

# SMOKE FREE SIGNALS NEWSLETTER

*This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.*

Friday, August 5, 2022



## MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITIES, IMPROVING HEALTH OUTCOMES

## WELCOME TO OUR BIWEEKLY NEWSLETTER

Smoke Free Signals would like to welcome you to our August biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

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## Secondhand Smoke Prevention Tips For Teachers

With the start of the new school year, it is important teachers can support their student by educating on the dangers of secondhand smoke exposure. In addition, it's important to the health of all youth and their families that schools share educational and preventive resources with students and caregivers about the risks of commercial tobacco and secondhand smoke exposure. Overtime, children may develop dangerous misconceptions of nicotine products, and it is important to take preventative measures. Listed below are tips teachers can incorporate in the classrooms.

### Teacher's Preventative Tips:

- ◇ Incorporate monthly lesson plans to teach students about the dangers of smoking and vaping
- ◇ Provide engaging infographic material for families
- ◇ Post [school friendly posters](#) in the classrooms to teach awareness
- ◇ Use different resources to teach students about the chemicals found in nicotine products
- ◇ Provide resrouces to families for quitting tips, such as sharing the Quitline: [1-800-QUIT NOW](https://www.1-800-QUIT-NOW.gov)



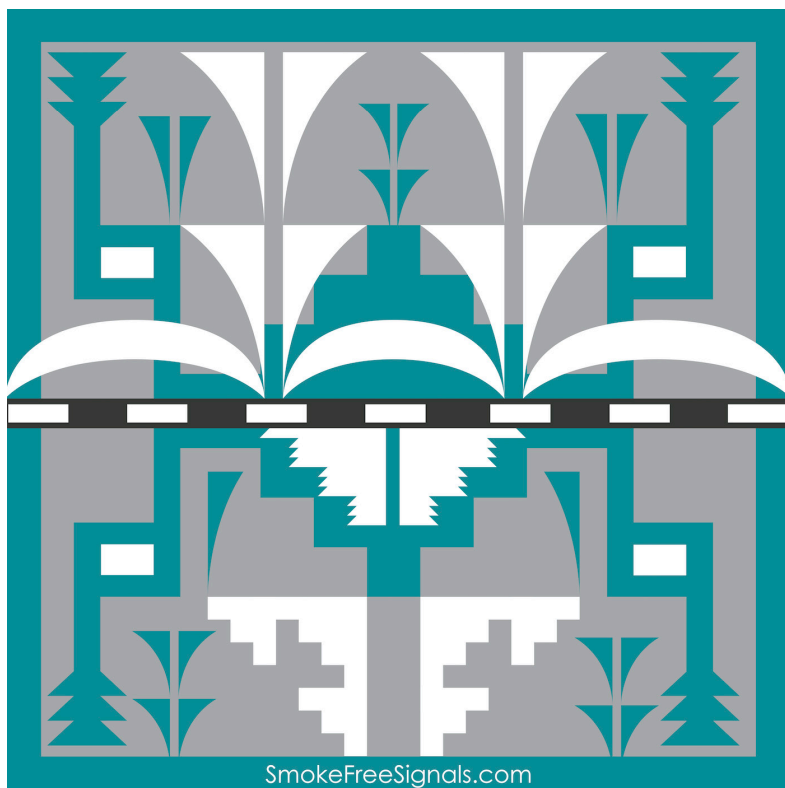
Click [CDC](#) and [FDA](#) for free infographics.

For more information visit:

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm)

## Smoke Free Signals Traditional Tobacco Education and Awareness Initiative

Smoke Free Signals would like to announce the launch of the Smoke Free Signals Traditional Tobacco Education and Awareness Initiative. The Smoke Free Signals program developed numerous tribally focused designs and images that are aimed in an ongoing effort to share awareness of the sacred use of traditional tobacco and the harms of commercial tobacco. The special, customized design will be printed on items like scarves and stickers. The items will be shared with tribal community members, community health representatives, school health programs, and other tribal health programs.

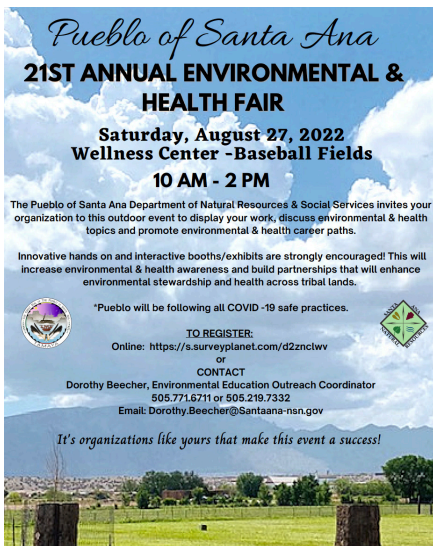


If your health organization or program are interested in the FREE stickers and scarves, request and email Josiah Concho at [JConcho@keresnm.com](mailto:JConcho@keresnm.com).

Smoke Free Signals | 505-837-2104 | [www.SmokeFreeSignals.com](http://www.SmokeFreeSignals.com)

# Upcoming Opportunities

## Pueblo of Santa Ana: 21st Annual Environmental & Health Fair Saturday, August 27, 2022 @ 10:00 AM - 2:00 PM



The Pueblo of Santa Ana Department of Natural Resources & Social Services will be hosting the 21st Annual Environmental & Health Fair on Saturday, August 27, 2022. This outdoor event will allow the public to increase their environmental and health awareness, build partnerships, enhance environmental stewardship, and promote career paths. Your organization is invited to display your work, build partnerships, and enhance stewardship across tribal lands. [CLICK HERE](#) to register.

## Nicotine Dependence Treatment Continuing Education & Certification Program - September 13, 14, & 15



The Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) and Indian Health Service Health Albuquerque Area Promotion Disease Prevention invites you to be part of the Basic Tobacco Intervention Skills Certification for Native Communities (BTIS) 2022 VIRTUAL Training! The training session will allow to distinguish between the use of traditional and commercial tobacco in Native American communities and emphasize evidence-based techniques to increase rates of successful interventions resulting in the cessation of commercial tobacco use. [CLICK HERE](#) to register.

# FREE Resources

## FREE Window Decals

Everyone shares the same air. Why not share the Smoke-Free and Vape-Free cause with others! Keep your home and vehicle safe by letting others know that your home and vehicle are Smoke-Free and Vape-Free. Request your **FREE** window decal at [\*\*SmokeFreeSignals@gmail.com\*\*](mailto:SmokeFreeSignals@gmail.com)



This is a  
Smoke-Free and  
Vape-Free Vehicle



This is a  
Smoke-Free and  
Vape-Free Home

## Smoke Free Signals Education Videos

The Smoke Free Signals Secondhand Smoke and Tobacco Education Video Series is available on the Smoke Free Signals website. The videos can be shared with students, friends, and family, and community members. If you would like to request a USB-drive of all Secondhand Smoke and Tobacco Education videos, please email [SmokeFreeSignals@gmail.com](mailto:SmokeFreeSignals@gmail.com).

To watch Smoke Free Signals' Education Video visit:  
<https://www.smokefreesignals.com/education-videos>

## FOLLOW US ON SOCIAL MEDIA!



Stay active with Smoke Free Signals by following us on our Social Media platform! We keep our page current with the latest news, activities, and initiatives. We also share prevention tips and facts about the dangers of secondhand smoke. Stay up-to-date with Smoke Free Signals TODAY and follow us on Facebook **@Smoke Free Signals!**

If you would like to unsubscribe from the Smoke Free Signals' biweekly newsletter, please email [JConcho@keresnm.com](mailto:JConcho@keresnm.com) to be removed from the listserv directory.

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