



## Chemical Box

**Time:** 5 – 15 minutes

**Materials:** Box of chemicals, gloves

**Objective:** The objective of this activity is to educate youth on the amount of chemicals found in tobacco smoke, as well what different kinds of chemicals are in the tobacco smoke. Please keep in mind that it is important that the youth understand that these chemicals are found in tobacco *smoke*, not in tobacco.

**Introduction:** Start off by asking the audience how many chemicals are found in tobacco smoke. There are over 4,000. Next, ask if anyone knows what a carcinogen is. It is a cancer causing substance. Ask if anyone knows how many of those are found in tobacco smoke. There are 69.

**Facilitating:** After asking the questions, see if anyone can name any of the chemicals found in tobacco smoke. If they don't know any, or after they hear a few, put on the gloves (with humor) and begin showing the products in the "Chem Box".

- **Acetaldehyde – Cologne**
- Glycerol - Lipstick
- **Acetone – Nail polish remover**
- **Cadmium – Battery**
- Stearic Acid – Candle
- Aluminum – Soda can
- Copper – Penny
- Nickel – Nickel
- Butane – Lighter
- **Arsenic – Rat poison**
- Nicotine – Active ingredient in Raid
- Picolines – Urine
- Skatole – Feces

**\*\*Chemicals in bold are known carcinogens\*\***

*The following are other chemicals that are found in cigarette smoke, but are not in the "Chem Box".*

- **Polonium-210 – Radioactive and highly toxic**
- **Formaldehyde – Embalming fluid**
- **Benzene – Gasoline**
- Carbon Monoxide – Car Exhaust
- Lead – Once found in paint
- Hydrogen Cyanide – Chemical Weapons

**\*\*Chemicals in bold are known carcinogens\*\***