





Smokefree Oregon Facebook Calendar
June 2019


Date	Theme	Post Copy	Link	Visual
6/3	Cessation	Curious about what happens when you contact the Quit Line? 1. You can get help to stop smoking—free, with no judgment. www.quitnow.net/Oregon or 1-800-QUIT-NOW	https://bit.ly/2Xmm6zi	
6/4	Youth	Juul (the leading e-cig brand) claimed, “We are as committed as ever to combating youth usage but don’t take our word for it — look at our actions.” Well, their actions definitely say otherwise.	https://nyti.ms/2PzeVAA	
6/5	Disparities Cessation	Big Tobacco appropriates "pride" by using pro-gay messages to sell deadly tobacco products. One in four LGBTQ individuals smoke, ultimately resulting in the loss of tens of thousands of LGBTQ lives each year. This #PrideMonth, let's celebrate a #TobaccoFreeLife.	https://bit.ly/2p4UjCb	
6/6	Community Engagement	Smokefree Oregon is about creating healthy communities for everyone in Oregon. What is your favorite smoke-free or tobacco-free place in your community?		
6/7	Youth	#DYK, last year, 1,400 kids in Oregon started smoking. That's more than the number of kids who graduated from all public high schools in Medford and Pendleton in 2018 - combined. And the tobacco industry's relentless marketing of vape threatens to push this number even higher.	https://smokefreeoregon.com/what-you-can-do/	


		Find out what you can do to stop the next generation from becoming addicted to nicotine. #FinishIT		
6/10	Cessation	<p>Curious about what happens when you contact the Quit Line?</p> <ol style="list-style-type: none"> 1. You can get help to stop smoking—free, with no judgment. 2. Quit coaches help create a plan that can work for you. <p>www.quitnow.net/Oregon or 1-800-QUIT-NOW</p> <p>#MotivationMonday</p>	https://bit.ly/2wxWMdR	
6/11	Disparities	<p>Big Tobacco has aggressively marketed menthol cigarettes in black communities for decades. This short film by Lincoln Mondy reveals the many ways the industry tries to infiltrate his community.</p> <p>#BlackLivesBlackLungs</p>	https://bit.ly/2xjb416	
6/12	E-cigarettes	<p>Advertising of cigarettes in mainstream media was banned in 1971, but the tobacco industry found loopholes to spend big on marketing vaping products to youth. This opinion piece exposes their dirty marketing tricks.</p>	https://nyti.ms/2vA1yqL	
6/13	Prevention Local	<p>Want to help get tobacco out of your local community? Find your county on the map and drop your tobacco prevention coordinator a line!</p> <p>https://smokefreeoregon.com/what-you-can-do/</p>	https://smokefreeoregon.com/what-you-can-do/	
6/14	Tips Cessation	<p>Meet Roosevelt. Smoking led to a heart attack at 45, which has seriously impacted his health, his job, and his kids.</p>	https://bit.ly/316Z023	

		"You lose that whole...Dad being a superhero image thing...."		
6/16	Cessation	<p>Whether you are a dad, thinking of becoming a dad, or celebrating your own dad, this Father's Day, give your family the best gift they could ask for - a healthy you.</p> <p>www.quitnow.net/Oregon 1-800-QUIT-NOW</p>	www.quitnow.net/Oregon	
6/17	Cessation Mental Health	<p>The tobacco industry would like you to believe that smoking is a way to deal with stress. But the positive feeling lasts for just minutes - which actually makes anxiety and addiction worse. We're here to help with tips on healthy ways to deal with stress and quit tobacco for good.</p> <p>www.quitnow.net/Oregon 1-800-QUIT-NOW</p> <p>En Español: www.quitnow.net/oregonsp 1-800-DEJELO-YA</p>	https://bit.ly/2t9yvsi	

6/18	Community Engagement	This photo was taken in Jackson County. Can you spot all of the ways Big Tobacco is marketing to kids?		
6/19	Cessation Disparities	Ready to quit tobacco? Counseling and medicine mean you're twice as likely to quit for good. Find an LGBTQ-friendly health care provider to help you get started. #PrideMonth	https://bit.ly/SGhd1O	
6/20	Cessation	Curious about what happens when you contact the Quit Line? 1. You can get help to stop smoking—free, with no judgment. 2. Quit coaches help create a plan that can work for you. 3. Quit coaches can help you get	https://bit.ly/2QEuSpP	

		quit-smoking medications. www.quitnow.net/Oregon or 1-800-QUIT-NOW		
6/21	Disparities	Challenge: This Pride month, watch for all the ways the tobacco industry targets the LGBTQ community. Are they passing out swag at your local Pride Parade? Advertising Pride events in the local paper? Share with us what you are seeing and shine a light on predatory marketing.		
6/24	Youth Retail	E-cigarette companies increased their advertising from \$6.4 million to \$115 million between 2011 and 2014 – and mostly target youth. Here's a call to action – will all those PR agencies that pledged not to work with Big Tobacco stand up to vape marketing too? #QuitBigTobacco.	https://quitbigtobacco.org	
6/25	Cessation	Curious about what happens when you contact the Quit Line? 1. You can get help to stop smoking—free, with no judgment. 2. Quit coaches help create a plan that can work for you. 3. Quit coaches can help you get quit-smoking medications. 4. You can get helpful tips. www.quitnow.net/Oregon or 1-800-QUIT-NOW	https://bit.ly/2wlmfS5	

6/26	Disparities	<p>Big Tobacco likes to position itself as an ally - sponsoring Pride events, featuring members of the LGBTQ community in ads - and it works. One in 4 LGBTQ individuals smoke. Learn more about how Big Tobacco tries to be a "friend" to the LGBTQ community. #PrideMonth</p> <p>Photo Source: www.trinketsandtrash.org</p>	https://www.thetruth.com/articles/videos/connecting-the-dots-lgbtq	
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6/27	Community Engagement	<p>We are working to create a healthier environment for all people who live in Oregon and set our state free from tobacco. Through this community you'll learn what you can to protect yourself, your family and your community from secondhand smoke, tobacco addiction and the tobacco industry's daily efforts to hook new customers.</p>	www.smokefreeoregon.com	
6/28	Mental Health Cessation	<p>The tobacco industry preys on people living with mental health or addiction challenges, convincing them that they need to smoke to cope. So it's no big surprise that people in these communities use tobacco at higher rates.</p> <p>If you or someone you love needs help coping with depression, anxiety or other challenges, there's help. Contact the @NAMI HELPLINE 800-950-NAMI, info@nami.org, or text NAMI to 741741.</p>	https://bit.ly/2JPKyWN	

6/28	Cessation	<p>Curious about what happens when you contact the Quit Line?</p> <ol style="list-style-type: none"> 1. You can get help to stop smoking—free, with no judgment. 2. Quit coaches help create a plan that can work for you. 3. Quit coaches can help you get quit-smoking medications. 4. You can get helpful tips 5. You're more likely to stay quit! <p>www.quitnow.net/Oregon or 1-800-QUIT-NOW</p>	https://bit.ly/2MloLYL	
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