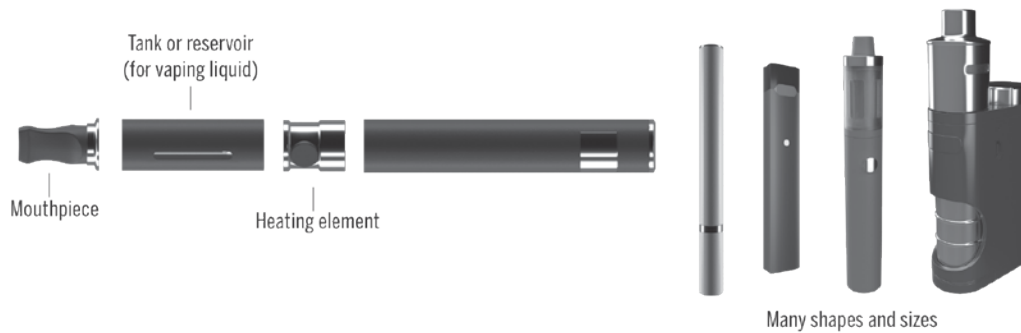
- Cancer
- Respiratory diseases
- Cardiovascular diseases
- Premature death

Take a closer look: [Canada.ca/Tobacco](http://Canada.ca/Tobacco)

# VAPING

## T H E M E C H A N I C S

### Components of a Vaping Device (e-cigarettes, vape pens, vapes, mods, tanks, e-hookahs)



### Contents of Vaping Liquid (e-liquid)



**A carrier solvent**  
Usually  
propylene glycol  
and/or glycerol



**Flavours**  
Consists of  
chemicals



**Nicotine (possibly)**  
Levels can vary

### How it Works: From liquid to vapour



- 1 Vaping liquid, which contains chemicals, is heated to become an aerosol
- 2 The aerosol is inhaled through the mouth and lungs where it is absorbed into the bloodstream
- 3 The remaining aerosol is exhaled

Take a closer look: [Canada.ca/Vaping](https://Canada.ca/Vaping)



# PROGRAM OVERVIEW

If you are unfamiliar with this program, here's how it works:

- Students watch 12 anti-commercial tobacco and anti-vaping television ads.
- Students choose the ads they find most effective.
- Teachers submit student vote results and program feedback.
- We award five \$250 gift cards. One school in each of Manitoba's five health regions will be randomly selected from classroom tallies received.

## REVIEW & RATE Simple Steps

### 1 Introduce the program

The goal of a Review & Rate session is to encourage young Manitobans to think critically about nicotine, tobacco use and vaping and ultimately to help Manitoba students stay nicotine-free or quit.

**We encourage teachers to speak to their class before beginning a session as some of the ads are graphic and emotionally sensitive.** Please ensure students are aware of this and allow any student to opt out of the Review & Rate session as appropriate.

### 2 Distribute the ballots

Distribute one ballot to each student in your class and discuss its contents.

Each side of the ballot displays the names and numbers of six ads, along with corresponding still images to help students remember them. Side one is for tobacco ads and side two is for vaping ads.

Students should ask themselves one important question as they watch the ads:

"Which ad does the best job to help me stay smoke- or vape-free or quit?"

Students will be choosing two winning ads. One for commercial tobacco and one for vaping. Once the tobacco ads have been viewed, students will record, in their opinion, which of the six ads they have just reviewed is the most effective. This process is repeated for the vaping ads. There are no wrong answers. All the ads are outstanding examples of anti-commercial tobacco and anti-vaping messages.

### 3 View the ads

**PASSWORD**  
**Tobaccofree24**

Following a brief introduction of Review & Rate, view the ads on the USB drive or log on to [manitobastoptobacco.ca](http://manitobastoptobacco.ca) to view the ads. Ads are divided into two sections with six anti-tobacco ads, followed by six anti-vaping ads.

Make sure to play the ads twice to give students a chance to make a clear and critical choice.

### 4 Rate the ads

Please remind students to save their comments and discussion until all ballots have been handed in, so as not to influence each other's voting.

Students should rate which ad they think is most effective, and why, on each side of their ballots.

Asking students to briefly articulate why they vote the way they do will give them a better understanding of how they have been affected by the ad they selected. This understanding will be helpful during group discussion.

Collect the ballots and tally the votes. You may wish to enlist the help of a student for the tallying. Use your Classroom Tally Sheet to record the results.

### 5 Review as a group

Discussing the results as a group allows students the opportunity to think critically about the issue of nicotine use. You might begin the discussion by asking your students to share with the class which ad they rated most effective and why. Then share the classroom tally.

Consider asking:

- Why do they think the classroom's top-rated ads are so effective?
- What do they like or dislike about the top-rated ads?
- Do the ads provide new information? If so, what is it?
- Do students prefer the realistic or humorous ads?
- Can students relate to certain ads more than others? If so, why?
- What messages do students take away from the ads?

You may also wish to discuss the different ways the ads get their messages across, such as shock, humour, fear or graphic effect; and how these approaches influence the viewer's decision to stay tobacco- or vape-free or quit.

Included in this booklet is an additional resource section (pages 12-17) that is designed to help facilitate meaningful discussion.

## 6 Submit your results — Enter to win a \$250 Gift Card

**THIS IS AN IMPORTANT STEP to complete as it also serves as your entry to win one of five \$250 gift cards.**

There are three ways to enter:

1. Visit **manitobastoptobacco.ca** and enter results directly online under the “enter results” tab  
**OR**
2. Fill out the paper form and mail to the address below  
**OR**
3. Scan and email to [health.promotion@gov.mb.ca](mailto:health.promotion@gov.mb.ca)

We will award five \$250 gift cards. One school in each of Manitoba’s five health regions will be randomly selected from classroom tallies received. We will email the lucky teachers and mail out the gift cards in spring 2024.

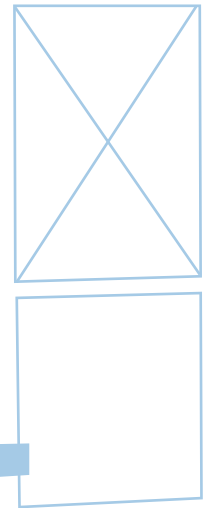
### Contact us

To send in classroom tallies, program feedback, or if you have any questions you can contact us at:

Review & Rate 2023-24  
Manitoba Mental Health and Community Wellness  
Health Promotion and Wellness Branch  
4089 — 300 Carlton St. Winnipeg MB R3B 3M9

Review & Rate  
[health.promotion@gov.mb.ca](mailto:health.promotion@gov.mb.ca)

**DEADLINE: February 29, 2024**



# CLASSROOM DISCUSSION GUIDE

## 2023-24 COMMERCIAL TOBACCO ADS



**1** Their Gain, Our Loss



**2** Smoking Can Take A Lot Away Before it Kills.



**3** There's No Such Thing as Safe Secondhand Smoke



**4** Are you in a Toxic Relationship?



**5** I Consume Tar 4 Times a Day



**6** Stolen Moments

# 8 REVIEW RATE

## 2023-24 VAPING ADS



**7** Spilled Milk



**8** Nicotine Makes You Feel Off



**9** The A-Z of Vaping



**10** School



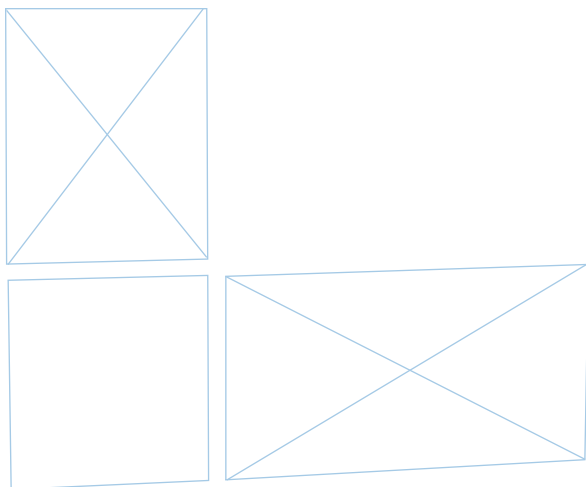
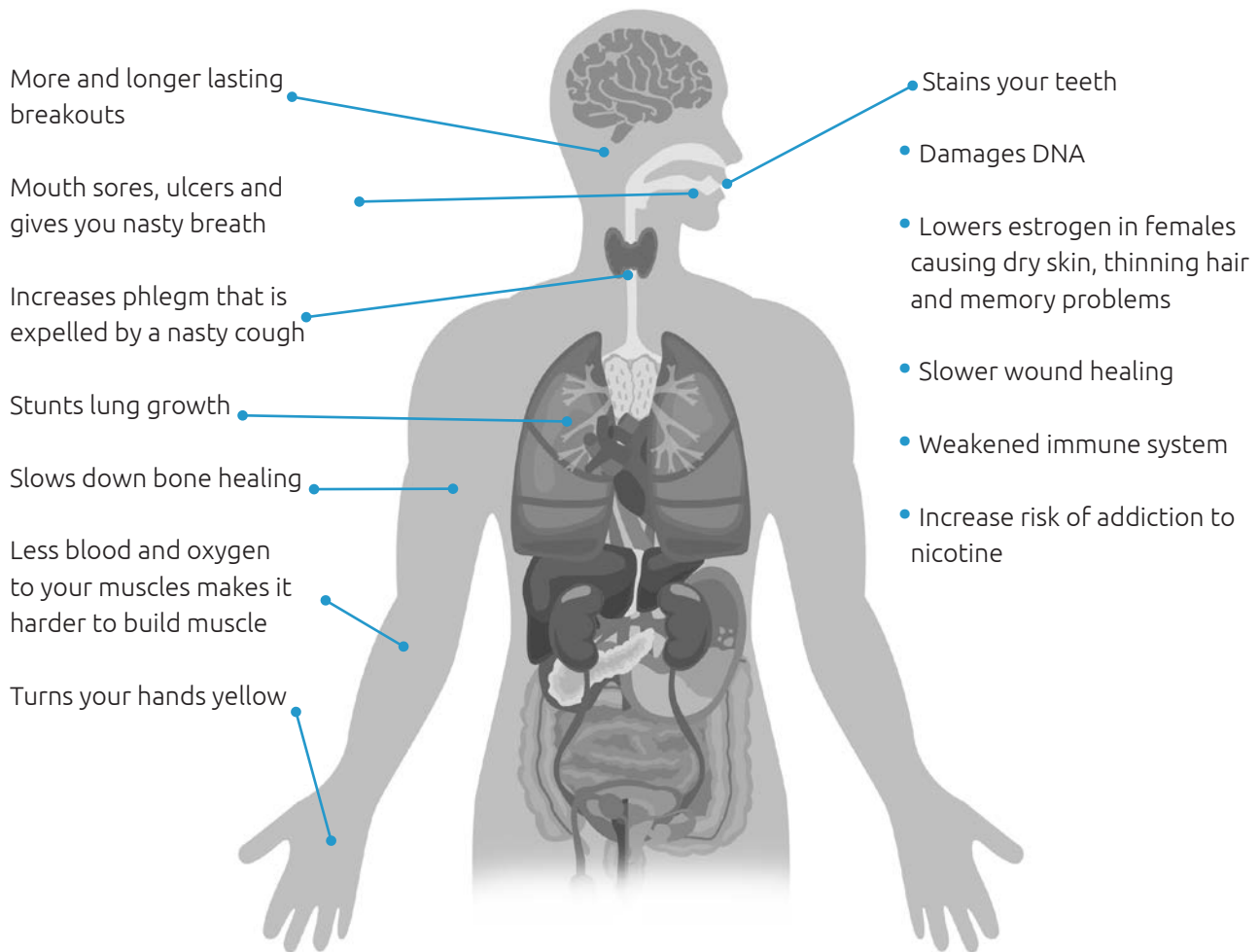
**11** Bedroom



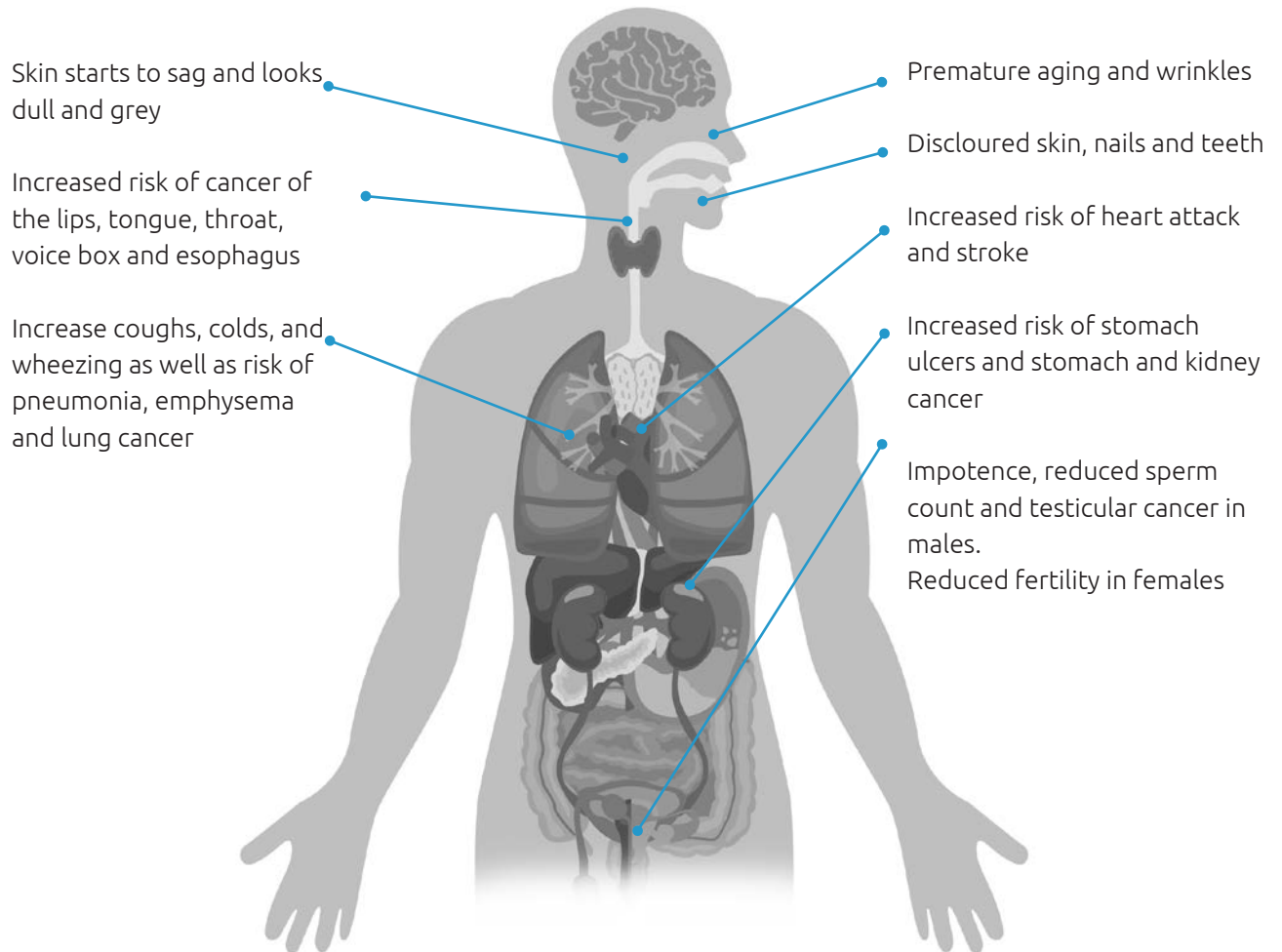
**12** Banning Menthol and Flavored Tobacco: A major way to protect youth

## HEALTH IMPACTS

### Early Changes (young smokers)



## Later Changes (adult smokers)



## SECOND & THIRD-HAND SMOKE

### What is second and third-hand smoke?

Secondhand smoke is the smoke that comes from the burning end of a cigarette. It is also the smoke that smokers breathe out. More than 80 per cent of secondhand smoke is invisible and odourless. Secondhand smoke contains more than 70 cancer-causing chemicals, called carcinogens. Exposure to these chemicals through second-hand smoke can contribute to tumour formation in the lungs, resulting in lung cancer.\*

Third-hand smoke is the invisible tobacco “dust” (or chemical) that settles in the environment on things like clothing and furniture and stays there even after a cigarette has been put out. Third-hand smoke contains more than 250 chemicals.



### Why is second and third-hand smoke harmful?

The smoke from the burning end of a cigarette has more toxins than the smoke inhaled by the smoker. Studies show that a person breathing secondhand smoke is exposed to the same tar, nicotine, cyanide, formaldehyde, arsenic, ammonia, methane, carbon monoxide and other cancer-causing chemicals as the person smoking the cigarette.

### Who is impacted by second and third hand smoke?

Children are particularly vulnerable to the effects of secondhand smoke because they breathe more rapidly and have less developed airways, lungs and immune systems.

Children exposed to secondhand smoke experience increased hospital admissions for asthma, serious respiratory infections and ear problems, and are at increased risk of sudden infant death syndrome (SIDS) than those not exposed.

When infants, children and nonsmoking adults inhale, ingest or touch substances containing third-hand smoke; they may place themselves at increased risk for tobacco-related health problems.

Animals, too, face health risks when exposed to the toxins in second-hand smoke – from respiratory problems to allergies and even nasal lung cancer in dogs and lymphoma in cats.

In addition, third-hand smoke attaches to animal fur and feathers and then impacts those handling the animal.

### How can you reduce the impact of second and third-hand smoke?

Opening windows and doors or smoking in another room in the house will not make it safe for those around you. Harmful cigarette smoke can still blow back inside. And because more than 80 per cent of smoke is invisible, you can't see where it goes, making it impossible to control.

The only way to protect against it is to not allow smoking at home, in the car or wherever non-smokers are present.

\* **Source:** [www.canada.ca/en/health-canada/services/health-concerns/tobacco/legislation/tobacco-product-labelling/second-hand-smoke.html](http://www.canada.ca/en/health-canada/services/health-concerns/tobacco/legislation/tobacco-product-labelling/second-hand-smoke.html)



# QUITTING

## Why is quitting so hard?

Tobacco contains nicotine, one of the most addictive substances on earth. Scientists have found nicotine to be as addictive as heroin and cocaine and even more addictive than alcohol. It is quickly absorbed into the bloodstream and reaches the brain in less than ten seconds. Nicotine causes the brain to release chemicals that activate reward pathways and produce feelings of pleasure. When people try to quit using tobacco, they experience withdrawal symptoms, making them want to stop the discomfort and return to smoking.

## What are the best approaches to quitting?

The most effective way to quit smoking is to not give up on quitting until you quit for good. Most people go through multiple quit attempts before finally kicking the addiction.

There are many different ways to quit, including:

- **Cold Turkey:** This means stopping completely without cutting down or relying on other supports.
- **Nicotine Replacement Therapy (NRT):** Using nicotine gum, patches, lozenges, tablets or inhalers to gradually reduce dependency on nicotine.
- **Prescription Drugs:** Prescription medications can help to reduce withdrawal symptoms when you quit, such as cravings, irritability and anxiety.
- **Counseling:** Many phone, online and in-person counseling options exist to help support smokers when they are quitting.

Research shows that using some type of support is more effective than cold turkey and that a combination of NRT or prescription drugs and counseling is the most effective method.

## How can you help someone quit smoking?

Quitting is different for everyone. So ask how you can be most helpful to them. Tell them you know they can make it – even if they have tried to quit before and were not successful. Tell them how much you admire them for trying to quit and that you are there for them no matter what. Once a smoker has decided to quit, they are more likely to be successful when friends and family offer their help and support.

## What are triggers to giving up on quit attempts:

Learning to recognize your smoking “triggers” is an important part of quitting. Ask yourself when, where and how often you smoke. Common triggers include:

- drinking coffee or alcohol
- feeling stressed or angry
- talking on the phone
- driving
- relaxing after work, school or after a meal

[source: [www.canada.ca/en/health-canada/services/publications/healthy-living/road-quitting-guide-becoming-non-smoker-young-adults.html](http://www.canada.ca/en/health-canada/services/publications/healthy-living/road-quitting-guide-becoming-non-smoker-young-adults.html)]



# QUITTING SMOKING

**With more than 200,000 smokers in Manitoba, multiple programs are required to support various populations to quit smoking. Manitoba's tobacco and vape reduction efforts are multi-faceted and support broad population needs. If you are ready to make a quit attempt, there are many supports to help.**

## **Smokers' Helpline**

[www.smokershelpline.ca](http://www.smokershelpline.ca)

A free, confidential service operated by the Canadian Cancer Society offering personalized support and information about quitting about quitting smoking and vaping and tobacco use. Telephone, text and online live chat support are services available in Manitoba.

## **Talk Tobacco**

[www.smokershelpline.ca/talktobacco](http://www.smokershelpline.ca/talktobacco)

Talk Tobacco provides culturally-specific, free and confidential support and information about quitting smoking or vaping through phone, text, and online. Program services were created with input and guidance from First Nations, Inuit and Métis partners, community members and healthcare providers. Talk Tobacco provides bilingual and interpreter services in over 16 Indigenous languages, and is open seven days a week (except statutory holidays).

## **Quit Smoking with your Manitoba Pharmacist**

[www.quitsmokingmb.ca](http://www.quitsmokingmb.ca)

Manitobans over the age of 18 who wish to quit smoking can visit their local pharmacy to receive follow-up counselling sessions, and up to \$100 worth of prescribed medications and nicotine replacement therapies over one year to support them in their journey to quit. For more information, please see [quitsmokingmb.ca](http://quitsmokingmb.ca).

## **Tobacco Quit Card and Counselling Program**

[sharedhealthmb.ca/patient-care/quit-smoking](http://sharedhealthmb.ca/patient-care/quit-smoking)

The Tobacco Quit Card and Counselling Program is managed by Shared Health and provides NRT to low-income Manitobans who have no other coverage options for NRT, and counselling sessions to help them quit smoking. Up to \$300 in NRT support is provided to participants.

## **Manitoba Quits**

[mb.lung.ca/tobacco-vaping-information](http://mb.lung.ca/tobacco-vaping-information)

A monthly quit smoking contest that challenges smokers to quit for 24 hours. Their motto, "every quit counts" suggests that each quit attempt helps a person get the skills, mental strength and motivation to eventually quit for good.

## **On the Road to Quitting**

[www.canada.ca/en/health-canada/services/publications/healthy-living/road-quitting-guide-becoming-non-smoker.html](http://www.canada.ca/en/health-canada/services/publications/healthy-living/road-quitting-guide-becoming-non-smoker.html)

These Health Canada guides will give you the information and skills you need to successfully stop smoking. Spend some time reviewing the booklets online, download a copy or order a paper copy to consider your options, understand what to expect during your quit attempt and learn tips to help you along the way.

# ENVIRONMENTAL IMPACT

## How does the tobacco industry affect the environment?

### Tobacco production:

Tobacco is grown in more than 100 countries worldwide, mostly in developing countries. Production causes deforestation, soil nutrient depletion, green tobacco disease in farm workers, and pollution from pesticides and fertilizers. After harvesting, tobacco is dried and cured to preserve it for storage, transport and processing. Indigenous trees are cut down to provide fuel for the curing process and construction of curing barns.



### Cigarettes instead of trees:

Cigarettes require large amounts of paper for their manufacturing and packaging. Each year nearly 600 million trees are destroyed to provide fuel to dry tobacco. Put another way, one tree is destroyed for every 300 cigarettes. Modern cigarette manufacturing machines use six kilometres of paper per hour.

### Litter:

Litter from cigarettes fouls the environment as well. Internationally, cigarette filters (which are not generally biodegradable) are the single most collected item in beach cleanups. Material that leaches out of these filters is toxic to aquatic life.

## What are some issues with tobacco production you may not have thought about?

### Child labor

- The International Labour Office reported that child laborers mostly work in agriculture, which is one of the most hazardous types of work.

### Smuggling

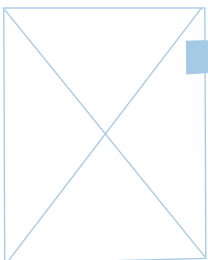
- Tobacco is the most widely smuggled legal product.

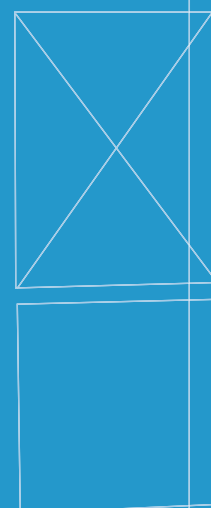
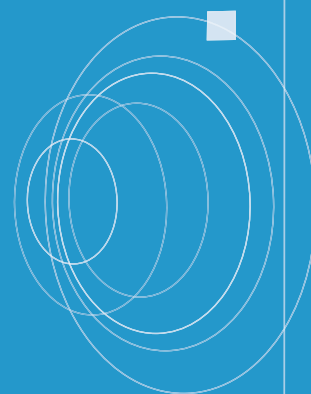
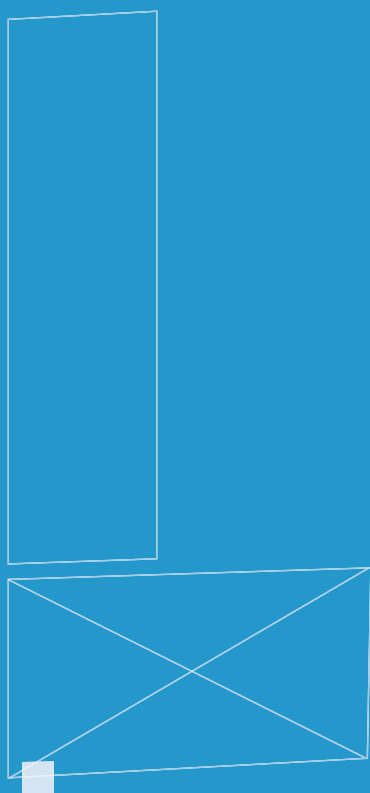
### Fires

- Cigarette butts are responsible for countless forest fires. Smoking is the first or second leading cause of fire-related deaths in the USA.

### Pesticides

- Tobacco companies recommend up to 16 separate applications of pesticides just in the period between planting the seeds in greenhouses and transplanting the young plants to the field.





Don't forget to EASILY & QUICKLY ENTER YOUR  
TALLY RESULTS & EVALUATION FEEDBACK  
ONLINE

AT: [manitobastoptobacco.ca](http://manitobastoptobacco.ca)

Many thanks for participating