

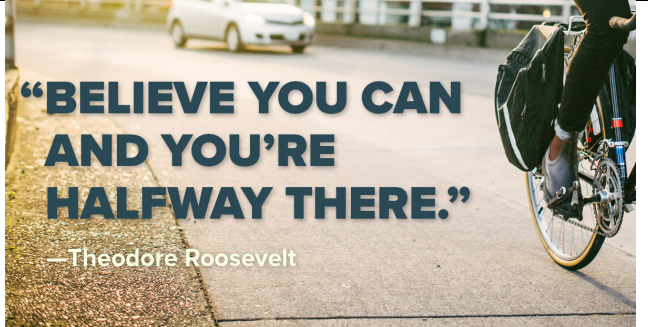




Smokefree Oregon Facebook Calendar
September 2018

Date	Theme	Post Copy	Link	Visual
9/3	Motivation/ Cessation	There's never a perfect moment. Make the first move by calling 1-800-QUIT-NOW or visit www.quitnow.net/ . #MotivationMonday	https://www.quitnow.net/oregon/	
9/4	Youth	#DYK: Big Tobacco uses the same flavors in tobacco products as are in Lifesavers and Kool-Aid? Flavors mask the harsh taste of tobacco and make it easier for kids to get hooked. Find out more about how Big Tobacco hooks kids. #FlavorsHookKids	https://www.flavorshookkids.org/	
9/5	Disparities	Big Tobacco has targeted the African American community for decades, advertising up to 10x more in black neighborhoods. Take this quiz and test your knowledge of Big Tobacco's dishonest tactics.	https://bit.ly/2N7mgf	

9/6	Environment	Great news for college students and staff: there are more tobacco-free campuses than ever! On a tobacco-free campus, people are less likely to start smoking, and it supports people trying to quit!	https://bit.ly/2tCFAlS	
9/7	Retail	The vision of the Tobacco 21 law was to prevent youth from getting addicted to tobacco. We're happy to see stores in Tillamook County doing their part - none of the tobacco retailers sold to youth in the state's last round of inspections.	https://bit.ly/2MFo6kF	
9/10	Cessation	We're moving in the right direction! In 2016, more than half of Oregon smokers quit for a day or more. If you or someone you know is ready to quit call 1-800-QUIT-NOW or visit www.quitnow.net/oregon/ . #Motivation Monday	https://www.quitnow.net/oregon/	
9/12	Youth	The use of Juul, a brand of e-cigarettes that looks like a USB drive, is skyrocketing among youth, and illegal copycat products are entering the market too. Now, health groups are taking action.	https://bit.ly/2os2w4G	

9/13	Youth/ Environment	#TBT to when teachers and students were allowed to smoke in the classroom. Can you imagine that today? Today, states and communities across the country have taken action to create smoke-free environments to protect our kids - with Oregon leading the way. We've come a long way!	https://bit.ly/2os2w4G	
9/14	Youth Environment	What happens when @Girl Scouts pair up with the @TruthInitiative? More than 2000 girls become "Earth Defenders". This is the generation that could end tobacco for good.	https://youtu.be/5l-vEpwY9OQ	
9/17	Motivation/ Cessation	#MotivationMonday Call 1-800-QUIT-NOW or visit www.quitnow.net/ .	https://www.quitnow.net/oregon/	 <p>“BELIEVE YOU CAN AND YOU’RE HALFWAY THERE.” —Theodore Roosevelt</p>

9/18	Youth	#DYK: Use of products like e-cigs and Juul tripled in Oregon from 5% to 17% between 2013-2015? These products aren't safe. They expose kids to nicotine and other harmful chemicals - not to mention a lifetime of addiction.		9 OUT OF 10 ADULTS WHO SMOKE REPORT THEY STARTED SMOKING BEFORE 18.
9/19	Youth	It's inspiring to see youth fighting back against Big Tobacco. Congratulations to this group of teens from Massachusetts who successfully got flavored tobacco products banned from bodegas and other markets.	https://bit.ly/2N86T30	
9/20	Youth	More than half of Oregon 8th graders who have ever used tobacco started with e-cigarettes. Learn how you can help protect the kids in your life.	https://bit.ly/2PoBjv7	MORE THAN HALF OF OREGON 8TH GRADERS WHO HAVE EVER USED TOBACCO STARTED WITH E-CIGARETTES.

9/24	Cessation	<p>If you or someone you know is ready to quit tobacco, share this image as an encouraging reminder. Let them know that free help is available at 1-800-QUIT-NOW or visit www.quitnow.net/oregon/.</p> <p>#MotivationMonday</p>	https://www.quitnow.net/oregon/	 <p>YOU CAN DO THIS</p> <p>1-800-QUIT-NOW or visit quitnow.net/oregon</p>
9/25	Myth vs. Fact	<p>Myth: E-cigs are better for your health than cigarettes because smoke isn't going through your lungs.</p>		 <p>FACT:</p> <p>Just because e-cigs don't produce smoke, they still have nicotine and other harmful chemicals that are known to cause cancer.</p>
9/26	Fact	<p>#DYK: Juul's advertising calls it the "smoking alternative." Really? One Juul pod has the nicotine of 120 cigarettes!</p>		
9/27	Youth	<p>Nearly half of Oregon 11th graders who have ever used tobacco started with e-cigarettes. Let's break the cycle.</p>	https://bit.ly/2PoBjv7	