The BB Activity

Time: 5 Minutes

Materials needed: Plastic container, four small containers with BB's

Preparation: Have your BBs ready in small containers: start up – 2 BBs, heroin – 22 BBs, alcohol – 241 BBs, tobacco – 1315 BBs.

Instructions/Script:

"You may want to close your eyes for this demonstration. We all know that tobacco is harmful to our health, but few of us really understand just how harmful it is. To give you a new perspective on the problem of tobacco, I'm going to ask you to think about death. I have a metal BB here. Now listen to the sound it makes when I throw it into this jar."
[Toss BB into container]

"Let the sound of the one BB-toss represent one death. Think about someone you know who died." **[Toss in another]**

"First, let's think for a moment about a hard drug –heroin. You think that's bad? It is. It kills…Here's how many people will die from a drug overdose every day in this country. **[Toss 22 BBs]** *That represents 22 people who will die every day from this drug – about 8,200 people every year."*

"Now what about alcohol? Do you think alcohol is bad for you? It is. It can kill you. Usually not right away, but slowly over time. Here's how many people will die from alcohol every day. **[Pour BBs slowly]** *That's 241 people every day, 88,000 every year."*

"Now tobacco– listen to how many people tobacco will kill today and every day in America. **[Pour remaining BBs slowly, pause]** *That's 1,315 people who die every day and are dying right now…over 480,000 people every year. Three out of four people who are dying from tobacco every day started to smoke before they were 18 years old. About half started before they were 13 years old. Tobacco kills. It won't kill you today or tomorrow like hard drugs can. We must begin to see tobacco for what it is: A legal, dangerous, addictive drug. So don't be a BB, and don't let your family or friends be BBs either."*

Tip: When packing up the BBs for the next demonstration – simply count out the smaller quantities (2, 22, and 241) and pour BBs into their separate containers.

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