

WE BREATHE

RISE ABOVE TOBACCO

A Guide for LGBTQ+ Youth



TIPS TO STAYING SMOKE-FREE



Protect Your Health:

Tobacco increases your risk of respiratory problems, heart disease, cancer, and other serious illnesses. **Prioritize your long-term health and vitality.**



Mental Well-Being:

Smoking can increase anxiety and depression, which LGBTQ+ youth already face at higher rates. **Support your emotional resilience** and overall well-being.



Embrace Your Independence:

Choosing not to smoke is an act of self-empowerment. **It shows that you're in control of your choices and future, free from the influence of tobacco addiction.**



Preserve Relationships:

Smoking harms you and those around you. **Staying smoke-free helps create healthier relationships and environments for yourself and others.**



Choosing to stay smoke-free is a powerful decision that positively impacts your health, well-being, and future.

Maintain your radiant glow and be the generation to rise above Big Tobacco!

The Five S's

Support: Surround yourself with people who support your decision to stay smoke-free. Seek out LGBTQ+ inclusive resources and communities for additional support.

Stress Management: Explore healthy ways to cope with stress and difficult emotions, such as exercise, mindfulness, or creative outlets.

Stay Informed: Educate yourself about the harmful effects of tobacco and the benefits of staying smoke-free. Knowledge is power and can reinforce your commitment to a tobacco-free lifestyle.

Set Goals: Establish clear goals for yourself and celebrate your milestones along the way. Whether it's staying smoke-free for a week, a month, or longer, every achievement is worth celebrating.

Substitutions: If you're struggling with cravings, consider alternative strategies like nicotine replacement therapy, support groups, or counseling services.

If you use tobacco, you are not alone.

People who are LGBTQ+ experience higher rates of smoking and vaping compared to straight and cisgender people.

The good news is that many people in the LGBTQ+ community have successfully stopped using tobacco and you can too!

Get support today:

Kick It California: Call 1-800-300-8086 Text "Quit Smoking" to 66819 or "Quit Vaping" to 66819

National LGBT Cancer Network: Provides resources and support for LGBTQ+ individuals seeking tobacco cessation services.

National LGBTQ+ Quitline: 1-800-QUIT-NOW