



# TAKE DOWN TOBACCO

## TAKE DOWN TOBACCO TODAY

Now that you've completed *Take Down Tobacco 101*, there are plenty of ways you can help #BeTheFirst tobacco-free generation. Here are some ideas:



**LEVEL UP YOUR ADVOCACY:** Get all the skills you need to advocate to #TakeDownTobacco and to tackle any cause that you care about by taking the **Core 4 Advanced Advocacy** courses. After taking all four courses you'll be eligible to apply to be a Campaign for Tobacco-Free Kids Ambassador and get cool stuff and advocacy opportunities.



**GET THE FACTS ABOUT VAPING:** Check out **The Rise of Vaping** course to get the facts about e-cigarettes, hear from former and current vapers about nicotine addiction, and get tips for staying nicotine-free and avoiding the pressure to vape.



**GET ACTIVE:** Sign up at [tfk.org/join](https://tfk.org/join) to get action alerts so that you can use your voice to #TakeDownTobacco.



**SPREAD THE WORD:** Participate in or host a **Take Down Tobacco National Day of Action** event! This day of action, in March of each year, is focused on standing up, speaking out, and seizing control against Big Tobacco. Visit [TakeDownTobacco.org](https://TakeDownTobacco.org) for more information.



**STAY IN TOUCH:** Follow Take Down Tobacco, Campaign for Tobacco-Free Kids, and other tobacco control organizations on social media to stay up-to-date

### Take Down Tobacco

@take\_down\_tobacco (Instagram) / @takedowntobacco (Facebook)

### Campaign for Tobacco-Free Kids

@tobaccofreekids (Twitter and Facebook)