

Press Release

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FOR IMMEDIATE RELEASE

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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.

Once again the SAFE Glen Cove Coalition members -the Glen Cove Youth Bureau and Glen Cove School District Health Education teachers collaborated 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.

For the week of November 18th, 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. This year, students have taken a creative approach to raise awareness about the importance of making healthy lifestyle choices. In an engaging and artistic endeavor, they developed their own comic strips, each frame thoughtfully illustrating positive alternatives to smoking.

The comic strips serve not only as a form of artistic expression but also as a powerful educational tool. Each panel highlights various healthy choices that individuals can adopt, emphasizing the benefits of leading a smoke-free life. Through this project, students are encouraged to think critically about their health and the impact of smoking, while also fostering creativity and collaboration among their peers.

Additionally, through a series of interactive activities and a powerful point presentation with resource materials provided by the Tobacco Action Coalition of Long Island, students instruction centered on the dangers of nicotine, vaping, flavoring including menthol and the marketing strategies of the tobacco industry. Currently 24% of youth smoke use menthol cigarettes. 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".

The Coalition is promoting their "LIVE SAFE" campaign in the hope youth will embrace a healthy substance free lifestyle.

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.

Please also 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. To learn more about the SAFE Glen Cove Coalition please follow us on [ww.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit the Youth and Tobacco and Vaping Facts and Myths Pages of SAFE's website to learn more about how vaping is detrimental to your health www.safeglencove.org.