




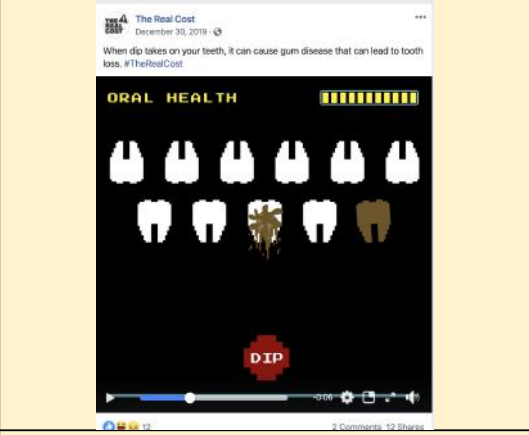



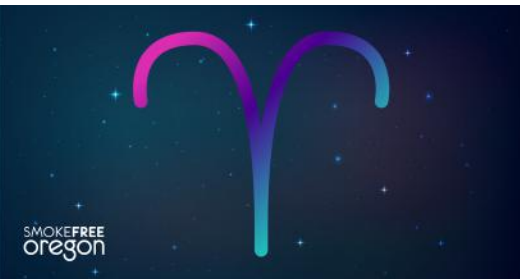





Smokefree Oregon Facebook Calendar - March 2020



Date	Themes	Post Copy	Visual	Link
Monday 3/2	Cessation Monday	<p>Meet Michael. He started smoking as a child looking for a way to fit in. Once addiction took hold he struggled to quit, even after developing breathing problems. But Michael quit, and you can too.</p> <p>Call 1-800-QUIT-NOW or visit www.quitnow.net/Oregon for free help with quitting tobacco</p>		http://bit.ly/3a7Baqm
Tuesday 3/3	Youth	<p>21 is the new 18 (at least when it comes to tobacco). Oregon was one of the first states to raise the age to buy tobacco from 18 to 21 years, and now a federal law has increased the age of purchase to 21 nationwide.</p> <p>Nine out of ten people who smoke started when they were teens. Increasing the age of purchase can prevent a lifetime of addiction.</p>		http://bit.ly/2Tupfwm
Thursday 3/5	Vaping	<p>We are inspired by San Diego's public schools for standing up to Big Tobacco. The school district is suing Juul for turning an academic environment into a place where restrooms are now called "the Juul room." School should be an environment for learning, not addiction.</p>		https://n.pr/2T6xvDu
Friday 3/6	Cessation	RESHARE NATIVE QUITLINE POST		

Monday 3/9	Cessation Monday	<p>We're pondering the tragic possibility of a world without cat videos. Protect your pets from secondhand smoke! And please, continue to post cat videos. ☐</p> <p>Call 1-800-QUIT-NOW or visit www.quitnow.net/Oregon for free help with quitting tobacco.</p>		http://bit.ly/2Vxvcef
Tuesday 3/10	Movement building	<p>Want a smoke-free state but don't know how to get started? Talk to your local Tobacco Prevention and Education Program Coordinator (TPEP) and learn how to get involved: https://smokefreeoregon.com/take-action</p>		http://bit.ly/2uCrYLy
Thursday 3/12	Real Cost Shared Post	<p>Add copy: Keep those pearly whites sparkling by avoiding tobacco in all its forms.</p>		http://bit.ly/396BPZe
Friday 3/13	Cessation	<p>RESHARE NATIVE QUITLINE POST</p>		

<p>Monday 3/16</p>	<p>Cessation Monday</p>	<p>Julia quit smoking after a terrifying experience with colon cancer. “The sickness really opened my eyes. By smoking, I was damaging myself and the people around me. I’m so glad I quit!”</p> <p>Free resources are available to everyone in Oregon: Call 1-800-QUIT-NOW or visit www.quitnow.net/Oregon</p>	 <p>Julia, 58 Mississippi</p>	<p>http://bit.ly/2LoAbbl</p>
<p>Tuesday 3/17</p>	<p>Vaping Youth</p>	<p>Juul used social media to hook teens on vape. Now, those who are struggling with nicotine addiction and tobacco-related disease are using social media to fight back and help each other quit.</p>		<p>http://bit.ly/399vKeu</p>

<p>Thursday 3/19</p>	<p>Vaping Shared Post</p>	<p>Add copy to read: Some things never change, like the tobacco industry lying to increase their bottom line.</p>	<p>Truth Initiative February 11 at 12:39 PM · 🌐</p> <p>26 years ago, tobacco executives stated, under oath, that nicotine is not addictive. Last week, in a hearing that bore a striking resemblance, some e-cigarette CEOs admitted, also under oath, that they didn't know all of harmful health effects of nicotine. Our recap of the hearing: http://bit.ly/Feb20ecighearing</p>  <p>http://bit.ly/383D4H3</p>	
<p>Friday 3/20</p>	<p>Cessation</p>	<p>RESHARE NATIVE QUITLINE POST</p>		
<p>Monday 3/23</p>	<p>Cessation Monday Horoscope: Aries, March 20 - April 19</p>	<p>As an Aries, you are passionate and confident. Why not chase that adrenaline rush with a new activity, like reeling in a big fish 🐟, catching air while windsurfing 🏄♀️, or exploring the smoke-free trails of Oregon's state parks 🌲?</p> <p>For free help to quit tobacco, call 1-800-QUIT-NOW or visit quitnow.net/oregon</p>		

Tuesday 3/24	Vaping	Ready for some good news? Thanks to decreases in smoking, cancer death rates in the U.S. had the largest drop on record between 2016 and 2017!		https://n.pr/2l0VaPB
Wednesday 3/25	Real Cost	What's in a vape? Play this game from @KnowTheRealCost to seek out clues and learn more about the vaping epidemic.		http://whatsinavape.com/
Thursday 3/26	Movement building	Mindy Sloper, who co-owns the Powell Butte Country Store, refuses to let the tobacco industry push her around. Listen to her story on the new Smokefree Oregon website, where you can find even more videos of people in Oregon who are joining the Smokefree Oregon movement.		http://bit.ly/32yw1oK
Friday 3/27	Cessation	RESHARE NATIVE QUITLINE POST		

<p>Monday 3/30</p>	<p>Cessation Monday</p>	<p>Meet Suzy. Smoking cigarettes caused her to have a stroke, which forced her to lose her independence. She now needs help to eat, bathe, and use the bathroom.</p> <p>If you are ready to quit tobacco, free help is available. Call 1-800-QUIT-NOW or visit quitnow.net/Oregon</p>	 <p>Suzy, 62 Caregiver, Her son, Daniel New York</p>	<p>http://bit.ly/2Tap2iW</p>
<p>Tuesday 3/31</p>	<p>Vaping Local</p>	<p>A recent federal policy banned cartridge or pre-filled vape pod devices, but most flavored vapes are still widely available for purchase. It's clear that the industry is not going down without a fight. Too bad for Big Tobacco – we aren't backing down either.</p>		<p>http://bit.ly/32z3tLS</p>