

CELEBRATE KICK BUTTS DAY!



This year, The Campaign for Tobacco-Free Kids is hosting Kick Butts Day on March 21st. Kick Butts Day is a day of activism that empowers youth and young adults to stand out, speak up and seize control against Big Tobacco.

Try one of these easy ways to get involved in Kick Butts Day:

- ▶ Host a [Kick Butts Day](#) Event at your installation. Get Military Service members involved with a few [impactful activities](#).
- ▶ Encourage Military Service members to share their thoughts on quitting tobacco through social media using [#KickButtsDay](#).
- ▶ Join a [webinar on March 14th](#) for other ideas on how to spread the word about Kick Butts Day using online platforms.

THE CAMPAIGN

- ▶ If Military Service members, their friends or family members want to help a loved one quit tobacco, point them toward the [Help Your Hero Quit](#) section of the UCanQuit2 website.
- ▶ We are still working to restore our bulk order feature. [Email us](#) to receive a notification when you can order campaign materials and promotional items again.

THE LATEST IN TOBACCO

Hawaii and Guam both have Tobacco 21 Laws, raising the legal age of tobacco use from 18 to 21.

According to the Department of Defense (DoD), Military Service members in these two locations must adhere to these state laws when ashore (not aboard naval vessels). Those under 21 cannot purchase, possess or use tobacco products or electronic cigarettes. Educate Service members about the DoD's policies for [Hawaii](#) and [Guam](#).

1-800  **QUIT-NOW** 

TRICARE Quitlines are no longer available for support in quitting tobacco. Direct Military Service members to the [quitline map](#) to check eligibility requirements and programs offered in their state. To use these programs, they can call 1-800-QUIT-NOW.

ONE LAST THING

There have been stories in the news lately about e-cigarette batteries exploding and causing severe burns. Make sure Military Service members, allowed to use these devices, know how to [avoid incidents](#):

- ▶ Use e-cigarettes with safety features
- ▶ Keep loose batteries in a case or plastic container
- ▶ Never charge e-cigarettes with a phone charger
- ▶ Never charge devices overnight
- ▶ Replace damaged or wet batteries



[Share](#) how you use our resources to promote tobacco cessation on your installation.

[Contact Us](#) | [Email to Unsubscribe](#)

