







## Smokefree Oregon Facebook Calendar - June 2021

Date	Themes	Post Copy	Visual	Link
<b>Tuesday 6/1</b>	Pride month/Cessation	<p>We're celebrating PRIDE! We hope this month and everyday you celebrate being your healthiest self, whether you make that commitment to quit smoking or help someone you care about.</p> <p>Speaking of celebrating, we made a playlist just for you. Cause' what's PRIDE without some good tunes and a dance party, right?</p>		<a href="https://bit.ly/3uqtCsK">https://bit.ly/3uqtCsK</a>
<b>Wednesday 6/2</b>	Movement building	<p>Remember that great news about the FDA moving to ban the sale of menthol cigarettes and flavored cigars? Well, Big Tobacco just spent 16 million in political donations yes \$16 MILLION, to fight back against this progress toward health equity.</p> <p>This is why your support is so important as we continue to fight Big Tobacco. Start here: <a href="https://smokefreeoregon.com/take-action/">https://smokefreeoregon.com/take-action/</a></p>	<p><b>Join Us</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> SIGN-UP FOR SMOKEFREE OREGON'S EMAIL LIST.</li> <li><input checked="" type="checkbox"/> CONTACT YOUR COUNTY TOBACCO PREVENTION COORDINATOR.</li> <li><input checked="" type="checkbox"/> WRITE YOUR LOCAL DECISION MAKER USING OUR ONLINE FORM.</li> <li><input checked="" type="checkbox"/> JOIN THE SMOKEFREE OREGON FACEBOOK COMMUNITY.</li> </ul> <p>Together, we're stronger than Big Tobacco.</p> <p style="text-align: right;"><b>SMOKEFREE</b> oregon</p>	
<b>Thursday 6/3</b>		<b>AD HOC</b>		
<b>Friday 6/4</b>	Local - Clatsop county	<p>We are making some big strides in Oregon! Join Smokefree Oregon in celebrating another local win!</p> <p>Let's clap it up for all cities in @ClatsopCountyOregon, which have officially signed on to tobacco retail licensing (TRL) - making it a blanket policy that covers the entire county.</p> <p>Small steps towards big changes! Way to go Clatsop!</p> <p>Find your county or tribe and learn more about the incredible work happening in your community: <a href="https://smokefreeoregon.com/contact-us/#open-flyout">https://smokefreeoregon.com/contact-us/#open-flyout</a></p>		
<b>Tuesday 6/8</b>		<b>AD HOC</b>		
<b>Wednesday 6/9</b>	Pride month/Cessation	<p>A tip from Ziggy: [tag: @nationalLGBTcancerNetwork]</p>		



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Thursday 6/10	Local - Klamath county	[HOLD FOR KLAMATH COUNTY LOCAL SUCCESS STORY]		
Friday 6/11	Environment/Outdoors month	<p>#DYK The tobacco industry is responsible for producing much more than tobacco products—they create hundreds of thousands of pounds of cigarette and e-cigarette waste each year.</p> <p>E-cigarette and cigarette makes its way into the environment where it ends up polluting water, air, and land with toxic chemicals, heavy metals and leftover nicotine. <b>[fact from: tag Truth]</b></p> <p>Protect the environment. Hold Big Tobacco accountable: <a href="https://www.youtube.com/watch?v=766571">https://www.youtube.com/watch?v=766571</a></p>		
Monday 6/14	Cessation	<p>Meet Tiffany:</p> <p>Her mother, a smoker, died of lung cancer when Tiffany was 16. "Watching her suffer was awful, I felt alone and scared."</p> <p>After the passing of her mom, she began smoking. "A lot of kids I went to school with were smoking, and I wanted to fit in," she remembers.</p> <p>Today, she is smoke-free! She quit smoking in 2012, when her daughter turned 16.</p> <p>[For free quitting help, call 1-800-QUIT-NOW, visit <a href="https://quitnow.net/Oregon">quitnow.net/Oregon</a>, or text DITCHVAPE to 88709.]</p>	 <p>YOUTUBE.COM CDC: Tips From Former Smokers - Tiffany R.: How I Quit Smoking</p>	<a href="https://youtu.be/6OZehKDHSj0">https://youtu.be/6OZehKDHSj0</a>
Tuesday 6/15	Pride month/Cessation	<p>Here's to taking PRIDE in living smokefree! Choosing to live smokefree can be for yourself, your partner, your children and so many other reasons.</p> <p>What's your reason? Tag them below in the comment section</p> <p>[For smokefree resources visit: <a href="https://smokefreeoregon.com/oregonians/helping-people-quit-tobacco/">https://smokefreeoregon.com/oregonians/helping-people-quit-tobacco/</a>] [tag: @nationalLGBTcancerNetwork]</p>		
Wednesday 6/16		AD HOC		

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Date	Themes	Post Copy	Visual	Link
Friday 6/18	Father's Day/Cessation	<p>Tis' the season of celebrations! Happy Father's Day to all the father figures out <a href="#">there</a>.</p> <p>As more people get vaccinated, we get closer to having these celebrations in person. Here's what to keep in mind when planning a summer celebration:</p> <ul style="list-style-type: none"> <li>Outdoor events are safer than indoor events.</li> <li>Wearing face coverings slows the spread of COVID-19.</li> <li>↔ Limit capacity to allow for spacing between guests.</li> <li>Vaccination reduces the spread of COVID-19 and prevents severe illness and hospitalization in most people.</li> <li>Follow local guidance while risk levels remain in place: <a href="https://bit.ly/3v3o15R">https://bit.ly/3v3o15R</a></li> </ul> <p>[tag OHA]</p>		
Monday 6/21	Cessation	<p>The best moments are ahead! Summer in Oregon is the most beautiful time of year and we've put together the perfect playlist for you to kick-off your summer right!</p> <p>What better time then now to quit smoking? Text "READY" to 200-400 and we'll start your tobacco-free journey together!</p> <p>#SmokefreeOregon</p>		<a href="https://bit.ly/314EppE">https://bit.ly/314EppE</a>
Tuesday 6/22		AD HOC		
Wednesday 6/23	Cessation/Spanish	<p>Dejar de fumar no es una tarea fácil. Muchas veces necesitamos una guía que nos ayude a seguir y nos recuerde por qué tomamos esta decisión en los momentos difíciles. Visita <a href="https://bit.ly/3uEin0d">https://bit.ly/3uEin0d</a> y arma tu plan para superar los retos que se te presenten en este proceso. #ViveSinFumar</p>		
Thursday 6/24		AD HOC		
Friday 6/25	Pride month/Cessation	<p>A tip from Kyoung: [tag: @nationalLGBTcancerNetwork]</p>		

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Date	Themes	Post Copy	Visual	Link
Monday 6/28	Cessation	<p>A story on secondhand smoke from Nathan:</p> <p>Nathan never smoked a day in his life, but his job exposed him to secondhand smoke for 11 years and caused permanent lung damage. Unfortunately, his lung damage led to his death at the age 54. Nathan hoped that sharing his story would help others understand how dangerous exposure to secondhand smoke really is.</p> <p>Thank you for sharing your story, Nathan. We honor your bravery.</p>	 <p>YOUTUBE.COM  <b>CDC: Tips From Former Smokers - Nathan M.'s Tip Ad</b>  Nathan was surrounded by secondhand smoke every day at wor...</p>	<a href="https://youtu.be/fuE4vqGAlv4">https://youtu.be/fuE4vqGAlv4</a>
Tuesday 6/29	Vaping	<p>"With thousands of candy-flavored products, the tobacco industry really knows how to put the "teen" in "nicotine." Don't be fooled!" - [tag @CFTFK]</p> <p>PS: The only time we laugh at Big Tobacco, is when we're making fun of them</p> <p>PSS: text DITCHVAPE to 88709 for help quitting</p>	 <p>Campaign for Tobacco-Free Kids  May 4 at 10:02 PM  With thousands of candy-flavored products, the tobacco industry really knows how to put the "teen" in "nicotine." Don't be fooled!  For more laughs at the industry... See More</p>	<a href="https://www.facebook.com/watch/?v=797568070963413">https://www.facebook.com/watch/?v=797568070963413</a>
Wednesday 6/30	Local - Harney county	[HOLD FOR HARNEY COUNTY LOCAL SUCCESS STORY]		