



WHAT CAN I DO?!

IDEAS FOR TOBACCO CONTROL COALITION ACTIVITIES

The first step in implementing any program is to know the facts! Go to your local library and start researching tobacco. The internet is a great way to do this.

Before you do any of the below ideas, please check with your parents!

- **Look around your own community.** Become aware of the problems. Notice the tobacco advertisements that are plastered on the doors and windows of your local stores. When you pass by cigarette vending machines think about the kids who can easily get cigarettes from them. Write the owners of these stores. Ask your parents to write or speak to them. Tell them they are allowing themselves to be used by the tobacco industry and that their practices are hurting children. Ask them to please stop. If that doesn't work tell them that you will take your business elsewhere.
- **Write or speak** to the owners of local restaurants, bowling alleys, skating rinks, and nursery schools that allow smoking. Ask them to make their establishments smoke free.
- **Get a group of people** who want to help and go before your town council to report the problems in your town. Be prepared with the information you have gathered. Conduct surveys in town to see how many people want smoke free restaurants, as well as surveys to find out how many tobacco ads are in your town.
- **Write your state legislators.** Tell them that your state should have a Clean Air Act. Tell them that cigarette vending machines should be a thing of the past, because as long as they exist, the law prohibiting the sale of tobacco products to minors can not be enforced. Let them know that you want to see a higher tax imposed on cigarettes, and that the revenue generated should be used for programs that would educate the young to the dangers of tobacco.
- **E-mail your federal legislators.** Urge them to pass a law that would prohibit our lawmakers from taking money from the tobacco industry. Insist that all public buildings be smoke-free. Remind them how dangerous environmental tobacco smoke is.
- **Write editorials** to your local paper.
- **Write to the editors of magazines** that publish tobacco ads and tell them to stop!
- **Collect tobacco ads** and group them for placement on a banner. Create counter advertisements and share them with others.



- **Speak before classes** at a school or before organizations like the local PTA, Senior Citizens Groups, the Rotary, or Womens' Clubs. Show them the material you've collected, and tell them what you have learned. You may want to write a play to perform.
- **Recognize pharmacies** that don't sell tobacco products. Present certificates of recognition to these establishments.
- **Develop community campaigns** to publicize and enforce state laws against smoking by minors.
- **Set up booths** at local health fairs about tobacco awareness.
- **Conduct a t-shirt exchange.** Exchange t-shirts with tobacco advertising for ones with pro-health messages.
- **Sponsor "Clean-Up Butts Day"** with a tie-in to local health fair, and/or community clean-up campaign.
- **Plan a "smoke-free sit-in".** This is a friendly sit-in, in which you fill up all the tables in the smoking section of a restaurant while you eat with people participating in your activity.

These are just a couple ideas to get you started. Be creative!
Recruit friends to get involved with you!



for a great state of health