

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, June 24, 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 June 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

A Smokefree Pride Month

3

Smoke Free Signals
Traditional Tobacco Education and
Awareness Initiative

4

Upcoming Opportunities

A Smokefree Pride Month

June is Pride Month. It is celebrated annually to acknowledge those involved in the Stonewall Riots; to recognize the impact LGBTQ+ Americans have had on society; and to develop civil rights, justice, and equitable opportunity for LGBTQ+ people. This includes health opportunities, like wide-ranging smokefree protections for LGBTQ communities.

According to the Centers for Disease Control (CDC), individuals from the LGBTQ+ community are more likely to smoke menthol cigarettes than heterosexual or straight people. Smoking cigarettes is harmful to the body and the nicotine within cigarettes make it difficult to quit. In addition, menthol cigarettes and flavorings in other tobacco products can mask the harshness of tobacco and make it harder to quit smoking.

For decades the LGTBQ+ community has been targeted aggressively by the tobacco industry through sponsored events, bar promotions, giveaways, and advertisements. Many of these sponsored media often depict the use of commercial tobacco as “normal.” All people deserve to live and work in a smokefree environment to protect their health.

Use the Smoke-Free Outdoor Pride Event Toolkit from the National LGBT Cancer Network. The toolkit aims to help pride officials, advocates, and organizers change the norm of smoking at pride. It contains strategies and tactics for smoke-free pride events and provides contact information of groups who can offer assistance with creating smoke-free outdoor spaces.

[CLICK HERE](#) to view the toolkit.



For more information visit:

<https://www.cdc.gov/tobacco/features/pride-month/index.html>

Smoke Free Signals Traditional Tobacco Education and Awareness Initiative

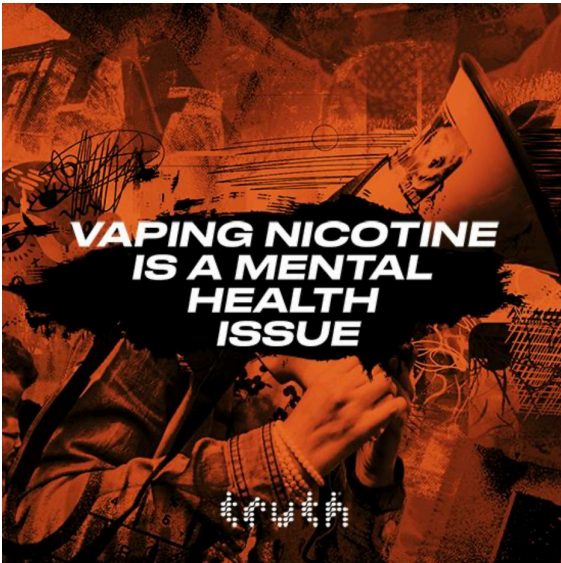
Smoke Free Signals would like to announce the launch of the Smoke Free Signals Traditional Tobacco Education and Awareness Initiative. The Smoke Free Signals program developed numerous tribally focused designs and imagery that are aimed in an ongoing effort to share awareness of the sacred use of traditional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



If your health organization or program is interested in a sample kit, request and email Josiah Concho at JConcho@keresnm.com.

Upcoming Opportunities

Truth Initiative: JOIN THE FIGHT!



Join Truth Initiative and add your voice to the fight and declare vaping nicotine a national mental health issue! For years, the tobacco industry has targeted teens and young adults with their dangerous products. These products contain hundreds of chemicals, including addictive nicotine and toxic substances like arsenic and lead. According to a Truth survey, 81% of e-cigarette users started vaping to cope with stress, anxiety, and depression. Take a stand and add your voice [HERE](#).

Nicotine Dependence Treatment Continuing Education & Certification Program - **July 19, 20, & 21 or 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.

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

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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 to be removed from the listserv directory.

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