

Asset 1 (Tobacco Free 2023 Poster) (Thursday 11/10)

The #GreatAmericanSmokeOut is one week from today!

We're campaigning to be Tobacco Free in 2023! Join us over this next week as we talk about the benefits of quitting any type of tobacco use 🚫 whether that's smoking, vaping, chew, pouches, or otherwise! It's time to Quit For Your Health, and we're here to help! Choose to be Tobacco Free in 2023! 😊

#TobaccoFreeNJ #GASO2022 #TobaccoFree #IncorruptibleUs #BigTobaccoWillNeverOwnMe #BigTobaccoWillNeverOwnUs #AmericanCancerSociety #QuitForYourHealth

Asset 2 & 3 (Text Message & Generic Tobacco Free /Inc Us Logo) (Friday 11/11)

The #GreatAmericanSmokeOut is next Thursday!

Are you attending a Great American SmokeOut event next week? 🤔 What are your plans? Are you getting together with friends, classmates, your Youth Tobacco Action Group members, or others to plan the BEST GASO EVENT EVER?!? 😊 Let us know in the comments!

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Asset 4 & 5 (Natural Highs & Tobacco Free 2023 Dark Blue background) (Monday 11/14)

Election Date: 11.17.2022

It's time to Vote for Natural Highs! There are so many awesome activities you can engage in that allow yourself to experience a natural high. That could be going to a local trampoline park to jump out that stress 🏃 hanging out with friends 🧑 or listening to your favorite playlist 🎵 This #GreatAmericanSmokeOut, vote to be Tobacco Free in 2023 – we're here to help!

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Asset 6 & 7 (VOTE and Quit For Your Health Dark Blue) (Tuesday 11/15)

The #GreatAmericanSmokeOut is in just 2 days! Let's learn about the benefits of quitting!

- 🕒 20 Minutes after quitting, your heart rate and blood pressure drop.
- ☀️ A few days after quitting, the Carbon Monoxide levels in your blood return to normal.
- 📅 2 weeks to 3 months after quitting, your circulation improves and your lung function increases.
- 😊 1 to 12 months after quitting, coughing and shortness of breath decreases – and your lungs start to regain normal function, reducing the risk of infections.
- ❤️ 1 to 2 years after quitting, your risk for a heart attack drops dramatically.
- 😬 5 to 10 years after quitting, your risk of cancers of the mouth, throat, and voice box cut in half – and your stroke risk decreases.
- 🧠 10 years after quitting, your risk for lung cancer is about half of a person who is still smoking.
- 😊 15 years after quitting, your risk of coronary heart disease is close to that of a non-smoker.

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Asset 8 (GASO Button Background) (Wednesday 11/16)

The #GreatAmericanSmokeOut is tomorrow!

Now is more important than ever to let everyone know about GASO! We're getting down to the wire! It's time to ❤️ Quit For Your Health ❤️ and we're here to help! Did you know you can always go to IncorruptibleUs.org for resources and information? Check out our website for all the info about GASO! www.IncorruptibleUs.Org! 🖥️

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Assets 9 (Big quit button w/ Fireworks (Thursday 11/17 - GASO DAY)

Today is the #GreatAmericanSmokeOut! 😊

Quitting isn't easy. It takes time 🕒 and a plan. The reason our campaign is so successful, and we have Big Tobacco worried, is because we're here to help you start on your journey towards being Tobacco Free in 2023. Text 📱 VAPEFREENJ to 88709 📱 to begin your quit journey. You can do it -- and we're here to support you along the way!

#TobaccoFreeNJ #GASO2022 #TobaccoFree #IncorruptibleUs #BigTobaccoWillNeverOwnMe #BigTobaccoWillNeverOwnUs #AmericanCancerSociety #QuitForYourHealth #ThisIsQuitting