




Smokefree Oregon Facebook Calendar
November 2018

Date	Theme	Post Copy	Link	Visual
11/1	Cessation	Looking to quit tobacco for good? Join the CDC Tobacco Free (@cdctobaccofree/) 30 Tobacco Free Days event to get tips and tools to help on your journey towards a tobacco-free life.	http://bit.ly/30TFD2018	
11/2	The Real Cost	Big Tobacco can no longer advertise on billboards and TV, but they are still marketing their products, especially to kids, right out in the open. The industry spends \$112 million a year in Oregon on ads and promotions in convenience stores. Find out #WhatsforSale in your neighborhood.	https://bit.ly/1Lnfcwa	
11/5	Cessation	Are you ready to quit tobacco? There's an app for that! And there is always free help at www.quitnow.net or 1-800-QUIT-NOW. #MotivationMonday	https://bit.ly/2qIDvZR	
11/6	Environment	The number of parks in Oregon with smoke-free policies continues to grow, protecting more and more people from	https://bit.ly/2Qc0nXi	

		secondhand smoke! Is your favorite park smoke-free?		
11/7	Youth	63% of JUUL users didn't know it contained nicotine! Check out and share Safer ≠ Safe. @Truth	https://bit.ly/2Alul5s	
11/9	Disparities	Big Tobacco has a long history of aggressive marketing in specific racial and ethnic communities. Another study confirms Big Tobacco spends more money in predominantly Hispanic and black neighborhoods than in predominantly white neighborhoods.	https://bit.ly/2EZ1W9E	
11/12	Cessation	Have you been thinking about quitting? This is your week! Thursday is the Great American Smokeout. Join people from across the country as they quit smoking for good. www.quitnow.net or 1-800-QUIT-NOW. #MotivationMonday	https://bit.ly/2g9TgRO	

11/13	Environment	<p>All workplaces and enclosed public places in Alaska are now smoke-free! @SmokeFreeAlaska</p> <p>Do you remember how Oregon's Indoor Clean Air Act made a difference in your life?</p>		
11/14	Youth	<p>San Francisco is leading the way in protecting kids from tobacco, banning the sale of menthol cigarettes and all flavors in e-cigarettes and other tobacco products.</p>	https://bit.ly/2yTpXcN	
11/15	Cessation	<p>Any day is a good day to quit, but today is an especially good day! Join others across the country for the Great American Smokeout and take the first step to becoming smoke-free. #GreatAmericanSmokeout #quitlikeachampion</p> <p>Help is available at www.quitnow.net or 1-800-QUIT-NOW.</p>	www.quitnow.net	
11/16	The Real Cost Environment	<p>Big Tobacco isn't just killing people, it's killing the environment and it's costing us billions.</p>	https://ind.pn/2Osiczz	

11/19	Environment Youth	Hats off to our friends in San Antonio, the first Texas city to raise the age for buying tobacco from 18 to 21. San Antonio joins 280 municipalities across the U.S. and 6 states--including Oregon-- with "tobacco 21" laws.	https://bit.ly/2NGUzYr	
11/20	Youth	With the number of kids vaping on the rise, the FDA launched a surprise inspection at e-cig company JUUL Labs.	https://n.pr/2QqsfGC	
11/21	Environment Youth	Minneapolis is raising the age for buying tobacco to 21! This growing movement is making huge progress to keep young people from using tobacco.	https://cbsloc.al/2qvlnNf	

11/22	The Real Cost	<p>How do you like your Thanksgiving dinner served? Apparently, this tobacco company thought it would be delicious with a side of tobacco toxins. #TBT</p> <p>Photo Source: The Society Pages</p>	https://bit.ly/2zyKfbk	
11/23	Disparities Youth	<p>What do half of Billboard magazine's R&B/Hip Hop songs from the last 5 years have in common? Their music videos feature smoking--that's 460 out of 796 videos--which have been viewed almost 40 billion times, mostly by teens and young adults.</p>	https://bit.ly/2zxfL9g	

11/26	Cessation	<p>Before you go "cold turkey," set yourself up for success by getting help from the Oregon Quit Line.</p> <p>#MotivationMonday</p>	www.quitnow.net	
11/27	Youth	<p>Tobacco-free policies on college campuses are sweeping the nation, providing healthier spaces and helping people kick their addiction. Find out how some of the Big Ten schools are enforcing their tobacco-free policies and then find out what's in place at an Oregon campus near you.</p> <p>http://smokefreeoregon.com/smokefree-places/your-campus/</p>	https://bit.ly/2D3VYSm	
11/28	Youth	<p>#DYK the tobacco industry used the flavor menthol as a "starter product" to get people addicted? Think things have changed? Think again.</p>	https://bit.ly/2ztjFA3	
11/29	Environment	<p>Thanks to Oregon's Indoor Clean Air Act, we've all been able to enjoy a show at our favorite music venue without being exposed to secondhand smoke. Now, when you travel</p>	https://smokefreemusiccities.org/	

		the country and want to hear great music, check to see if you are headed to a @SmokefreeMusic City!		
11/30	Youth	The results are in! Yet another study shows banning tobacco product displays is linked to a decline in youth buying cigarettes. #whatsforsale	https://bit.ly/2O7rmW0	