

# Tobacco-Free Selfie Station

## SMILE! YOU'RE TOBACCO-FREE.

Encourage students to express their commitment to a tobacco-free lifestyle through creative expression by designing fun and engaging selfie stations. Then, smile for the camera and share on social media with a proud reason why you're staying tobacco-free. **#KeepYourSelfieHealthy**

### Instructions

#### 1. Introduction

Explain the concept and purpose of a selfie station. Discuss the impact of promoting a tobacco-free lifestyle and how sharing positive messages can influence others.

#### 2. Divide into Groups

Split the students into small groups of 4-5. Each group will create their own station.

#### 3. Brainstorming Session

Provide each group with a brainstorming sheet to plan their station. Consider:

- A theme or message for their station (e.g., "Superheroes Against Tobacco", "No puppet for tobacco", "The dark side of vaping")
- Fun and funny elements to include (props, drawings, slogans)
- How to make their station visually appealing and engaging

#### 4. Creating the Selfie Stations

Distribute the large sheets of paper and art supplies. Each group decorates their paper to create a backdrop for their selfie station.

Encourage creativity with drawings, slogans, decorations, and props. Provide printed slogans and facts for inspiration, if needed.

#### 5. Setting Up

Groups hang their finished stations around the room. Ensure there is enough space for students to stand for photos.

## 6. Selfie Time

Students walk around the room, visiting each station, using the props and backdrops to take selfies. Encourage students to take selfies in front of their favorite stations. They can use smartphones or tablets to capture the moments. For those who wish to share on social media, suggest using the hashtag **#KeepYourSelfieHealthy**.

## 7. Award

Award the group who's station was the most popular with the title and paper ribbon of "Slayers of the Tobacco-free selfies".

### Materials:

- Large sheets of paper or taped-together poster boards (4'x6')
- Markers, crayons, colored pencils, and paint
- Scissors and glue
- Stickers, glitter, and other decorative supplies
- Props (hats, glasses, boas, etc.)
- Smartphones or tablets for taking selfies
- Optional: Printed tobacco-free slogans and facts for inspiration

### Example slogan:

- My health is my wealth
- I own my future
- Unfazed by tobacco
- How it feels to be tobacco-free
- Breathing easy