



KICK BUTTS DAY

KICK BUTTS TOGETHER!

Let's reverse the recent surge of youth tobacco use by joining this year's Kick Butts Day on March 20. The annual event is a day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. Here are some ways you can get involved at your installation:

- ▶ Follow these [three easy steps](#) to host a Kick Butts Day Event at your DODEA school or installation youth center and use these [resources](#).
- ▶ Increase awareness about youth tobacco free living to your Service members and encourage them to get their children involved in these [opportunities](#).
- ▶ Check out [additional materials](#) for health educators to use at your base schools from "The Real Cost" Youth E-Cigarette Prevention Campaign.
- ▶ Share your thoughts about quitting tobacco on social media by using the hashtag [#KickButtsDay](#).

THE CAMPAIGN

- ▶ The campaign's new look and feel is almost here! We'll be launching a refreshed website, but our mission – to help U.S. Service members quit tobacco – remains the same. We can't wait to share it with you.
- ▶ Remember! You can [visit our current website](#) to place an order for print and promotional materials. For questions regarding the materials, order status or to report an issue with placing an order, please [send us an email](#).

THE LATEST IN TOBACCO



The Surgeon General recently issued a [public health alert](#) that e-cigarette use increased 78% among high school students during the past year. Be aware that incoming Service members may be more dependent on JUUL and other types of e-cigarettes or pod mods. Encourage e-cigarette users to utilize a [new vaping cessation texting program](#) by texting "QUIT" to 202-804-9884. The program is anonymous and free of charge. They can also check out these [facts about vaping](#).

ONE LAST THING



The Centers for Disease Control and Prevention (CDC) named 2019 the "Year of Cessation". Check out [this resource](#) to get ideas on how to align your installation's tobacco cessation efforts with the CDC's priorities and focus areas.

