

#### 4. Be tobacco free-Smoking and Smokeless.

- I acknowledge smoking triples the risk of developing cardiovascular disease and affecting pulmonary function. If I stop, within two weeks my body begins to heal and within a few years my lung capacity will double.
- Smokeless tobacco increases the chance of gum disease and oral cancer. The nicotine in smokeless tobacco can be as addictive as smoking.
- Tobacco use increases cancer risk and hastens its growth. More than 4,000 chemical compounds have been identified in cigarette smoke including such compounds as arsenic, benzene, formaldehyde, and others.
- Tobacco use damages the body's ability to fight infections.
- Tobacco has been shown to raise the risk of stroke with its debilitating results.
- Nicotine, which is found in all tobacco products, is an addictive drug that makes it very difficult to quit using them.
- Each year, cigarette smoking causes nearly 500,000 deaths in the USA alone, which is more than all the deaths caused by illicit drugs, car crashes, homicides and suicides combined.

#### 5. Live free from drug and alcohol habits - WAYS TO SAY NO:

- Take a stand, and stick up for yourself.
- Say **NO**, and warn about the consequences.
- Say **NO**, but try to add a little humor to your refusal.
- Steer clear and avoid the pressure.
- Say **NO**, and change the subject or suggest something else.
- Reverse the pressure, put on a little pressure of your own.
- Say **NO**, and walk away with no explanation.
- Say **NO**, and ask a question.
- Say **NO**, and give a reason for your refusal.

#### 6. Learn the seven cancer danger signs: (Nicotine being a carcinogenic may have an influence on any of these cancers.)

- Change in bowel or bladder habits could be a sign of colorectal cancer.
- A sore that does not heal on the skin, or in the mouth could be malignant.
- Unusual bleeding or discharge from the rectum or bladder could mean colorectal, prostate, or bladder cancer.
- Thickening of breast tissue or a lump in the breast is a warning sign of breast cancer. A lump in the testes could indicate testicular cancer.

- Indigestion or trouble swallowing could be cancer of the mouth, throat, esophagus, or stomach.
- Obvious changes to moles or warts could indicate skin cancer.
- Nagging cough or hoarseness that persists for 4-6 weeks could be a sign of lung or throat cancer.

#### 7. Live the Scout Oath and Law. I will do my best to educate my friends and family to become personally fit and to understand the dangers of tobacco products, illegal drugs and alcohol.

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Some words on quitting tobacco use, from someone who has:

- Millions of people have quit using tobacco and **YOU CAN TOO!**
- This means cigarettes, cigars, pipes, snuff and chewing tobacco. They all contain nicotine.
- The use of tobacco products is not "chic", or adult, **IT STINKS!**
- Nicotine is not only **ADDICTIVE**, it will **KILL YOU!**
- Make a mature decision. Take the first step and **QUIT TODAY.**
- Breaking your addiction is not a short time thing to do.
- After quitting, the urge to use tobacco can last for as long as two years.
- It's not an easy thing to do, but **YOU CAN** do it, and only **YOU CAN** do it.
- Don't try to taper off your use of tobacco, **JUST QUIT.**
- Dispose of all your tobacco items, including ash trays and lighters.
- Tell family and friends that you have quit. They will want to support you.
- Approach each day with, **"I won't take my FIRST smoke, or chew today!"**
- This is probably the most important decision that **YOU** can make.
- **QUIT TODAY** and **STICK WITH IT. IT'S YOUR LIFE.**

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Refer to the PERSONAL FITNESS Merit Badge Pamphlet which contains information about how you may engage in a personal exercise program and information about healthy eating and living habits.

If you have never earned the Personal Fitness Merit Badge, plan to do so when you return home.





### No Safe Substitutions

If you think chewing or smokeless tobacco is "safer" than cigarettes, think again.

- The nicotine in chewing tobacco is just as addictive as the nicotine in cigarettes.
- Many regular spit tobacco users have recessed gums and bone loss around the teeth, exposing the tooth root where the gums have drawn back; eventually, their teeth will fall out.
- Chewing tobacco causes cracking and bleeding of the lips and gums.
- Read about Bill Tuttle, a former Major League Baseball player who suffered from a cancerous tumor in his cheek. Doctors had to remove the tumor - and his jawbone, his right cheekbone, and most of his taste buds.



Philmont Scout Ranch

Boy Scouts of America

2012

### Trail of Courage-Right Decisions/Right Now-Be Tobacco Free

Each Ranger will discuss the **Trail of Courage-Right Decisions/Right Now** program with the crew, using the Discussion Guide. The Ranger will encourage each member of the crew to make the Pledge at the end of their trek. The Crew Leaders will continue to guide their crews in meaningful discussions during the remainder of the trek using this Discussion Guide as a resource.

### Discussion Guide

I Pledge to-

1. **Become personally fit: mentally, physically and socially healthy** and understand the challenge of peer pressure, bullying and being socially accepted.
2. **Eat a nutritious diet which provides six basic nutrients: protein, fat, carbohydrates, water, vitamins and minerals.** Eating a variety of foods will provide my body with the nutrients needed for good health.
3. **Exercise, using a fitness program that matches my lifestyle and may vary with the seasons of the year:**
  - **Aerobic** exercise to benefit the cardiac, circulatory and pulmonary functions and provide endurance.
  - **Strengthening** exercise to benefit the muscular system since every activity I do requires some muscular strength and endurance.
  - **Flexibility** is needed to permit any joint to move through its full range of motion.
  - **Body composition** which is the proportion of my body that is fat or muscle. While a certain amount of fat is necessary to sustain life, too much fat can lead to obesity, diabetes and cardiovascular diseases.

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On the last night of the trek, the Crew Leader will ask those that are ready to join the **Trail of Courage-Right Decisions/Right Now Program**, and pledge to be personally fit and tobacco free, to join, in repeating the pledge; the Crew Leader will read a line and those that are joining will repeat the line and then in unison to repeat the Scout Oath and the Twelve Points of the Scout Law.

### CREW PLEDGE

- I Pledge to become personally fit.*
- I Pledge to eat a nutritious diet.*
- I Pledge to exercise.*
- I Pledge to be tobacco free and not smoke or use smokeless products.*
- I Pledge to live free of drug and alcohol habits.*
- I Pledge to learn the seven cancer danger signs.*
- I Pledge to live the Scout Oath and Law.*

After completing the Crew Pledge, each person will read the personal pledge on the pledge card and print their name and sign the Pledge Card. The Crew Leader will turn in the Pledge Card at the Tooth of Time Traders at the end of the trek and obtain a Right Decisions/Right Now patch for each person who signed the Pledge and a personal pledge card to keep as a reminder of their commitment to the Trail of Courage.

*We gratefully acknowledge these sources of information for the Trail of Courage:  
BSA Personal Fitness Merit Badge; Center for Disease Control; Drugs: A Deadly Game!; KidsHealth; National Institute on Drug Abuse; Right Decisions, Right Now.*