



Tootsie Roll

General Description of Activity:

This activity is best done in conjunction with another presentation. A group of people is each given two tootsie rolls to put between their cheek and gum (similar to spit and chew) and is asked to hold it there throughout the presentation. Each member of the group is also provided with a cup so that they can spit the juice/saliva generated from the tootsie rolls. This demonstration shows how gross spit tobacco is. However, don't forget to communicate how dangerous all tobacco products are.

- Three times more addictive than cigarettes
- Ingredients: lead, arsenic formaldehyde, ammonia, benzene (see attached list)
- 860 North Dakotans will die every year from tobacco use
- Tobacco products are more addictive than heroin

This demonstration works best with a younger audience (elementary). An older audience already knows how gross spit tobacco is and probably won't be moved by the demonstration.

Materials Needed:

- Tootsie Rolls
- Paper cups

Best Place to Perform Activity:

- Schools
- Little League