

Supplementary Resources

Several publications provide further information and compliment the TALK program.

Are You Thinking About Quitting? You Can Do It. Saskatoon Health Region, Public Health Services.

Provides information on tobacco addiction, reasons for quitting, steps in quitting and information on quitting programs and services. For additional copies contact your local public health office.

It's Time to Clear the Air! Saskatoon Health Region, Public Health Services.

Provides information on secondhand smoke. For additional copies contact your local public health office.

MediaPulse. Measuring the media in kids' lives. A guide for health practitioners. Media Awareness Network and the Canadian Paediatric Society.

Provides an overview of the current research on media and its links to behaviour, substance use and abuse, poor nutrition, obesity, unhealthy body image and risky sexual behaviour. It also provides tips for managing media use in the home. For additional copies visit the website www.media-awareness.ca.

Smokeless (Spit) Tobacco. Saskatchewan Health.

Provides information on snuff, chew and plug tobacco. It details the risks associated with the use of smokeless tobacco, and provides tips on quitting. For additional copies contact your local public health office.

Snackactivities. in motion.

This resource is from the *in motion Children and Youth Physical Activity Resource Guide*. *Snackactivities* provides numerous games, activity ideas and instructions to assist with planning physical activities in the classroom. For additional copies call 306- 655-DO IT (3648) or visit the website www.inmotion@saskatoonhealthregion.ca.

Talk It Out. A Parent's Guide to Kids and Smoking. Saskatchewan Health.

Provides information for parents regarding their role in keeping children tobacco free, and tips for parents on how to talk with their children about tobacco. It also includes a list of organizations and websites which provide further information about tobacco prevention and cessation. A copy of this resource is sent home with all students as a part of the TALK program. For additional copies contact your local public health office.