

**All actions, big or small, will help create a tobacco and smoke-free province
for everyone in New Brunswick! Here are some ideas on how you can help advance
New Brunswick's Tobacco-Free Living Strategy.**

I will...

IDEAS - ACTIONS THAT SUPPORT GOAL 1

Increase the number of individuals taking action to support tobacco and smoke-free living.

- Sign up to the NBATC's e-newsletter.
- Connect with the NBATC to see how I can take action.
- Get inspired by success stories related to tobacco/smoke-free living on the NBATC's website.
- Share my quit smoking success story to inspire others to live tobacco/smoke-free.
- Share my (organization/business/workplace name) success story to inspire others to take action.
- Participate in a learning opportunity to increase my knowledge on tobacco/smoke-free living.
- Network/seek partnerships for projects to take action on tobacco/smoke-free living at name of organization or workplace).
- Denounce the use of contraband tobacco and its negative impacts on my community.

IDEAS - ACTIONS THAT SUPPORT GOAL 2

Increase prevention, by reducing the number of New Brunswickers who start using tobacco and vapour products.

- Educate myself on the dangers of vaping by visiting Canada.ca/vaping (or Considertheconsequences.ca).
- Educate myself on how to talk to my children so that they do not use tobacco/vapour products.
- Participate in a learning opportunity related to tobacco/vapour products use prevention.
- Educate my children on how the tobacco industry promotes tobacco/vapour product use, so that they can resist the allure of these products.
- Never use tobacco/vapour products.
- Participate in (or start) a Take Action on Tobacco Use group at my school (school name).
- Apply for a New Brunswick Take Action on Tobacco Use (TATU) grant to implement a tobacco/smoke-free living project in (school/community/workplace name).
- Apply for a Health Canada Micro-Grant on Vaping Public Education to implement a vaping prevention project in (school/community/workplace name).
- Seek out (or promote) resources for smoking/vapour product use education and prevention in (school/community/workplace name)
- Educate myself on how smoke-free environments help prevent smoking initiation.
- Network/seek partnerships for projects to prevent smoking initiation at (name of organization or workplace).
- Talk more about the importance of tobacco education and prevention within my work in the community.



Tobacco Free. Everyone. Everywhere.

Wellness Lives Here.

**Supportive Environments for
Tobacco and Smoke-Free Living.**

IDEAS – ACTIONS THAT SUPPORT GOAL 3

Increase the number of tobacco users who quit and remain tobacco free.

- **Encourage a loved one to quit smoking/using vapour products.**
- **Seek help and support to quit smoking/using vapour products.**
- **Promote Go Smoke-Free NB and other free services available for New Brunswickers looking to quit smoking.**
- **Educate myself on how smoke-free environments help smokers quit smoking.**
- **Talk more about the importance of smoke-free environments within my work at (school/community/workplace name).**
- **Seek out (or Promote) resources to help people quit smoking at (school/community/workplace name).**
- **Apply for a New Brunswick Take Action on Tobacco Use (TATU) grant to implement a smoking cessation project at (school/community/workplace name).**
- **Network/seek new partnerships for projects to help people quit smoking at (school/community/workplace name).**

IDEAS – ACTIONS THAT SUPPORT GOAL 4

Increase the number of 100% smoke-free spaces.

- **Read the New Brunswick Smoke-Free Places Act and ensure (name of business, organization, institution, workplace, community) complies.**
- **Encourage the adoption of a 100% smoke-free environment at (name of business, organization, institution, workplace, community).**
- **Rally students, teachers and staff at (college, university name) to adopt a 100% smoke-free policy for my campus.**
- **Educate myself on the dangers of second/third-hand smoke.**
- **Ensure my home environment is 100% smoke-free.**
- **Talk to my landlord about the advantages of a smoke-free policy in my building.**
- **Choose to live only in smoke-free buildings (apartments, condos).**
- **Talk to my municipal council about the advantage of a town/city-wide 100% smoke-free environment policy.**
- **Respect smoke-free environments.**
- **Encourage people to respect smoke-free environments.**
- **Politely remind people I see smoking/vaping in smoke-free environments to please respect the law.**
- **Voice my desire for New Brunswick to be a tobacco and smoke-free province for all on social media.**

IDEAS THAT SUPPORT GOAL 5

Advance New Brunswick's Tobacco-Free Living Strategy by aligning tobacco and smoke-free initiatives with other strategies and networks.

- **Contact the NBATC to help me identify partners and collaborative opportunities.**
- **Integrate (name of goal/objective number from New Brunswick's Tobacco-Free Living Strategy – ex: Goal 1a, 1b, 2a, 2b) into my work plan at (name of organization/workplace).**
- **Integrate tobacco/smoke-free initiatives within the scope of my work at (name of organization/workplace).**
- **Reflect on where (name of organization/workplace) can make the most difference.**