Chewing tobacco and other types of smokeless tobacco causes serious health problems. Encourage others to skip the dip and chew on something better using a custom handout and tasty giveaway.

1. Collect facts and stats about the dangers of chewing tobacco to include on your handout. Be sure to use reliable sources, like the Centers for Disease Control and Prevention (CDC). You may also want to include information on youth cessation programs and services, like the ones listed at TRUinPA.org.

2. Pick a tasty treat to share with your handout. This can be chewing gum, candy, or any fun snack.

3. Design an eye-catching handout that shares the facts and information you collected and highlights the importance of avoiding chewing tobacco and other smokeless tobacco.

4. Pass out the handouts and treats at a time and place that has a lot of foot traffic so you can reach as many people as possible. Think the cafeteria at lunchtime or entrance to school at the end of the day.
HOW IT WORKS

Big Tobacco can be pretty convincing. That’s because they have like a billion lawyers and others helping bamboozle people about the real harm their products and strategies do. So, this fun game reminds members not to fall for the lies.

1. Fill all the cups 1/2 of the way full of tea. Have a teacher, advisor or a neutral party add 2 tablespoons of SALT (representing chew spit) to TWO cups. The water may need to be stirred up to hide the salt. (Be sure the game participants can’t see which ones gets the salt).

2. Play a group fact-or-fiction game about tobacco – everyone answers.

3. If a participant gets the answer wrong, they pick a cup and take a drink. Keep the game going for multiple rounds using the remaining cups. The goal is to be the last one standing and not having to drink any “chew”!

4. Make sure you film each sip to capture reactions and post to #ChewJuiceChallenge and #TRUinPA
DEAR FUTURE ME

HOW IT WORKS

Get ready to drop some knowledge on your Future Self and you don’t even need a pencil! Send yourself an email to be delivered at a future date, this is the perfect way to keep track of why the tobacco-free movement important to you, set goals and envision the future.

1. Enter https://www.futureme.org into your browser.

2. A letter prompt starting with Dear Future Me will be displayed. Underneath that, you will have the capability to write an email to your future self.

3. Write your letter using some of the suggestions below.

4. Once you have completed your letter, you can select when you would like to receive your letter in the future. We encourage you to select a minimum of a year from today.

5. If you would like to send the letter on a specific date to receive the letter on your birthday, or a date that is special to you. You are able to modify the date by selecting Choose Date.

6. Once you have selected your date, enter your email, and select Send To The Future!

7. You will then receive a confirmation email, within the email, select confirm your email.

8. Scroll down to the bottom, to keep track of all emails sent, you can make an account by following the directions.

9. Your email is sent!

HERE ARE SOME IDEAS OF WHAT TO INCLUDE:

- Age & grade level
- A summary of your current self: Include details about your recent interests, extracurricular activities, and any recent accomplishments.
- Things you’re looking forward to: This could include a friend’s birthday party on your calendar, a family vacation, etc.
- Share your goals and hopes for the future: Think big!
- MOST IMPORTANTLY: Include why you joined the TRU movement and the importance of staying tobacco-free.

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