



#BlowBubblesNotSmoke Campaign

Help raise awareness about the dangers of blowing smoke!

“Non-smokers exposed to secondhand smoke at home or work have a 30% higher risk of developing lung cancer.”

- CDC

- 1) Gather your supplies:** Purchase bubbles or make your own, or use gum if bubbles are not available! Create handouts or plan announcements about the dangers of secondhand smoke.
- 2) Pick a time and place:** Host your Kick Butts Day event outside if you plan on using bubbles!
- 3) Host your event and don't forget to share photos:** Tag your photos with #BlowBubblesNotSmoke on Instagram, Twitter and Facebook. Be sure to follow TRU so we can see your posts – the most liked/shared posts, the most creative, biggest or most number of bubbles can earn TRU Swag!