

DAY AT THE CAPITOL

CHALK THE WALK

ON OR BY MAY 3, 2022

MATERIALS NEEDED

- Sidewalk Chalk

Other optional items
to consider:

- Painter's tape
- A broom
- Stencils
- Spray Chalk

You can also make your
own sidewalk "paint"

- 2 TB corn starch
- 4 TB water
- 6-8 drops of food coloring

Mix in plastic cups and
use a sponge brush to
paint on the pavement

HOW IT WORKS

Using chalk, tell your neighbors, friends, and community why programs for tobacco prevention and cessation, like TRU, are important!

1. Decide what important message and design you're going to share. Gather supplies. See page two for ideas!
2. Choose a visible area to share your messages. Make sure to ask for permission to add your artwork.
3. Prepare your space for success:
 - Find a nice, smooth, dry area for your creation that is at least 3 x 5 feet
 - Parking lots, driveways, and sidewalks are best
 - You can also chalk on a trampoline, concrete steps, or brick
 - Chalk designs show up best on blacktop
 - If you have a broom, sweep the area clean of debris
4. Create your design!
5. Take photos of your chalk art. Post to Instagram, Twitter or Facebook by May 3rd. Tag with [#TRUinPA](#) and [#DATC2022](#).



Follow along at [@TRUinPA](#)



DESIGN INSPIRATION:

- Share a tobacco-related fact on a section of sidewalk in one color, then write another fact on another section of sidewalk in another color creating a path of knowledge about why tobacco is bad.
- Create a hopscotch board, but instead of numbers in each square, share a fact why tobacco cessation and education programs are important.
- Create a “DYK” (Did You Know) series of messaging along the path.
- Draw a scene that you can interact with.
- Use your shadow and get with a group of friends, showing how you can have a fun, tobacco-free time! Take a photo and post it on social media and tag [@TRUinPA](https://www.instagram.com/TRUinPA).



CHALK STARTER IDEAS:

- E-cigarette aerosol is not just water vapor.
- Secondhand emissions from e-cigarettes and vape pens contain dangerous chemicals.
- End the e-cigarette epidemic, get the facts at [TRUinPA.org](https://www.truinpainc.org)
- Secondhand smoke is a known cause of lung cancer, heart disease, chronic lung ailments such as bronchitis and asthma, particularly in children.
- Every year, 3,700 new PA youth become regular daily smokers and one-third will die a premature death as a result. Tobacco prevention programs, like TRU, save lives and save money.
- You can't take back the harmful effects of tobacco. So tell PA legislators to stop taking back funding for tobacco prevention programs.
- PA spends less than 13% of the CDC recommended amount of MSA funds on tobacco control programs, like TRU. [#SaveMSAinPA](https://www.instagram.com/SaveMSAinPA).
- The world needs you! Stay tobacco-free!
- TOGETHER we can make a difference. Join TRU in PA!
- Tobacco-Free is the Way to Be!