

# TOBACCO FREE DAY

## #NICOTINEFREEWV

**SUPPORT THE QUITTERS IN YOUR LIFE BY CREATING A “NOT STUCK ON TOBACCO” DISPLAY.**

**1. Grab a bunch of sticky notes.**

Pick sticky notes in your school colors, choose orange to represent RAZE or get really creative and plan a mural!

**2. Add messages of support to your sticky notes.**

This could be a personal note for someone in your life that uses tobacco or a general message of support for quitting.

**3. Display your messages.**

If you're coming to the Capitol, bring your messages to add to our display. If you're not attending Tobacco Free Day at the Capitol, create your own Not Stuck on Tobacco display and invite others to add their own messages of support.

**4. Tag your photos and videos with #NicotineFreeWV.**

We're sending swag to the posts that receive the most likes and our favorite posts on Instagram, Twitter and Facebook. Be sure to follow RAZE so we can see your posts!

**AMP UP YOUR COMMOTION:**

During Tobacco Free Day at the Capitol, RAZE is hosting a seven minute We Won't Be Silent Disco in support of the 7 out of 10 people that want to quit smoking. Host your own dance and bring attention to tobacco cessation in your community. We will share the Tobacco Free Day mashup before the event!

  @WV\_RAZE

 FACEBOOK.COM/RAZEWV

**RAZE**  
COMMOTIONS  
JAN. 26, 2018

# GREAT AMERICAN SPIT OUT

## #CANTHECANWV

**IT'S BACK! DEMONSTRATE YOUR SUPPORT FOR TRASHING TOBACCO AND YOU COULD EARN A RAZE SCHOLARSHIP.**

**1. Make a fake smokeless tobacco can and find a trashcan.**

Head over to RAZE's YouTube page to watch the video tutorial.

**2. Make a trick shot video showing off how you trash tobacco.**

The more creative the shot the better! Consider sharing some facts about smokeless tobacco in your video.

**3. Share your video(s) and tag with #CanTheCanWV.**

We will be watching for your videos on Instagram, Twitter and Facebook. Be sure to follow RAZE so we can see your posts!

**4. Get your friends to like and share your video(s).**

We're awarding shooters in the most liked videos and judges' favorite videos with an opportunity to land a basket for RAZE scholarship money.

**NEW THIS YEAR:**

RRKE emcee and motivational speaker Patrick Perez will be hosting scholarship shots and handing out RAZE swag at schools and communities of several #CanTheCanWV winners.

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**RAZE**  
COMMOTIONS  
FEB. 22, 2018

# KICK BUTTS DAY

## #BLOWBUBBLESNOTSMOKE

**SMOKERS EXPOSE PEOPLE AROUND THEM TO 70 CANCER-CAUSING CHEMICALS. HELP RAISE AWARENESS ABOUT THE DANGERS OF BLOWING SMOKE.**

### 1. Gather your supplies.

Purchase bubbles or make your own. Create handouts or plan announcements about the dangers of secondhand smoke.

### 2. Pick a time and place to host a Kick Butts Day event.

Consider an outside area to avoid slick floors. Bubbles just don't work? Consider switching to gum!

### 3. Host your event and don't forget to share photos!

Tag your photos with #BlowBubblesNotSmoke on Instagram, Twitter and Facebook. The most liked photos, biggest bubbles, most bubbles and most creative bubbles will earn swag. Be sure to follow RAZE so we can see your posts.

#### DIY BUBBLE RECIPE:

Mix 6 cups water (distilled is best) with 1/2 cup of blue Dawn dish detergent, 1/2 cup corn starch, 1 tbsp. baking powder and 1 tbsp. glycerine.

**“NON-SMOKERS EXPOSED TO SECONDHAND SMOKE AT HOME OR AT WORK HAVE A 30% HIGHER RISK OF DEVELOPING LUNG CANCER.” - CDC**



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MAR. 21, 2018**