

Press Release
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FOR IMMEDIATE REALEASE
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SAFE Glen Cove Coalition: The Great American Smoke Out

The American Cancer Society designates the Great American Smoke Out (GASO) on the third Thursday of November each year by encouraging smokers to use the date to plan their quit, or to go cold turkey quitting smoking that day. By quitting, even for one day, smokers will be moving towards a healthier life – one that can lead to reducing their risk of cancer related illnesses.

This year once again the SAFE Glen Cove Coalition partnered with the Tobacco Action Coalition of LI (TAC), the Glen Cove Youth Bureau and Glen Cove School District Health Education teachers to raise awareness of the need to educate students on the dangers of all tobacco products, reduce youth's exposure to tobacco marketing at their local retailers, and to protect the public from second-hand and drifting smoke outside while they recreate, dine or even on the worksite grounds.

The programing for the youths was in keeping with the World Health Organizations theme for this year encouraging people to grow sustainable healthy crops to address global food insecurity in leu of harmful tobacco plants. For the week of November 16th, students enrolled in SAFE's Elementary and Middle School Life Skills Program facilitated by Ms. Monica Salinas, the Youth Bureau's After 3 program students and Ms. Amanda Sullivan's Middle School Health education students took part in a celebration of GASO.

Through a series of interactive activities and a powerful point presentation with resource materials provided by TAC, students instruction centered on the dangers of nicotine, vaping, flavoring including menthol and the marketing strategies of the tobacco industry. Currently 54% of youth who smoke use mentholcigarettes. Menthol is not just an ordinary flavor; it is a manipulative method for the industry to make these products smother; easier to start and harder to quit. Elementary school students enjoyed Kahoot, a game-based learning platform, used as educational technology to expose these younger students to the content area learning utilizing games known as "kahoots".

All levels culminated their lesson by planting indoor/outdoor vegetation. The younger students also enjoyed the pots that were purchased specifically to allow them the pleasure of decorating them to help make the lesson more fun and a great memory. According to Ms. Meschklow-Community Engagement Manager (TAC) the average age of a new smoker is 13. Their participation in the activities helped prepare them as they transition on to middle school armed with an awareness of the lure of the tobacco lobby to try making them the next generation of

replacement smokers. The potted plants will be transplanted in the Spring to the three Entities new "LIVE SAFE" environmental garden planned for the Middle School yard. Youth Bureau, Executive Director Spiro Tskias said, the participating youth were charged with sharing the messaging with their peers and loved ones; urging them to mark GASO as the first day of their quit journey.

The Coalition is promoting their "LIVE SAFE" campaign in the hope youth will embrace a healthy substance free lifestyle, while continuing their ongoing efforts with TAC of advancing towards a Tobacco Free City.

For Quit help the NYS Smoker' provides free and confidential services that include information, tools, quit coaching, and support in both English and Spanish. Services are available by calling 1-866-NY-QUITS (1-866-697-8487), texting (716) 309-4688, or visiting www.nysmokefree.com, for information, to chat online with a Quit Coach, or to sign up for [Learn2QuitNY](#), a six-week, step-by-step text messaging program to build the skills you need to quit any tobacco product. Individuals aged 13 to 24 can text "DropTheVape" to 88709 to receive age-appropriate quit assistance.

Also you may visit the American Lung Association on their Website at: www.americanlung.org. The Lung HelpLine, is available via phone or online and is ready to assist teens between the ages of 13 -17 in quitting tobacco, including vaping. Call 800-LUNGUSA or chat online through their website at Lung.org.

SAFE is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. Its Coalition is concerned about tobacco use and vaping, seeking to educate and update the community regarding its negative consequences in collaboration with Carol Meschkow, Manager -Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow us on ww.facebook.com/safeglencovecoalition or visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health www.safeglencove.org.