

Tabacco



Sport e tabacco non vanno d'accordo. Informa i bambini e gli adolescenti sugli effetti nocivi di sigarette, sigarette elettroniche, snus e simili, e utilizza i nostri giochi per stimolarli a riflettere autonomamente e criticamente sul consumo di tabacco.

Tutte le categorie Esperienza specifica Parlane Tu come monitore Gioco di ruolo Giochi Storie di sport Quiz

<https://coolandclean.ch/it/themen/tabak/Rauchen-macht-s-chtig>

<https://coolandclean.ch/it/themen/tabak/Rauchen-macht-s-chtig>

[Il fumo crea dipendenza \(https://coolandclean.ch/it/themen/tabak/Rauchen-macht-s-chtig\)](https://coolandclean.ch/it/themen/tabak/Rauchen-macht-s-chtig)

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Snus-in-der-Garderobe->

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Snus-in-der-Garderobe->

Gioco di ruolo «Snus nello spogliatoio» (<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Snus-in-der-Garderobe->)

Gioco di ruolo

(3)

<https://coolandclean.ch/it/themen/tabak/Rauchen-mindert-die-Ausdauerleistung>

<https://coolandclean.ch/it/themen/tabak/Rauchen-mindert-die-Ausdauerleistung>

Fumare diminuisce le capacità di resistenza (<https://coolandclean.ch/it/themen/tabak/Rauchen-mindert-die-Ausdauerleistung>)

Esperienza specifica

(26)

<https://coolandclean.ch/it/themen/tabak/Trinkhalm-Lauf>

<https://coolandclean.ch/it/themen/tabak/Trinkhalm-Lauf>

Gioco «Fumare impedisce il rendimento» (<https://coolandclean.ch/it/themen/tabak/Trinkhalm-Lauf>)

Giochi

(25)

<https://coolandclean.ch/it/themen/tabak/Snus-und-Zahngesundheit>

<https://coolandclean.ch/it/themen/tabak/Snus-und-Zahngesundheit>

Snus e salute dentale (<https://coolandclean.ch/it/themen/tabak/Snus-und-Zahngesundheit>)

Esperienza specifica

(25)

<https://coolandclean.ch/it/themen/tabak/Antworten-auf-Snus>

<https://coolandclean.ch/it/themen/tabak/Antworten-auf-Snus>

Risposte sullo snus (<https://coolandclean.ch/it/themen/tabak/Antworten-auf-Snus>)

Parlane

(14)

<https://coolandclean.ch/it/themen/tabak/Rot-oder-schwarz>

<https://coolandclean.ch/it/themen/tabak/Rot-oder-schwarz>

Gioco «Fumare riduce il rendimento» (<https://coolandclean.ch/it/themen/tabak/Rot-oder-schwarz>)

Giochi

(11)

<https://coolandclean.ch/it/themen/tabak/Eigenschaften-von-Kautabak-Schnupftabak>

<https://coolandclean.ch/it/themen/tabak/Eigenschaften-von-Kautabak-Schnupftabak>

Caratteristiche di tabacco da masticare, tabacco da fiu (<https://coolandclean.ch/it/themen/tabak/Eigenschaften-von-Kautabak-Schnupftabak>)

Esperienza specifica

(10)

<https://coolandclean.ch/it/themen/tabak/Rauchen-ist-sch-dlich>

<https://coolandclean.ch/it/themen/tabak/Rauchen-ist-sch-dlich>

Fumare è dannoso (<https://coolandclean.ch/it/themen/tabak/Rauchen-ist-sch-dlich>)

Esperienza specifica

(10)

<https://coolandclean.ch/it/themen/tabak/Nikotin-stresst-das-Herz>)

<https://coolandclean.ch/it/themen/tabak/Nikotin-stresst-das-Herz>)

La nicotina mette sotto sforzo il cuore (
[https://coolandclean.ch/it/themen/tabak/](https://coolandclean.ch/it/themen/tabak/Nikotin-stresst-das-Herz)
Nikotin-stresst-das-Herz)

Esperienza specifica

(10)

<https://coolandclean.ch/it/themen/tabak/Ballon-Pendelstafette>)

<https://coolandclean.ch/it/themen/tabak/Ballon-Pendelstafette>)

Gioco «I fumatori ostacolano la squadra» (
**[Giochi](https://coolandclean.ch/it/themen/tabak/</u>
<u>Ballon-Pendelstafette)</u></p></div><div data-bbox=)**

(9)

<https://coolandclean.ch/it/themen/tabak/Trinkhalm>)

<https://coolandclean.ch/it/themen/tabak/Trinkhalm>)

Gioco «Il fumo danneggia i polmoni» (<https://coolandclean.ch/it/themen/tabak/Trinkhalm>
)

Giochi

(9)

<https://coolandclean.ch/it/themen/tabak/Zielgruppe-Kinder-in-der-Tabakwerbung>)

<https://coolandclean.ch/it/themen/tabak/Zielgruppe-Kinder-in-der-Tabakwerbung>)

Gruppo target bambini nella pubblicità del
**tabacco ([Esperienza specifica](https://coolandclean.ch/it/themen/</u>
<u>tabak/</u>
<u>Zielgruppe-Kinder-in-der-Tabakwerbung)</u></p></div><div data-bbox=)**

(9)

<https://coolandclean.ch/it/themen/tabak/Mit-zugeklebtem-Mund>

<https://coolandclean.ch/it/themen/tabak/Mit-zugeklebtem-Mund>

Gioco «Fumare ostacola la vittoria» (<https://coolandclean.ch/it/themen/tabak/Mit-zugeklebtem-Mund>)

Giochi

(8)

<https://coolandclean.ch/it/themen/tabak/Kiosk>

<https://coolandclean.ch/it/themen/tabak/Kiosk>

Gioco «I fumatori ostacolano la squadra» (<https://coolandclean.ch/it/themen/tabak/Kiosk>)

Giochi

(8)

<https://coolandclean.ch/it/themen/tabak/Was-tun-bei-auff-Iligem-Verhalten->

<https://coolandclean.ch/it/themen/tabak/Was-tun-bei-auff-Iligem-Verhalten->

Che cosa fare in caso di comportamento inadeguato? (<https://coolandclean.ch/it/themen/tabak/Was-tun-bei-auff-Iligem-Verhalten->)

Tu come monitore

(6)

<https://coolandclean.ch/it/themen/tabak/Professionelle-Hilfe->

<https://coolandclean.ch/it/themen/tabak/Professionelle-Hilfe->

Aiuto professionale (<https://coolandclean.ch/it/themen/tabak/Professionelle-Hilfe->)

Tu come monitore

(4)

<https://coolandclean.ch/it/themen/tabak/Rauchen-nach-dem-Training>

<https://coolandclean.ch/it/themen/tabak/Rauchen-nach-dem-Training>

Fumare dopo l'allenamento (<https://coolandclean.ch/it/themen/tabak/Rauchen-nach-dem-Training>)

Esperienza specifica

(3)

<https://coolandclean.ch/it/themen/tabak/Rauchen-macht-krank>

<https://coolandclean.ch/it/themen/tabak/Rauchen-macht-krank>

Il fumo fa ammalare (<https://coolandclean.ch/it/themen/tabak/Rauchen-macht-krank>)

Esperienza specifica

(3)

<https://coolandclean.ch/it/themen/tabak/Versteckte-Zusatzstoffe-im-Tabak>

<https://coolandclean.ch/it/themen/tabak/Versteckte-Zusatzstoffe-im-Tabak>

Additivi nascosti nel tabacco (<https://coolandclean.ch/it/themen/tabak/Versteckte-Zusatzstoffe-im-Tabak>)

Esperienza specifica

(13)

<https://coolandclean.ch/it/themen/tabak/Vergleich-Zigarette-und-Snus>

<https://coolandclean.ch/it/themen/tabak/Vergleich-Zigarette-und-Snus>

Raffronto sigaretta e snus (<https://coolandclean.ch/it/themen/tabak/Vergleich-Zigarette-und-Snus>)

Esperienza specifica

(12)

<https://coolandclean.ch/it/themen/tabak/Snus-ist-keine-Alternative-zu-Zigaretten>

<https://coolandclean.ch/it/themen/tabak/Snus-ist-keine-Alternative-zu-Zigaretten>

Lo snus non è un'alternativa alle sigarette (<https://coolandclean.ch/it/themen/tabak/Snus-ist-keine-Alternative-zu-Zigaretten>)

Esperienza specifica

(11)

<https://coolandclean.ch/it/themen/tabak/Ein-Idol-auf-Abwegen>

<https://coolandclean.ch/it/themen/tabak/Ein-Idol-auf-Abwegen>

Un idolo sulla cattiva strada (<https://coolandclean.ch/it/themen/tabak/Ein-Idol-auf-Abwegen>)

Storie di sport

(11)

<https://coolandclean.ch/it/themen/tabak/Merkmale-von-Abh-ngigkeit>

<https://coolandclean.ch/it/themen/tabak/Merkmale-von-Abh-ngigkeit>

Sintomi di dipendenza (<https://coolandclean.ch/it/themen/tabak/Merkmale-von-Abh-ngigkeit>)

Parlane

(8)

<https://coolandclean.ch/it/themen/tabak/Tipps-zum-Neinsagen->

<https://coolandclean.ch/it/themen/tabak/Tipps-zum-Neinsagen->

Consigli per saper dire no (<https://coolandclean.ch/it/themen/tabak/Tipps-zum-Neinsagen->)

Parlane

(7)

<https://coolandclean.ch/it/themen/tabak/Beratung-zum-Aufh-ren-mit-Tabakkonsum>)

<https://coolandclean.ch/it/themen/tabak/Beratung-zum-Aufh-ren-mit-Tabakkonsum>)

Consulenza per smettere di consumare tabacco (<https://coolandclean.ch/it/themen/tabak/Beratung-zum-Aufh-ren-mit-Tabakkonsum>)

Parlane

(6)

<https://coolandclean.ch/it/themen/tabak/Gruppendruck-bei-Tabak>)

<https://coolandclean.ch/it/themen/tabak/Gruppendruck-bei-Tabak>)

Pressione di gruppo verso il tabacco (<https://coolandclean.ch/it/themen/tabak/Gruppendruck-bei-Tabak>)

Parlane

(6)

<https://coolandclean.ch/it/themen/tabak/-cool-and-clean--Tipps-zu-Snus>)

<https://coolandclean.ch/it/themen/tabak/-cool-and-clean--Tipps-zu-Snus>)

«cool and clean»-Consigli per lo snus (<https://coolandclean.ch/it/themen/tabak/-cool-and-clean--Tipps-zu-Snus>)

Parlane

(6)

<https://coolandclean.ch/it/themen/tabak/Tausche-dich-mit-anderen-Leitenden-aus>)

<https://coolandclean.ch/it/themen/tabak/Tausche-dich-mit-anderen-Leitenden-aus>)

Confrontati con altri monitori (<https://coolandclean.ch/it/themen/tabak/Tausche-dich-mit-anderen-Leitenden-aus>)

Tu come monitore

(4)

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Kiffen-nach-dem-Training->

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Kiffen-nach-dem-Training->

Gioco del ruolo «Fumare uno spinello dopo I'allenamento (<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Kiffen-nach-dem-Training->)

Gioco di ruolo

(4)

<https://coolandclean.ch/it/themen/tabak/Warum-rauchen-Jugendliche-0>

<https://coolandclean.ch/it/themen/tabak/Warum-rauchen-Jugendliche-0>

Perché i giovani fumano? (<https://coolandclean.ch/it/themen/tabak/Warum-rauchen-Jugendliche-0>)

Esperienza specifica

(4)

<https://coolandclean.ch/it/themen/tabak/Wann-bin-ich-tabaks-chtig-->

<https://coolandclean.ch/it/themen/tabak/Wann-bin-ich-tabaks-chtig-->

Quando sono dipendente dal tabacco? (<https://coolandclean.ch/it/themen/tabak/Wann-bin-ich-tabaks-chtig-->)

Parlane

(4)

<https://coolandclean.ch/it/themen/tabak/E-Zigaretten--Behauptungen-der-Tabakindustrie>

<https://coolandclean.ch/it/themen/tabak/E-Zigaretten--Behauptungen-der-Tabakindustrie>

Sigarette elettroniche (<https://coolandclean.ch/it/themen/tabak/E-Zigaretten--Behauptungen-der-Tabakindustrie>)

Quiz

(4)

(<https://coolandclean.ch/it/themen/tabak/Gesundheitliche-Auswirkungen-von-Snus->)

(<https://coolandclean.ch/it/themen/tabak/Gesundheitliche-Auswirkungen-von-Snus->)

Effetti dello snus sulla salute (<https://coolandclean.ch/it/themen/tabak/Gesundheitliche-Auswirkungen-von-Snus->)

Esperienza specifica

(19)

(<https://coolandclean.ch/it/themen/tabak/Committe-dich-mit-deinem-Team->)

(<https://coolandclean.ch/it/themen/tabak/Committe-dich-mit-deinem-Team->)

Impegnati con la tua squadra (<https://coolandclean.ch/it/themen/tabak/Committe-dich-mit-deinem-Team->)

Tu come monitore

(15)

(<https://coolandclean.ch/it/themen/tabak/Modedroge-Snus>)

(<https://coolandclean.ch/it/themen/tabak/Modedroge-Snus>)

Droga di moda: lo snus (<https://coolandclean.ch/it/themen/tabak/Modedroge-Snus>)

Esperienza specifica

(14)

(<https://coolandclean.ch/it/themen/tabak/Gesundheitssch-digung-durch-Tabakprodukte>)

(<https://coolandclean.ch/it/themen/tabak/Gesundheitssch-digung-durch-Tabakprodukte>)

Danni alla salute da prodotti a base di tabacco (<https://coolandclean.ch/it/themen/tabak/Gesundheitssch-digung-durch-Tabakprodukte>)

Esperienza specifica

(9)

<https://coolandclean.ch/it/themen/tabak/Und-wenn-du-selbst-snust->

<https://coolandclean.ch/it/themen/tabak/Und-wenn-du-selbst-snust->

E quando tu stesso fai uso di snus? (<https://coolandclean.ch/it/themen/tabak/Und-wenn-du-selbst-snust->)

Tu come monitore

(7)

<https://coolandclean.ch/it/themen/tabak/E-Zigaretten--der-Schein-truegt>

<https://coolandclean.ch/it/themen/tabak/E-Zigaretten--der-Schein-truegt>

E-sigarette: I'apparenza inganna (<https://coolandclean.ch/it/themen/tabak/E-Zigaretten--der-Schein-truegt>)

Esperienza specifica

(6)

<https://coolandclean.ch/it/themen/tabak/Snus-bald-auf-der-Dopingliste->

<https://coolandclean.ch/it/themen/tabak/Snus-bald-auf-der-Dopingliste->

Presto lo snus farà parte della lista del doping? (<https://coolandclean.ch/it/themen/tabak/Snus-bald-auf-der-Dopingliste->)

Parlane

(6)

<https://coolandclean.ch/it/themen/tabak/Inhaltstoffe-einer-Zigarette>

<https://coolandclean.ch/it/themen/tabak/Inhaltstoffe-einer-Zigarette>

Contenuto di una sigaretta (<https://coolandclean.ch/it/themen/tabak/Inhaltstoffe-einer-Zigarette>)

Esperienza specifica

(5)

<https://coolandclean.ch/it/themen/tabak/Shoppingtour>

<https://coolandclean.ch/it/themen/tabak/Shoppingtour>

Gioco «Tabacco e sport incompatibili» (<https://coolandclean.ch/it/themen/tabak/Shoppingtour>)

Giochi

(5)

<https://coolandclean.ch/it/themen/tabak/Banditen-Verfolgung>

<https://coolandclean.ch/it/themen/tabak/Banditen-Verfolgung>

Gioco «Fumare danneggia la salute» (<https://coolandclean.ch/it/themen/tabak/Banditen-Verfolgung>)

Giochi

(4)

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Wasserpfeife->

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Wasserpfeife->

Gioco di ruolo «Narghilé» (<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Wasserpfeife->)

Gioco di ruolo

(3)

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Siegerstumpfen->

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Siegerstumpfen->

Gioco di ruolo «Il sigaro della vittoria» (<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Siegerstumpfen->)

Gioco di ruolo

(2)

[/https://coolandclean.ch/it/themen/tabak/Raucherbein\)](https://coolandclean.ch/it/themen/tabak/Raucherbein)

[/https://coolandclean.ch/it/themen/tabak/Raucherbein\)](https://coolandclean.ch/it/themen/tabak/Raucherbein)

Gioco «Fumare causa malattie» (<https://coolandclean.ch/it/themen/tabak/Raucherbein>)

Giochi

(6)

[/https://coolandclean.ch/it/themen/tabak/Flamingo\)](https://coolandclean.ch/it/themen/tabak/Flamingo)

[/https://coolandclean.ch/it/themen/tabak/Flamingo\)](https://coolandclean.ch/it/themen/tabak/Flamingo)

Gioco «Fumare svantaggia gli sportivi» (<https://coolandclean.ch/it/themen/tabak/Flamingo>)

Giochi

(6)

[/https://coolandclean.ch/it/themen/tabak/Einstiegsdroge-Snus\)](https://coolandclean.ch/it/themen/tabak/Einstiegsdroge-Snus)

[/https://coolandclean.ch/it/themen/tabak/Einstiegsdroge-Snus\)](https://coolandclean.ch/it/themen/tabak/Einstiegsdroge-Snus)

Droga di passaggio: snus (<https://coolandclean.ch/it/themen/tabak/Einstiegsdroge-Snus>)

Parlane

(5)

[/https://coolandclean.ch/it/themen/tabak/Run-away\)](https://coolandclean.ch/it/themen/tabak/Run-away)

[/https://coolandclean.ch/it/themen/tabak/Run-away\)](https://coolandclean.ch/it/themen/tabak/Run-away)

Gioco «I fumatori hanno scarsi risultati» (<https://coolandclean.ch/it/themen/tabak/Run-away>)

Giochi

(5)

[\(https://coolandclean.ch/it/themen/tabak/Und-wenn-du-selbst-rauchst-\)](https://coolandclean.ch/it/themen/tabak/Und-wenn-du-selbst-rauchst-)

[\(https://coolandclean.ch/it/themen/tabak/Und-wenn-du-selbst-rauchst-\)](https://coolandclean.ch/it/themen/tabak/Und-wenn-du-selbst-rauchst-)

E quando tu stesso fumi? (<https://coolandclean.ch/it/themen/tabak/Und-wenn-du-selbst-rauchst->)

Tu come monitore

(4)

[\(https://coolandclean.ch/it/themen/tabak/Tabak-Steuer\)](https://coolandclean.ch/it/themen/tabak/Tabak-Steuer)

[\(https://coolandclean.ch/it/themen/tabak/Tabak-Steuer\)](https://coolandclean.ch/it/themen/tabak/Tabak-Steuer)

Gioco «Fumare costa e fa danni» (<https://coolandclean.ch/it/themen/tabak/Tabak-Steuer>)

Giochi

(4)

[\(https://coolandclean.ch/it/themen/tabak/Tipps-zum-Aufh-ren-mit-Tabakkonsum\)](https://coolandclean.ch/it/themen/tabak/Tipps-zum-Aufh-ren-mit-Tabakkonsum)

[\(https://coolandclean.ch/it/themen/tabak/Tipps-zum-Aufh-ren-mit-Tabakkonsum\)](https://coolandclean.ch/it/themen/tabak/Tipps-zum-Aufh-ren-mit-Tabakkonsum)

Consigli per smettere di consumare tabacco (<https://coolandclean.ch/it/themen/tabak/Tipps-zum-Aufh-ren-mit-Tabakkonsum>)

Parlane

(12)

[\(https://coolandclean.ch/it/themen/tabak/Snus---Gesetzgebung-in-der-Schweiz\)](https://coolandclean.ch/it/themen/tabak/Snus---Gesetzgebung-in-der-Schweiz)

[\(https://coolandclean.ch/it/themen/tabak/Snus---Gesetzgebung-in-der-Schweiz\)](https://coolandclean.ch/it/themen/tabak/Snus---Gesetzgebung-in-der-Schweiz)

Snus – Legislazione in Svizzera (<https://coolandclean.ch/it/themen/tabak/Snus---Gesetzgebung-in-der-Schweiz>)

Esperienza specifica

(9)

<https://coolandclean.ch/it/themen/tabak/Rauchen-ist-teuer>

<https://coolandclean.ch/it/themen/tabak/Rauchen-ist-teuer>

Fumare è costoso (<https://coolandclean.ch/it/themen/tabak/Rauchen-ist-teuer>)

Esperienza specifica

(0)

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Zigarette->

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Zigarette->

Gioco di ruolo «Sigaretta» (<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Zigarette->)

Gioco di ruolo

(0)

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Schnupftabak->

<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Schnupftabak->

Gioco di ruolo «Tabacco da fiuto» (<https://coolandclean.ch/it/themen/tabak/Rollenspiel--Schnupftabak->)

Gioco di ruolo

(0)

Sport in generale

Hockey su ghiaccio

Ciclismo

Tiro a segno

Sport della neve

Nuoto

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