

# 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, September 16, 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 September 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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# Educators and Commercial Tobacco

Did you know that 99% of smokers use their first commercial tobacco product before their 26th birthday? In some cases, their first product use may be on school grounds. It's important that educators and school faculty find affective methods to support their students, especially, if they are caught using commercial tobacco products on school grounds. Instead of punishing students with suspension and expulsion, schools are highly encouraged to provide resources to students to help them quit smoking and vaping. If schools discipline their students for nicotine use, there is more likeliness for students to receive lower test scores, chances of not graduating, and other poor outcomes.

While there are different tools and resources for students to use to quit commercial tobacco, students are encouraged to text [DITCHVAPE](https://truthinitiative.org/research-resources/emerging-tobacco-products/what-should-educators-do-if-they-catch-students-vaping) to 88709 for additional support.

## Resources For School Educators



[CLICK HERE](#) for resource.



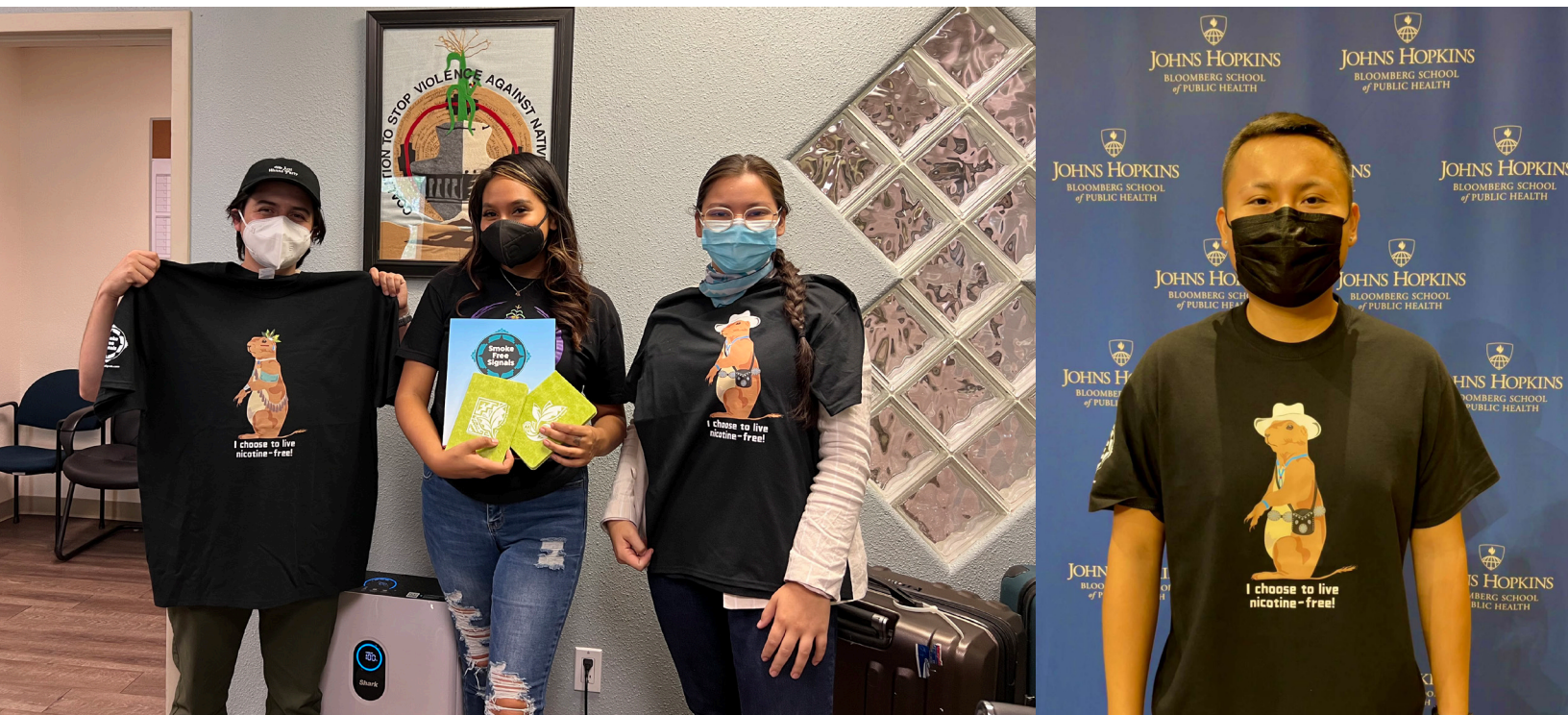
[CLICK HERE](#) for resource.

For more information visit:

<https://truthinitiative.org/research-resources/emerging-tobacco-products/what-should-educators-do-if-they-catch-students-vaping>

## Smoke Free Signals Traditional Tobacco Education and Awareness Initiative

The prairie dogs of Smoke Free Signals have traveled far and wide in recent advocating for a commercial tobacco-free life in over 50 tribal communities and organizations. In addition, they have been educating and sharing awareness about the sacred use of traditional tobacco. We would like to thank all the organizations, tribal community members, and tribal community partners who have made a request for our traditional tobacco materials! We encourage you to continue to prevent secondhand smoke and aerosol exposure from commercial tobacco in your home, work, and vehicles!

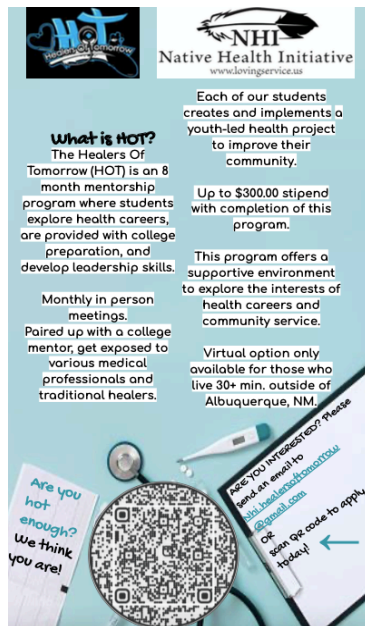


Our Smoke Free Signals' prairie dog mascots visited programs with the Coalition To Stop Violence Against Native Women (pictured left) and tribal students enrolled at different universities, including the University of New Mexico and John Hopkins Bloomberg School of Public Health (pictured right).



# Upcoming Opportunities

## Healers of Tomorrow (HOT) 8-Month Mentorship Program



**Application Deadline Extended: September 23, 2022**

Join Native Health Initiative (NHI) and apply for their Healers of Tomorrow (HOT) 8-Month Mentorship Program. NHI is looking for high school students to apply for this career-focused program. Each student will create and implement a youth-led health project to improve their community. At the completion of the program, participants will have gain leadership skills, community service hours, exposure to various medical professionals and traditional healers, and a \$300 stipend. [CLICK HERE](#) to complete application.



## Running Medicine: Fall Season 2022

**August 27, 2022 through November 5, 2022**

Join Native Health Initiative and Running Medicine this fall for a fun-filled season of healthy exercise and much more! August 27 through November 5, 2022, Running Medicine will be encouraging movers of all ages and speeds to join their exercise program. In addition, the Running Medicine Program works to provide a safe space for joy, laughter, inspiration, and wellness. The program meets Monday, Tuesday, Thursday, and Saturday. [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\*\*](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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