

NEWSLETTER

SMOKE FREE SIGNALS

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

Friday, January 8, 2021



MISSION AND CORE VALUES

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

WELCOME TO OUR BIMONTHLY NEWSLETTER

As we begin this new year, Smoke Free Signals would like to welcome you to our January bimonthly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

HIGHLIGHTS

2 Staying Healthy During the COVID-19 Pandemic

4 OPPORTUNITY: The Real Cost of Vaping

5 **FREE RESOURCES!**

Staying Healthy During the COVID-19 Pandemic

Continuing daily life during a pandemic can be very stressful. Working and raising a family, while trying to remain safe can be a challenge too. For some people, use of alcohol and tobacco products has increased during the world health crisis. Watching the news and listening to the radio daily provides no stress relief to COVID-19 and with many tribal communities on closures, reminds people every day that their health is at risk. It's essential that people find the time and tools to remain smoke-free and vape-free during the COVID-19 pandemic.

Tips to Remain Smoke-free and Vape-free

Seek Help

- ◇ Speak with your doctor about quitting smoking. They will provide resources about quitting and tools to establish a quit plan. You can also seek help by calling the New Mexico Quitline from the comfort of your own home at 1-800-QUIT NOW. This is an essential step to receive useful and professional help for your quitting journey.

Relax

- ◇ Cravings might occur during your quitting journey, which most often leads to stress. Try to do some deep-breathing exercises, muscle relaxation, yoga, or get a massage.

Be Specific

- ◇ Establish goals and set milestones in your household to prevent setbacks. For example, after a week of quitting smoking grab yourself a treat or binge your favorite movie.

Find Support

- ◇ Communicate with your family and friends that you are quitting smoking and are reaching out for support. You'll be surprised how much your loved ones care about you.

Handle Cravings

- ◇ It's important that you distract yourself in times of stress. Don't rely on smoking to cope with stress. Try cleaning your home, doing your favorite hobby, or even talking to a friend on the phone.

Research the Benefits of Quitting

- ◇ The Centers for Disease Control and Prevention offers great resources and information for quitting. [CLICK HERE](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm#health-benefits-of-quitting-smoking) to learn more about the benefits of quitting.

Exercise

- ◇ Once your journey begins for a smoke-free and vape-free life, exercise is key for improving your health. Exercise can also distract cravings and urges to smoke. Try going for a walk or do some light exercise. Heavy exercise might be difficult if you recently quit.

For more information about the benefits of quitting smoking, visit:

https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm#health-benefits-of-quitting-smoking

OPPORTUNITY: The Real Cost Of Vaping

Participate in this Scholastic opportunity and join the fight to end the current teen vaping epidemic. Join kids and educators across the country in this contest to end vaping among teenagers. This opportunity enhances teenagers to engage in research and develop material that contribute to the movement towards a vape-free generation. With many students at home during this pandemic, this would be a great project to complete at home and most, importantly, spread awareness about the dangers of vaping at home and at school.

The Real Cost of Vaping

More than 3.6 million middle and high school students use e-cigarettes today. Many youths think vaping is harmless, but it can have serious health consequences.

Objective

Students will analyze informational texts to gather evidence about the risks of vaping, then create a persuasive anti-vaping infographic/poster for a teen audience.

Standards, Grs. 6-12

- CCSS.ELA
- RI.6-12.1 Cite evidence to support text analysis
- RI.7.9 Analyze how two texts present information
- SL.6-12.1 Engage in collaborative discussions
- RST.6-10.7 Express quantitative information visually
- W.6-12.1 Write arguments to support claims
- W.6-12.2.D Use domain-specific vocabulary

NGSS

- Practice: Obtaining, Evaluating, and Communicating Information
- Crosscutting Concept: Cause and Effect: Mechanism and Prediction
- Core Idea: MS-HS-LS1.B Growth and Development of Organisms

National Health Education Standards

- #7: Avoid or reduce health risks
- #8: Advocate for personal, family, or community health

Time

60-180 minutes

Materials

- The Risks of Vaping student magazine
- Teens and Vaping reading passage
- Vaping's Not My Thing contest planner
- Contest rubric and entry information at scholastic.com/youthvapingrisks

NONFICTION TEXT ANALYSIS

1 Share the student magazine with your students (also available digitally at scholastic.com/youthvapingrisks) and discuss key facts about how vaping can affect their health. Use the questions included in the Contest Planner to guide the discussion.

2 Ask: Why do you think the teens on page 3 of the magazine chose to share their experiences? How do their first-person accounts support the scientific information in the text?

3 Help remove the stigma around seeking help for vaping by using person-first language. For example, instead of saying *addict*, use the term "a person with nicotine addiction."

PAIRED-READING ACTIVITY

1 Share the Teens and Vaping article, an interview with a pediatrician about vaping, and how to quit (see back cover).

2 Have students respond in writing to the questions on the sheet. Then, discuss as a group to address any misconceptions.

3 Discuss how this text compares with the student magazine.

4 Writing Extension: Have students write a persuasive essay synthesizing the information in the texts they read.

Cessation Resources

- Alternative to suspending teens for nicotine use: lung.org/quit-smoking/helping-teens-quit/indepth
- Free nicotine cessation program for teens: lung.org/quit-smoking/helping-teens-quit/not-on-tobacco



STUDENT CONTEST!

DEADLINE
March 22, 2021

PRIZES

- Prizes for grades 6-8 and 9-12
- 1 Grand Prize per grade band \$500 each (student and teacher)
- 3 Runners-Up per grade band \$200 each (student and teacher)

CREATE POSTER/INFOGRAPHIC

1 Challenge your students to create an entry for the "Vaping's Not My Thing" contest. They'll synthesize what they have learned to create a poster or infographic that aims to convince their peers to avoid or quit vaping. See the last page of the magazine for details.

2 Hand out the Contest Planner (adjacent sheet) and Contest Rubric (available at scholastic.com/youthvapingrisks) to help students self-assess and refine their contest entry as they work.

3 Optional: Share and discuss examples of posters and infographics, such as at bit.ly/FDAdigital and (for younger grades) bit.ly/sunscreens-corals.

4 Encourage students to keep a copy of their poster/infographic after you/they submit it to the contest. Display posters in the halls or share them over small-group video calls or in paper packets.



For more information about this contest, visit:

http://www.scholastic.com/youthvapingrisks/index.html?utm_medium=email&utm_source=govdelivery#fda_contest

With the start of 2021, Smoke Free Signals would like to wish you a Happy New Year! Continue to keep your home, vehicle, and workplace free of secondhand smoke exposure and protect your family and friends from the dangers of commercial tobacco this year! Stay safe and continue to practice state health guidelines, as we continue to fight together during this pandemic!

Here's to a healthy and fantastic year!

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



**This is a
Smoke-Free and
Vape-Free Vehicle**



**This is a
Smoke-Free and
Vape-Free Home**

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!**](https://www.facebook.com/SmokeFreeSignals)

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