

## BB Demonstration

A good way to help children as well as adults understand the number of deaths that are caused every day from tobacco related illnesses due to tobacco use is to show them through a BB demonstration. (C.O.S.T. has used this activity at workshops as well as at council meetings to help people understand the devastating effects of tobacco uses)

You'll need a package of BBs from a sporting goods store (1,500 bb's for about \$2.50) and a metal can.

You might want to start the demonstration with a personal story if you have one to share about how tobacco use has affected you. (If you have a loved one who has suffered, etc.) Then ask the audience how many of them have experienced pain - loss, because of a tobacco related illness.

Ask the audience to close their eyes and imagine that this sound (drop one bead) represents the sound of one human life. Slowly drop the following amounts of beads into the pot after reading each of the following statistics regarding early (unnatural, abnormal) loss of life.

Allow enough silence after the last statistic for the audience to absorb its meaning.

**about 16 Americans will die from crack, cocaine, and heroin overdose.**

**about 1200 Americans will die from tobacco related illness**