

# N 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, January 21, 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 January biweekly 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

The Importance of Commercial Tobacco Education

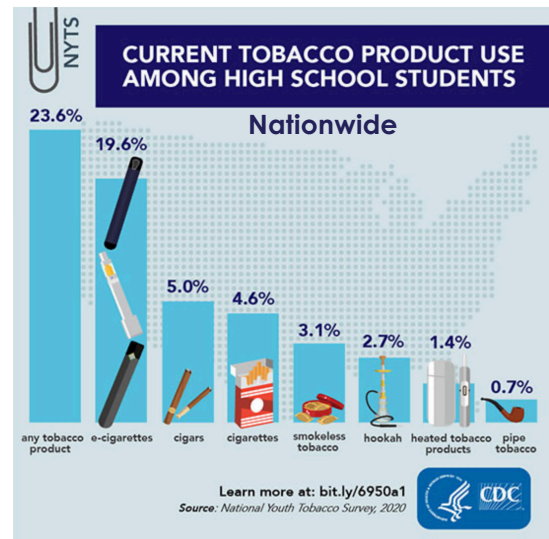
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**FREE RESOURCES!**

# The Importance of Commercial Tobacco Education

Many young people have experienced virtual school in recent months and years due to COVID-19. While virtual learning can cause strain on teachers and home life, it has also brought new opportunities for information sharing. Virtual learning provides an opportunity to reach and impact the lives of students during these crucial years of development. We teach healthy hygiene practices to prevent the spread of COVID-19 and the flu - why not also share good practices such as doing our part to bring an end to underage tobacco use?

Keeping commercial tobacco out of the hands of young people will significantly increase their chances of staying nicotine-free in adulthood. According to findings from the Centers for Disease Control, commercial tobacco use can start as early as adolescence. Ninety percent of smokers first tried tobacco before the age of 18 and 99% of smokers tried before the age of 26.



Brain development begins before birth and continues until about the age of 25, marking crucial years of development. When people under 25 use commercial tobacco, the chemicals affect their development, as there is an increased likelihood of developing an addiction to nicotine or other drugs and harming the brain. 2019 data shows that over one in three New Mexico high schoolers currently use any tobacco products. Scarier still, middle school and elementary school students are also using commercial tobacco, though at lower rates.

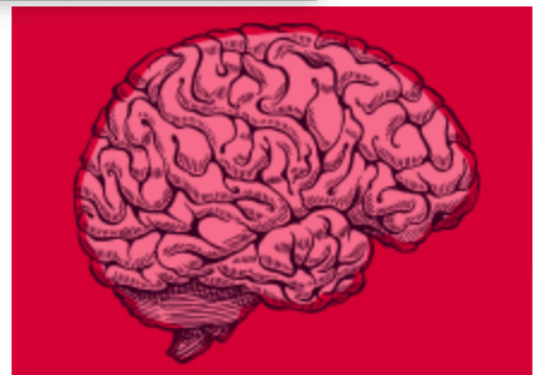
Now is the time to act and actively prevent addiction and possible damage to developing young minds. Through tobacco education we can show these young men and women the future to live tobacco- and nicotine-free lives. We must demonstrate the importance of preventing secondhand smoke exposure and polluting the air we all breath.

An impactful way to demonstrate is leading through action. Pledge to keep your home and vehicle smoke- and vape-free. If you currently use commercial tobacco, quit.

If you are looking for online resources to support youth education, visit [www.SmokeFreeSignals.com](http://www.SmokeFreeSignals.com) for more information. We have experience in delivering virtual education and would be glad to support you in your efforts with any materials or education support you may need, for any age group.

### **Think E-Cigs Can't Harm Teens' Health?**

CTP - Newsroom - Brain



*The science says they can. The nicotine in e-cigarettes can change the young brain and get kids hooked.*

For more information visit:

<https://www.fda.gov/tobacco-products/public-health-education/youth-and-tobacco>  
<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/staying-smokefree.html>

# 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>

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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.