

Harford County Health Department

Smoking Prevention BINGO®

An Innovative Initiative In Tobacco Prevention And Control

Wendy T. Kanely
Tobacco Program Coordinator

**20th Annual MD Tobacco Control Resource Center's
Best Practices Conference**

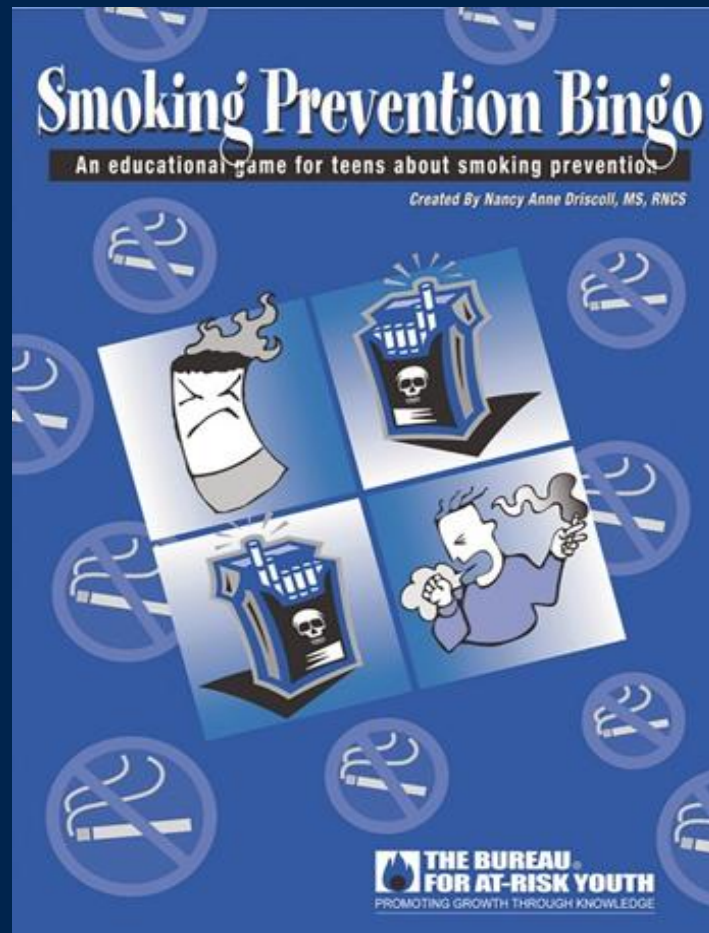
University of Maryland School of Medicine

Maritime Conference Center
October 23, 2025



Agenda

Smoking Prevention Bingo® Copyright 2003



Smoking Prevention Bingo				
Why Kids Smoke	Effects of Smoking	Tobacco Facts	Ways to Say No	Smoking Prevention Activities
To be cool	Yellow teeth	There are laws about tobacco	Use the broken record method	Learn about tobacco marketing
Addiction	Harm to others	Most new smokers are under 18	Reverse the pressure	Create a game to teach the dangers of smoking
Boredom	Loss of trees	Smoking Prevention Bingo	Blame it on another person	Role-play ways to say no to tobacco use
Lack of coping skills	Fires	Cigarettes cause litter	Make an excuse	Organize a boycott
Peer pressure	Dry, dull skin	Nicotine is a gateway drug	Avoid the situation	Create antismoking greeting cards

Smoking Prevention Bingo

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SPT-12

How to Play



How To Play

- Supplies
 - Highlighters, Dabbers, Pens – Set contains Chips
 - 16 Cards, Calling Cards (15 per topic)
- Topics Covered
 - **Why Kids Smoke – External and Internal Situations**
 - Effects of Smoking - On Individuals And Society
 - Tobacco Facts – Health, Environment, Social and Financial Costs
 - Ways To Say No – Refusal Skills w/Role playing
 - Smoking Prevention Activities – Creative Antismoking Strategies/Activities



Calling Cards

- Each Calling Card Provides A Topic For Group Involvement, **Depending on The Needs And Interest of The Group.** (Level of Dependence/Readiness to Change)
- The Cards Offer Facts And Ideas That Can Serve as a **Springboard For Discussion.** (Resources/NRT)
- Some Cards Have A Blank Space To Encourage Players To Generate **Their Own** Suggestions.



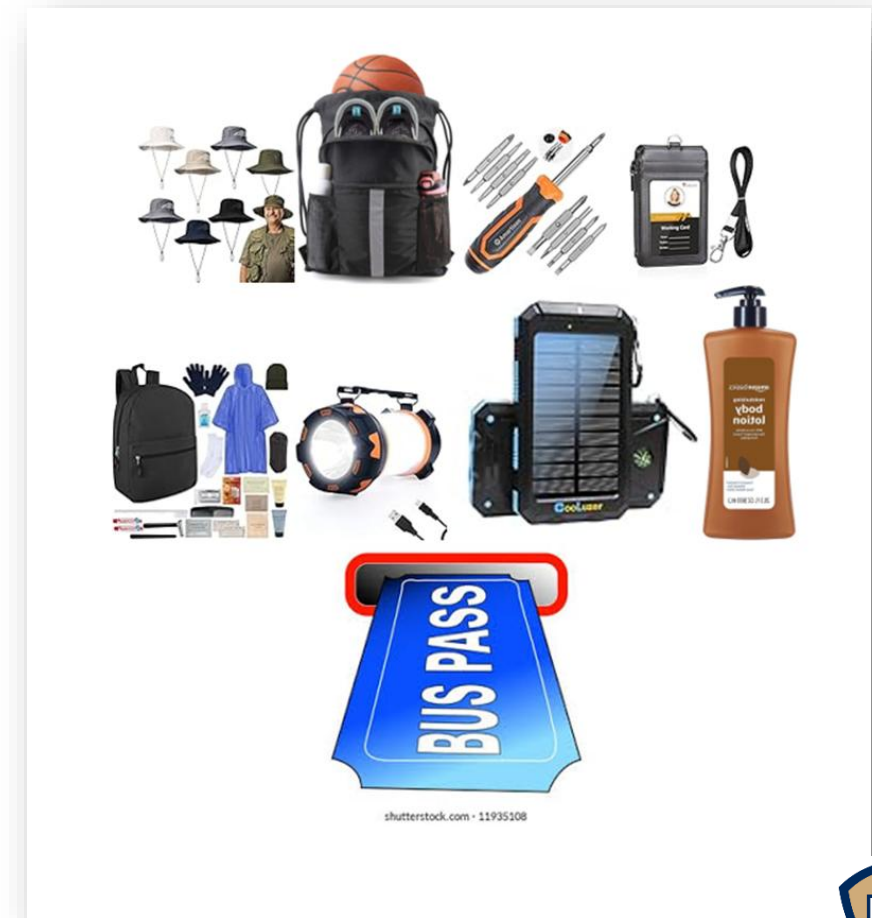
Nancy Anne Driscoll, MS, RNCS, Creator of Smoking Prevention BINGO



Incentives/Budgeting

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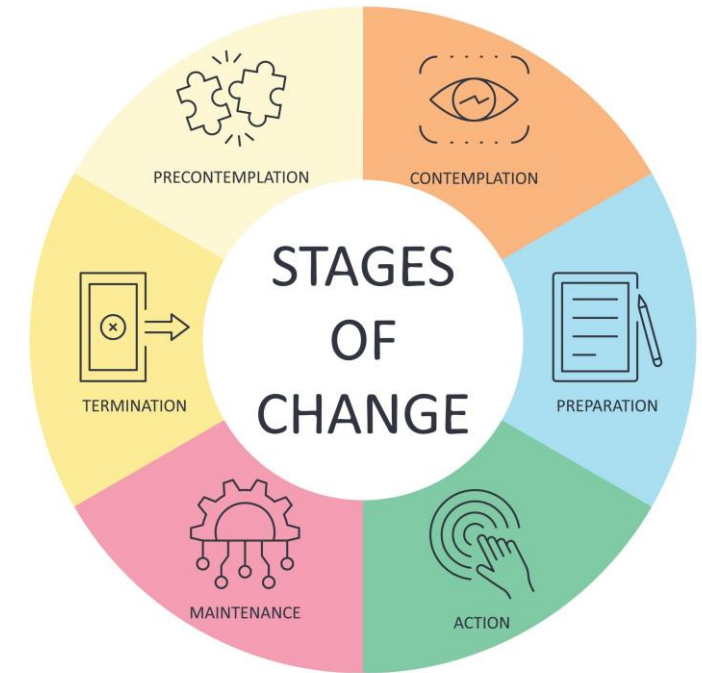
- Everyone is a winner!! More than one winner happens
- Can't win more than twice (2x) until everyone wins at least once
- Bus Passes \$1 Each (x2), Homeless/Hygiene Supplies, Battery Chargers, Flashlight, Blankets, Towels, Water Bottles <15\$
- 10 players – Average Cost Per Class<155\$



Populations Served

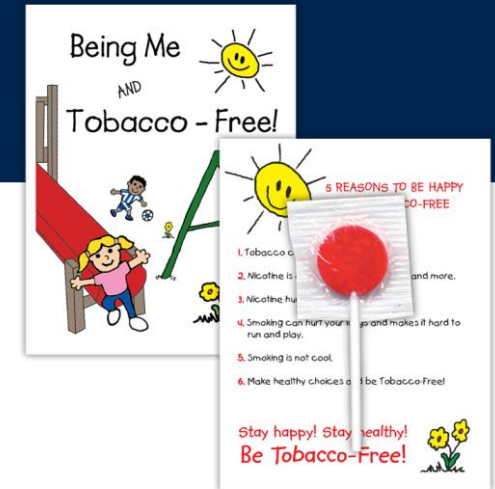
Adults/Teens With Tobacco Related Disparities, Including but not limited to.

- Medical/Physical Health – Neurological Conditions, Dehydration, Lack Of Sleep (Homelessness), **Vision, Hearing**
- Mental Health Concerns/ Psychosocial Factors, PTSD, Violence/Trauma, **Fight or Flight**, ACEs – Trauma Informed, Illusions, Delusions, Anxiety, Paranoia
- Learning Disabilities/Differences - Language Barriers, Reading Ability, Concentration Level
- Interpersonal Beliefs – Culture, Racism, Fear Of Judgement, Multiple Promises/Staff, Stigma, Denial Of Problem
- Substance Use/Medications



Engagement Strategies

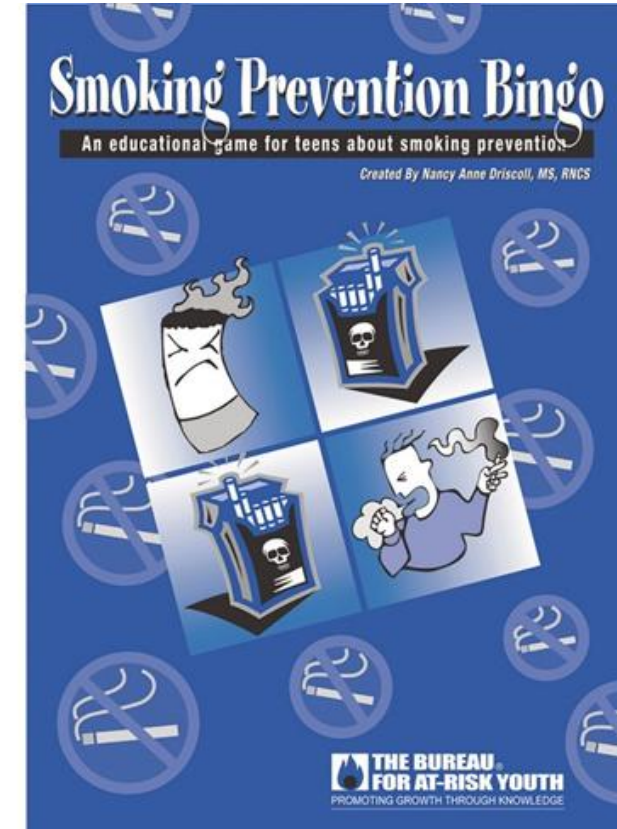
- Ability To Manage Challenging Behaviors – Setting Limits
- Adaptive Techniques To Communicate Better
 - Repetition – Voice Control
 - Early Arrival - Consistency
 - Curriculum Development...
 - Reminders of Start Time – Be Fluid
 - Body Awareness- Verbal And Non-verbal Cues, intuition
- Ensuring Accessibility and Adaptability - Venue, Supplies
- Incorporating Multisensory Approaches,
 - Traditional Senses –Taste, Smell, Touch, Sight, Hearing
- Lollipops, Snacks, Fidget Toys



Retail Locations

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- www.healthedco.com
- <https://www.creativetherapystore.com/>
- <https://www.nascoeducation.com/>



Contact

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Thank you!

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www.harfordcountyhealth.com

