

# Tobacco Fear Factor

## Event One

### Who Really Knows Tobacco

For this event, you should find questions about tobacco related illnesses or other tobacco facts. You will need two bells or some way of deciding who is first to answer the questions. Divide participants into pairs. Set up a course around the room and have the pair race around the room. Read the question out loud. When question is read, both people will race to hit the bell first. If they get the question right, they will go on to the next round and the other person is out. If they get the question wrong and the other person gets it right, that person gets to move on while their partner is out.

## Event Two

### Find the Cancer

For this event, you should have a bucket full of balls that are the cells. You can hide weird things in the bucket full of balls such as snakes, spiders, and other creepy crawlers. You will also need to find four special balls to be the cancer balls. Blindfold all the participants and allow them to feel the cancer balls so they know what they are looking for. Lead each participant to the bucket and give them forty five seconds to find three of the four cancer balls in the bucket full of cells. Note their time. Depending on how many players you have, you can choose how many to eliminate during this round. Anyone that didn't finish should be eliminated or those with the slowest time. This represents cancerous cells that tobacco may cause.

## **Event Three**

### **Spit Tobacco**

For this event you will need to make spit tobacco juice. Start with a prune juice base and add your own ingredients to it. At the conference, the spit tobacco juice contained coconut and oatmeal, and combined with the prune juice. Have participants select a number out of a box (one 0, one 1, two 2's, three 3's, and four 4's).

They must drink that number of ounces of the spit tobacco juice. Note their time. Depending on how many players you have, you can choose how many to eliminate during this round. Anyone that didn't finish should be eliminated or those with the slowest time. This represents the spit tobacco that users spit out.

## **Event Four**

### **Tobacco and Wrinkles**

For this event you will need to buy a couple of packages of clothes pins. Lay the clothes pins out on a table. Give participants 30 seconds to put as many clothes pins on their face as possible. The people or person with the slowest time is eliminated. This demonstrates the wrinkles and early aging that tobacco causes.

## **Event Five**

### **Ice Bath**

For this event you will need a bucket full of ice with a little bit of water in it. You may also choose to add something to the water that might scare the person if it crosses their hands. At the conference we used spaghetti noodles to represent the flagellum that filters out any chemicals coming into the nose. Participants should put both hands to the bottom of the bucket and hold them there for one minute. If anyone can not do it, then they are eliminated from this round. This represents the blood pressure increase that tobacco causes and decreases of circulation to the extremities due to smoking.

## **Event Six**

### **Phlegm**

For this event you can make your own food representation of phlegm that smoking tobacco causes. At the conference we used a mix of liver baby food, coconut, pudding, and coffee grounds. You should have participants chose a number from the box again (like the spit tobacco) and give them that many spoons of the mixture to eat. Note their time. Depending on how many players you have, you can choose how many to eliminate during this round. Anyone that didn't finish should be eliminated or those with the slowest time. For an extra crunch we added meal worms on top of the phlegm. You can buy edible meal worms at Wal Mart

## **Event Seven**

### **Kick the Habit**

For this event you will need three trash cans and alcohol impairment goggles. The participant should be spun around 15 times and then made to walk a course set up around the room (same as event one).

At the end of the course participants must toss 3 packs of fake cigarettes into one of each of the trash cans. The person who gets rid of his packs the fastest is the winner of Fear Factor.

At the beginning of each round make sure you inform contestants of the effects of tobacco that each event relates to. For example for event 3 the spit tobacco round explain how spit tobacco effects you and your health. You will also need a stop watch for some of the events. You can also change the challenges if you think some are to gross to stomach. You should also remind contestants they can quit at any time if they are afraid to go on. And list all food ingredients in case someone has a food allergy.

Enjoy!!!!!!!