



free

Friends, for Real, Educating and Empowering

Dedicated to the thousands of **LGBTQ young people**
who are ensnared every year by the eight-billion-dollar tobacco
advertising campaign to take their lives.



About NYAC

The National Youth Advocacy Coalition (NYAC) is a social justice organization that empowers its members to fight injustice against lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth; and advocates to ensure their physical and emotional well-being. NYAC is committed to supporting local and national organizing within a multi-issue, social justice framework, whereby LGBTQ youth of all races, ethnicities, class backgrounds, and gender identities live to their fullest potential. It is the only national organization focused solely on improving the lives of LGBTQ youth through advocacy, education, and information.

NYAC responds directly to the needs of thousands of LGBTQ youth every year, and represents more than 130 organizations nationwide, 85 of which are direct-service, community-based organizations in 33 states and the District of Columbia. The remainder of NYAC's membership is comprised of national non-governmental organizations (NGOs), comprehensive service agencies, and advocacy and civil rights groups. Beyond our membership, NYAC serves the more than 500 support groups and agencies that make up the rapidly growing LGBTQ youth services field.

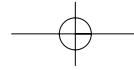




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Program Overview ▶▶▶

FREE — Friends, for Real, Educating and Empowering, helps train youth peer educators and adult allies to confront the addictiveness and negative health effects of tobacco. While **FREE** is not an anti-smoker program, it seeks to prevent LGBTQ youth from starting to use tobacco products and to provide those who want to quit with the support and resources they need.

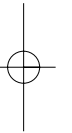
Millions of young people are ensnared by this relentless campaigning, which results in nearly 500,000 premature deaths per year (480,000 smokers and 53,000 non-smokers) in the United States alone. ⁱⁱ **FREE**'s monetary resource base may seem meager by comparison, but its youth leadership offers a rich store of creative brilliance, strategic thinking and commitment.

FREE is determined to create a supportive environment where young people can be themselves without the serious health threat presented by tobacco.

Tobacco companies spend over **eight billion dollars** per year on messages promoting smoking. ⁱ

FREE has three main objectives:

- ◆ To provide accurate, inclusive information to LGBTQ youth about tobacco in order to promote prevention and inspire cessation.
- ◆ To expose the aggressive tactics of the tobacco industry as it targets youth and to examine the specific impacts of LGBTQ youth smoking.
- ◆ To identify and create resources that support LGBTQ youth in their efforts to confront the tobacco industry's aggressive tactics and to support LGBTQ communities that are often underserved.



So, What's the Problem? ▶▶▶

Confronting smoking in LGBTQ youth communities, advocates and educators encounter a long-standing problem: no consistent research data is available on LGBTQ youth health primarily due to the difficulty in obtaining a population-based sample to survey. There is currently no available data on transgender youth and smoking.

The few states that collect data on LGBTQ youth through their health departments report alarming statistics. Findings indicate that LGBTQ youth smoke at a rate that is almost twice that of their heterosexual peers. ⁱⁱⁱ All of us at FREE believe that this data represents the “tip of the iceberg” and that smoking has a broad and devastating impact on our communities.

Have **YOU** noticed that LGB youth smoke more? Take a look around at your clients, members, friends and peers.

FREE has identified states and territories with the highest and lowest smoking rates. Do you live in any of these areas? Take a look around you... have you noticed that LGB youth smoke more or less in your area? Read on to find out what you need to know about tobacco use.

Highest Adult Cigarette Smoking Rates by State or Territory, 2001 (CDC) ⁱⁱ

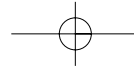
State or Territory	Smoking Rate
1. Guam	31.4%
2. Kentucky	30.9%
3. Oklahoma	28.8%
4. West Virginia	28.2%
5. Ohio	27.7%
6. Indiana	27.5%
7. Nevada	27.0%
8. South Carolina	26.2%

Lowest Adult Cigarette Smoking Rates by State or Territory, 2001 (CDC) ⁱⁱ

State or Territory	Smoking Rate
1. Virgin Islands	9.8%
2. Puerto Rico	12.5%
3. Utah	13.3%
4. California	17.2%
5. Massachusetts	19.7%
6. Idaho	19.7%
7. Nebraska	20.4%
8. Oregon	20.5%
9. Hawaii	20.6%
10. Connecticut	20.8%

g Kills



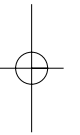
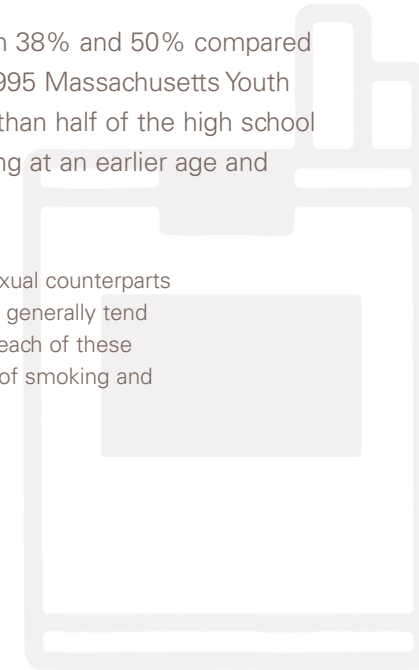


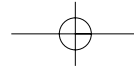
What Do We Know about LGB Youth and Tobacco Use? ▶▶▶

Smoking rates among self-identified LGB youth are estimated to range between 38% and 50% compared to a range of 28% to 35% for all non-LGB identified youth. According to the 1995 Massachusetts Youth Risk Behavior Survey (YRBS), ⁱⁱⁱ when compared to their heterosexual peers, more than half of the high school students who identified as lesbian, gay, or bisexual reported to have started smoking at an earlier age and had a higher incidence of using smokeless tobacco. ^{iv}

The various factors which influence smoking behaviors among LGB youth are more complex and more complicated than those of adult LGB individuals due to the combination of emotional and social issues that young people are faced with in today's world. Linkages have been documented for higher smoking rates among individuals who experience stress, who are depressed, have low self-esteem, use or abuse legal and illegal substances and have been victims of verbal or psychological abuse. ⁱⁱⁱ

When compared to their heterosexual counterparts for each of those factors, LGB youth generally tend to be disproportionately affected by each of these factors resulting in higher incidence of smoking and tobacco use.





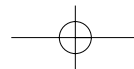
Your Silence Does Not Protect You ▶▶▶

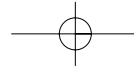
The tobacco industry has been conspicuously generous to LGBTQ causes and to those affecting other marginalized communities. We know because they're paying for ads to tell us about it. In 1999, Philip Morris gave \$60 million dollars to non-profits, AIDS service organizations and other charities, then they spent \$100 million telling us how generous they were. ^{xxxiv}

THE contributions provide Philip Morris with a sense of respectability, but critics worry that by carefully choosing the recipients of million-dollar grants the company is quietly buying the neutrality and, in some cases, the grudging support of important parts of the American politic. ^{xxxv}

As a community, it's important to question whether profits gained from targeting LGBTQ youth and other vulnerable populations are being funneled back into our communities in an effort to buy our silence.

Release of the tobacco industry documents revealed strategies to increase tobacco use in the adult LGB community. In San Francisco's Castro District in the mid 1990's there was a marketing plan called Project SCUM (Sub-Culture Urban Marketing). It was an aggressive marketing strategy to increase brand loyalty and smoking by homeless people and LGB people. ^{xxxvi, xxxvii, xxxviii} Some people have called the project a hate crime. However, District 202 says "Project SCUM is a reflection of an industry that actively promotes and profits from creating a public health debacle, and their characterization of LGBT people shows how 'scummy' they are." (Caspian Gardner, District 202)





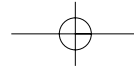
THE Tobacco Industry has advertised in gay media, sponsored gay community events, and contributed to gay and AIDS organizations... Advertising may have particular salience in the gay community, where it represents social validation. ^{xli}

In a recent article, Elizabeth Smith shows how tobacco companies' reactions to claims of aggressive advertising in the gay community have similarities and significant differences from other marginalized communities. ^{xxxix} Prior industry strategic responses have included:

- ◆ Denying targeting specific communities
- ◆ Attacking accusers
- ◆ Co-opting individuals or organizations, by aligning themselves with community leaders or organizations
- ◆ Emphasizing ties to community — done with other communities but NOT the gay community. Instead they distanced the company from the community despite their ties and donations to community leaders. ^{xi}

Smoking
Can Cause a
Slow and
Painful Death





Timeline of Tobacco Companies Aggressively Marketing to the LGB Community (Compiled by Jess Dugan, Tomorrow WithOUT Tobacco)

1991

American Brand's Montclair cigarettes have run ads showing what appear to be "aging, effeminate gay men" since 1991. xvi

1991 Philip Morris stepped up contributions to AIDS organizations. xliii

1992 Philip Morris began marketing its new Benson & Hedges Kings brand in genre-fashion and lifestyles magazine for gay men, along with other gay magazines. xliiii

1992

1992 Philip Morris's advertising for Virginia Slims was aimed towards LBT women by using androgynous models, some with motorcycles. One ad featured two women laughing over coffee with the caption, "The best part about taking a break is who you take it with." One of their more blatant ads shows a heterosexual couple walking together, with the woman smiling over her shoulder at another approaching woman. The caption reads, "If you always follow the straight and narrow, you'll never know what's around the corner." xliiv

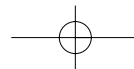
1994

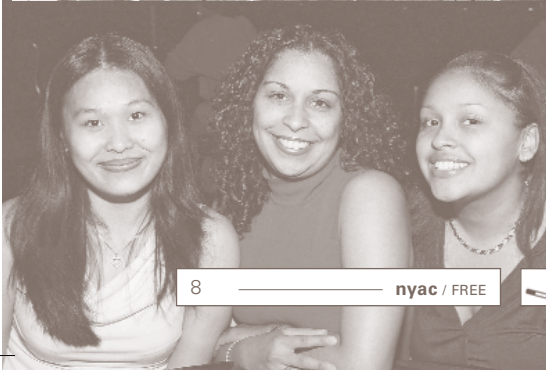
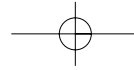
The Marlboro Man got involved too: A 1994 billboard in San Francisco featured only a denim-clad male crotch with a carton of Marlboro posed at a suggestive angle. The billboards appeared between two gay bars in the Mission District. xlv

1996

R.J. Reynolds' marketing plan targeting gays and homeless people was called "Project S.C.U.M." standing for "sub-culture urban marketing." Details of "Project SCUM." were discovered and reported by an American Lung Association researcher in Colorado in 2000. R.J. Reynolds wanted to improve the presence of their Camel brand among gays in the San Francisco area while launching their retro Red Kamel brand in 1996. They marketed their discount brand Doral to typically homeless communities. R.J. Reynolds also sells brands like Winston and Salem. xlviii The actual "Project SCUM." documents are found at the end of this guide. The advertising and marketing to the LGB communities has also been documented in a PowerPoint presentation on CD-ROM entitled, "LGBT Populations and Tobacco." Prepared by Perry Stevens, consultant, and released by Tobacco Technical Assistance Consortium (TTAC), it includes copies of the actual ads that have been in the gay press over the years as well as notes for giving presentations on the issue of tobacco and LGB communities. If you would like a PDF version of the documents mentioned above contact the NYAC Health Department.

2000





How has Tobacco Been Marketed to Youth? >>>

Here is how tobacco has been marketed to youth as taken directly from Industry Documents. xxiv

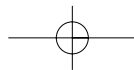
Key elements include:

- ◆ **Self-Image Enhancement** — Sign of maturity and sophistication, identification with valued persons (actors, role models) who are daring, FREE-to-choose, adults
- ◆ **Experimentation** — Trying something new, experimenting, associated with rebelliousness or living on edge
- ◆ **Group Identification** — Participating, sharing, conforming, a trait of an “alternative crowd”
- ◆ **Stress and Boredom Relief** — Buys time, valid interruption, bridges awkward times and situations, something to do as a sign of individuality, standing out from crowd, nicotine response
- ◆ **Sensory Effects** — Flavor, visual pack, cigarette and smoke attributes
- ◆ **Manipulative Effects** — Handling, lighting, puffing, holding, ashing, extinguishing

(From 1973 R.J. Reynolds document, research planning memorandum on some thoughts about new brands of cigarettes for the youth market. R.J. Reynolds Tobacco Company. February 2, 1973. Bates No. 502987357-7368 Available at www.rjrtdocs.com, www.library.ucsf.edu/tobacco/mangini. Accessed December 1, 2000).

THIS understanding of young adult behaviors helps to explain why tobacco marketing strategies for young adults emphasize integration with activities and environments of young adults, including work, military service, college, and especially bars and nightclubs. xxv





As you can see these are images and behaviors that can be linked to identity and are not merely about a tobacco product.

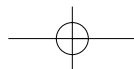
The industry is capitalizing on the struggles faced by youth transitioning from middle school to high school, high school to college, or college to the work force. They place tobacco as a means to connect to others during times of transition. A website has documented the new advertising tactics and current displays located in convenience stores with the candy.^{xxvi} Have you ever noticed the ads displayed in and around your local convenience store? A flyer for a “healthier” new “smokeless” cigarette was found at the end of the candy section in our local convenience store.

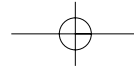
Researchers analyzed the tobacco industry documents and drew three major conclusions:

FIRST, the industry views the transition from smoking the first cigarette to becoming a confirmed pack-a-day smoker as a series of stages that may extend to age 25, and it has developed marketing strategies not only to encourage initial experimentation (often by teens) but also to carry new smokers through each day of the process. SECOND, industry marketers encourage solidification of smoking habits and increases in cigarette consumption by focusing on key transition periods when young adults adopt new behaviors — such as entering the workplace, school, or the military—and, especially by focusing on leisure and social activities. THIRD, tobacco companies study young adults’ attitudes, social groups, values, aspirations, role models, and activities and then infiltrate both their physical and social environments.^{xxvii}

The fact is, for more than fifty years cigarette companies have targeted teens as their next customers. Teens and young adults are the needed market as they will be the ones to replace those who die from smoking related disease. Every eight seconds someone dies from smoking related illness or disease... that’s 1,200 people per day.^{xxviii} FREE aims to prepare teens to educate other teens in all the places young people learn, work and play in an effort to prevent these deaths.

Advertising works — that’s why the tobacco industry spends 8.2 billion dollars on advertising each year. That’s 22 million dollars a day. That’s 915,000 dollars per hour.^{xxix} “Cigarette advertising is like peer pressure, with a \$5 billion budget.”^{xxx}





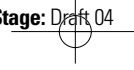
BETWEEN 1994 and 1999, numbers of tobacco advertisements increased from 8 to 337 in San Francisco and from 8 to 351 in Philadelphia. Product advertisements represented only 45% to 50% of the total; the remaining advertisements were entertainment-focused promotions, mostly bar-club and event promotions. The tobacco industry has increased its use of bars and clubs as promotional venues and has used the alternative press to reach young adults who frequent these establishments. This increased targeting of young adults may be associated with an increase in smoking among this group. ^{xxxii}

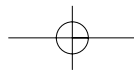
The industry attempts to attract teens and young adults by associating smoking with “toughness,” “butchness,” power, independence, rebelliousness, glamour, being “femme,” or finding your voice. They also market tobacco by sponsoring music concerts, giving out free stuff, sponsoring promotional nights at bars, and supporting sporting events, HIV/AIDS charities or Pride festivals. FREE wants to help youth explore and establish identity FREE from the threat of tobacco-related illness.

Remember Darling, Don't Smoke in Bed

Currently, smoking has become part of gay identity. Many of the leads in LGBT movies are smokers despite the fact the majority of us do not smoke. Those of us that do smoke started out smoking socially at parties or hanging out with friends or with our first boyfriend or girlfriend. It's time for us to find new pick up lines besides, “Do you have a cigarette?”

More research is needed to see if there is any connection between the prevalence of characters that smoke in queer movies, and on TV shows like *Queer as Folk*, and the prevalence of smoking among LGBTQ youth. For example, research on the general population has shown that teens whose favorite movie stars smoke are significantly more likely to smoke. ^{xxxii} The CDC documentary, *Scene Smoking: Cigarettes, Cinema & The Myth of Cool*, presents a balanced view of why so many leading men and women smoke in movies. However, the documentary fails to explore the connection between financing and the prevalence of smoking in films. Prior to the 1998 Master Settlement Agreement the tobacco industry paid for “Product Placement,” an arrangement wherein producers and actors were compensated for using a specific tobacco product in a film. ^{xxxiii} Caspian Gardner, of District 202, wonders “Did the actors in *The Birdcage* receive any money for smoking in that film?”





Free to Educate – Consequences of Smoking on Health ▶▶▶

As we know Big Tobacco is pretty good at what it does: From 1980–1999 it took in 431 billion dollars from smokers! (Caspian Gardner, District 202) The three most heavily advertised cigarette brands are the ones youth choose the most. 86% of adolescent smokers who bought their own cigarettes preferred the three most heavily advertised brands, **Marlboro, Newport, Camel** compared to only about one third of adult smokers. ^{xlix}

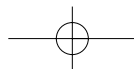
TOBACCO use is the single most preventable cause of death in the United States causing heart disease, cancers, and strokes. ⁱ Among young people, the short-term health effects of smoking include damage to the respiratory system, addiction to nicotine, and the associated risk of other drug use. Long-term health consequences of youth smoking are reinforced by the fact that most young people who smoke regularly continue to smoke throughout adulthood. ⁱⁱ

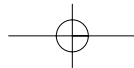
Despite this, what is most real to us becomes our addiction to nicotine. Nicotine is as addictive in the same ways as heroin or cocaine. ⁱⁱⁱ To be **FREE** from nicotine it takes time and support. Did you know that nicotine is a stimulant that reaches the brain in 7 seconds? This is faster than a heroin injection! ⁱⁱⁱⁱ Nicotine activates nerve cells to restrict the blood vessels, raising blood pressure and heart rate... it's the reason that most smokers have cold hands and feet due to poor circulation. ^{liv} Smoking has been **HEAVILY** advertised as a way to provide stress relief. And many smokers state that they smoke to reduce stress.

What Else Does Nicotine Do?

The body's reaction to nicotine depends on many things — the amount of nicotine in the body, the amount of time since the last cigarette smoked, stress levels from nicotine withdrawal, and time of day.

IRONICALLY, much of the stress that cigarettes relieve is **CAUSED** by nicotine withdrawal; it is common for people who stop smoking, once they are past withdrawal, to feel less stress than they experienced while smoking. The use of smoking for “stress relief” as supported by tobacco marketing is really self medicating for nicotine withdrawal. ^{lv}





Early in the day nicotine acts as a **stimulant** (upper, rush) to many people. Later in the day it seems to act more like a **sedative** (downer, lowers mood).^{vi}

Some of the short-term risks of smoking are: reduced lung growth and reduction in the level of maximum lung capacity; increased breathing problems — like asthma, bronchitis, upper respiratory infections or difficulty catching your breath; wheezing, coughing; pre-cancerous conditions; yellow teeth; smelly clothes; bad breath; and impotency in bio-boys.^{vi} Some of the long-term effects from tobacco use are serious deadly diseases such as: emphysema, cancer, stroke, and heart disease.

As we said, this amounts to about 1,200 deaths per day. We have the power to spoil their billion-dollar plan to make our friends and our family their dead customers. (Caspian Garner, District 202) Since one study suggests LGBT people are more likely to use smokeless tobacco it is important to mention that cigars, and spit tobacco are NOT safe alternatives to smoking.

In fact, short-term use of spit tobacco can cause cracked lips, white spots, sores and bleeding in the mouth. Surgery to remove oral cancers caused by tobacco use can lead to serious changes in the face. Sean Marcee, a high school star athlete who used spit tobacco, died of oral cancer when he was 19 years old.^{viii} Cigarettes have about 4,000 chemical additives. They are supposed to enhance the taste of the cigarette or change the chemical composition of the smoke so that it's less visible to the eye. That means that what you can't see can kill you. In fact, 43 of those added chemicals have been found to cause cancer.

FREE wants all youth to have the facts on tobacco, know the many dangers — short and long-term — and know the risks of smoking. If youth have that information then we know we are FREE to make a choice. We know that it is difficult to quit. FREE is dedicated to helping young people gain the support essential to living a life FREE of tobacco.

What's in a Cigarette?

Aside from nicotine, there are many dangerous chemicals in cigarettes. Here are a few:

ammonia a household cleaner. **arsenic** used as rat poisons. **benzene** used in making dyes/synthetic rubber. **butane-gas** used in lighter fluid. **carbon monoxide** poisonous gas. **cadmium** used in batteries. **cyanide** deadly poison. **DDT** a banned insecticide. **ethyl furoate** causes liver damage in animals. **lead** poisonous metal. **formaldehyde** used to preserve the dead. **naphthalene** ingredient in mothballs. **methyl isocyanine** its accidental release killed 2,000 people in Bhopal, India in '84. **polonium** cancer-causing radioactive element. **urea** a compound of urine.



Understanding Smoking Behaviors ▶▶▶

We are **FREE** to be who we want to be.
FREE to love whom we want to love.
 If we do smoke, we want to feel **FREE** to QUIT.
 To do that, young people need to understand
 the reasons why we smoke.

People use tobacco for lots of reasons: pleasure, to meet people, boredom, to keep their hands busy, relaxation, to keep from eating and to cope with stress. Whether or not we are LGBTQ, we deal with a lot of stress related to our identity and our lives. We hear homophobic, racist, classist and sexist remarks all around us. We deal with pressure from ourselves, our families, friends and others in our communities. Add to that looking for love, getting good grades, joining sports or other after-school activities and working. Many of us see smoking as a stress relief, only to become addicted to nicotine, which builds a deadly cycle of stress and the need for additional relief.

What Influences Smoking Among Youth? ^{lix}

- ◆ Role models
- ◆ Social norms and social desirability
- ◆ Access to cigarettes
- ◆ Social isolation/lack of support
- ◆ Personality/mental health factors (e.g., rebelliousness, risk-taking, low self-esteem)
- ◆ Use of substances to modify/regulate/affect mood
- ◆ Perceived consequences
- ◆ Social roles associated with smoking

What Makes LGB Youth More Susceptible to Smoking? ^{lix}

- ◆ “Coming out” and the issue of difference
- ◆ Managing stresses of difference/marginality
- ◆ Anti-gay violence and discrimination; Higher stress levels in the face of oppression
- ◆ Lack of support from peers and family
- ◆ Socialization into the LGBT community
- ◆ Exploration of gay bars — access as minor, the role of bars as a primary social outlet
- ◆ Finding a sense of belonging
- ◆ Acceptance of smoking in the community
- ◆ Finding relationships
- ◆ Increased incidence of substance abuse
- ◆ Reduced access to health care, because of the lack of insurance or trauma from insensitive providers
- ◆ Targeted marketing efforts by the tobacco industry
- ◆ LGBT youth are two to three times more likely than their straight counterparts to begin smoking
- ◆ Fear of weight gain, concern about “looks” and body image



Understanding Why You Smoke ▶▶▶

FREE wants young people to take time to understand why we smoke. There is a period where it is easier to quit smoking, and that is when we first start. **FREE** wants the “social smoker”— those who smoke from time to time — to not become pack-a-day or regular smokers. **FREE** also wants to help motivate those who are regular smokers to quit. We can be **FREE** without feeling stuck as a smoker forever. To do that we need to really think about why we smoke. Here are some simple suggestions:

- ◆ Make lists of the reasons why we smoke. The more support we have, the better.
- ◆ Tell our friends and family that we plan to QUIT.
- ◆ Find at least three people who can give us meaningful support. Do we have any friends that are former smokers? Do we need help finding a smoking cessation support group nearby?
- ◆ Look in the local programs list at the back, or on NYAC’s website www.nyacyouth.org under “Local Program Search” to find a quit/tobacco cessation group.



Making a Plan to Quit ▶▶▶

Quitting takes both motivation and commitment. Smokers must ask ourselves: what are three of my most important reasons for quitting? We can take time to reflect on these reasons during our most challenging moments. To be successful, it may take many attempts. Quitting IS difficult. On average, former adult smokers make 8–11 attempts before succeeding. ^{ixi}

Understanding ourselves and how the urge to smoke arises is an essential part of creating a quit plan. During the first few weeks of quitting, stop and notice when a craving comes up. Use the chart on the following page to help support the quit plan. Use it to make notes about each time a craving strikes.

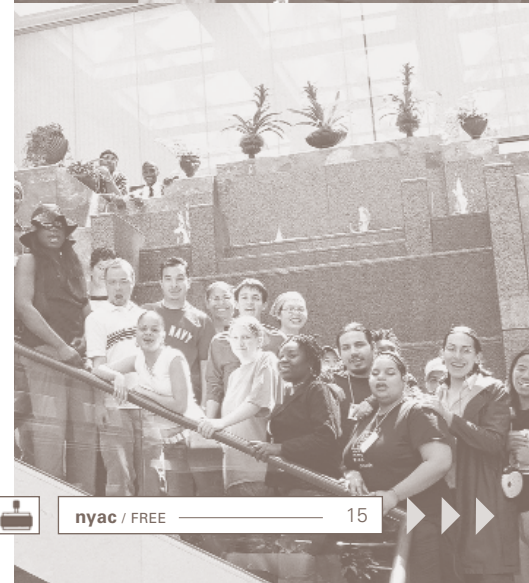
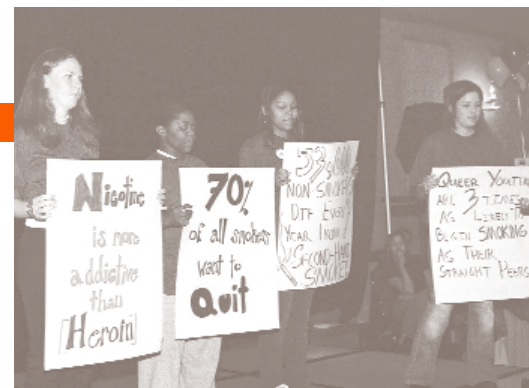
Quitting presents dramatic social, physical and emotional changes. Fortunately, LGBTQ youth are often very skilled and experienced at facing social, physical and emotional challenges! Understanding our needs and planning for them will help us to be successful.

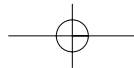
Take a STAND to be Smoke-FREE ▶▶▶

Liberating ourselves from tobacco requires a plan. The earlier we stop, the **FREEer** we will be from serious illness and disease and the **FREEer** our bodies will be to heal from the current damage that smoking has caused us. It is encouraging to note that research shows that young people who do not start using tobacco by age 18 will most likely never start, ^{xii} and evidence also suggests that young women more often quit successfully compared to older women. ^{ixiii} Stopping smoking isn't about denying something that we enjoy. It's about saying yes to our lives, to our bodies, to our loved ones, and to our future.

Take a STAND — What Happens When We are Smoking?

- ◆ **Situation** — The places we smoke and the people we are with.
- ◆ **Time** — When do we smoke? During certain times of the day? On particular days of the week?
- ◆ **Attitude** — What is our mood like? How are we feeling? Do I smoke when I feel hungry, angry, lonely, tired, stressed, relaxed, happy?
- ◆ **Need** — How strong is our need to smoke? 3=strong, 1=weak. When is my **NEED** for tobacco the strongest?
- ◆ **Doing** — What am I doing? Driving? Waking up? Waiting? Working? Watching movies? Hanging out with friends? Talking on the phone? Do I smoke more when I am doing a specific activity? ^{ixiv}





If you QUIT, you are on your way to better health. The American Cancer Society has outlined that you will have better health within:

20 minutes — We stop polluting the air. Blood pressure decreases, and the pulse slows to its normal rate. Temperature in hands and feet increases to normal.

8 hours — Carbon monoxide level in the blood drops to normal, and oxygen level increases back to normal.

24 hours — Breath, hair, and body stop smelling like smoke. The chance of having a heart attack starts decreasing.

48 hours — Damaged nerve endings begin to recover from nicotine addiction. As a result, sense of taste and smell begins to improve.

72 hours — The body is virtually FREE of nicotine. The bronchial tubes relax, making it easier to breathe and lung capacity starts to increase.

2 weeks to 3 months — The lungs hold more air, and lung function increases up to 30%. Exercise and walking become easier, and circulation improves.

1 month to 9 months — Coughing, sinus congestion, fatigue and shortness of breath decrease. Cilia regrow, and are better able to clean the lungs and prevent infection. Overall energy increases.

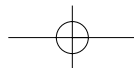
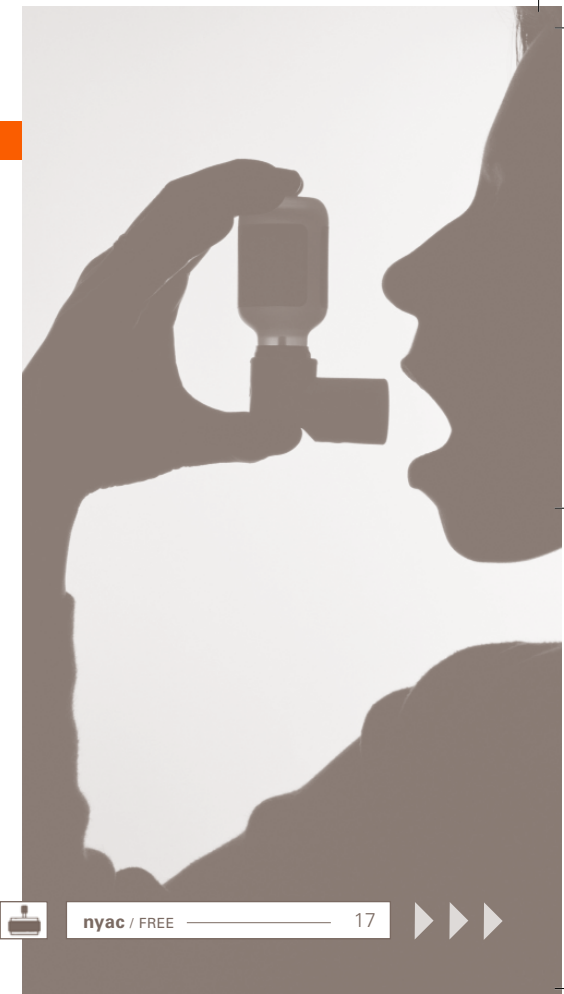
1 year — The risk of coronary heart disease is cut in half.

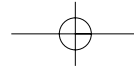
5 years — The risk of having a stroke or heart attack is reduced to that of a non-smoker.

10 years — The risk of developing lung cancer is cut in half.

15 years — The risk of coronary heart disease drops, usually to the level of a non-smoker. (Adapted from American Cancer Society, 1999 and the STAND OUT Quit Guide).

Smoking Kills





Coping Strategies when Quitting ▶▶▶

When we least expect it, the urge to smoke hits. When that happens, having a plan to cope helps. We're not always successful at resisting these urges, but a relapse can be used as a "teaching moment" or an opportunity to learn more about why we smoke. This is all part of the process of learning to quit and coming to a level of self-acceptance with a new identity as a non-smoker.

Let's face it, there is a divide between smokers and non-smokers, and we need to navigate our way from one side to the other, finding our own path. Everyone is different and has different ways of learning about ourselves and what works best when making life changes. The process is just as important as the outcome. We can frame our thinking as positively as possible and be gentle with ourselves, because our journey to becoming non-smokers may take more time than we expect.

Finding a local program that supports LGBTQ young people might not be easy. NYAC and its member organizations are developing **FREE** programs and trying to identify LGBTQ smoking cessation support groups. Please contact us to find a group or start one.

"The Last Drag" has been a successful smoking cessation group in San Francisco facilitated by Gloria Soliz, a member of CLASH (Coalition of Lavender Americans on Smoking and Health). The Five Ds they have developed might also help you to take your last drag:

- 1. Delay** — Immediately turn our attention to something else. Remember, that even the most intense craving lasts only a few minutes, five to ten at most. The urge to smoke will go away whether we smoke or not.
- 2. Deep Breathing** — Take three deep breaths pause, clear our thoughts, meditate, learn to relax, listen to music or think of a song.
- 3. Drink Water** — Six to eight glasses a day.
- 4. Do Something** — Get up, get out and do something that takes our mind off cigarettes.
- 5. Discuss** — Call and talk to a friend, or a former smoker to get support.



Celebrating Freedom and Exploring Alternatives to Smoking ▶▶▶

It's a rainy windy day and smokers are trying to hold an umbrella with our head and neck while trying to light a cigarette. Imagine the freedom of not being forced outside in the rain and cold to smoke. There are many aspects to being smoke-FREE to be explored and celebrated. Rewarding our efforts will remind us that we have decided to put our lives and our health first.

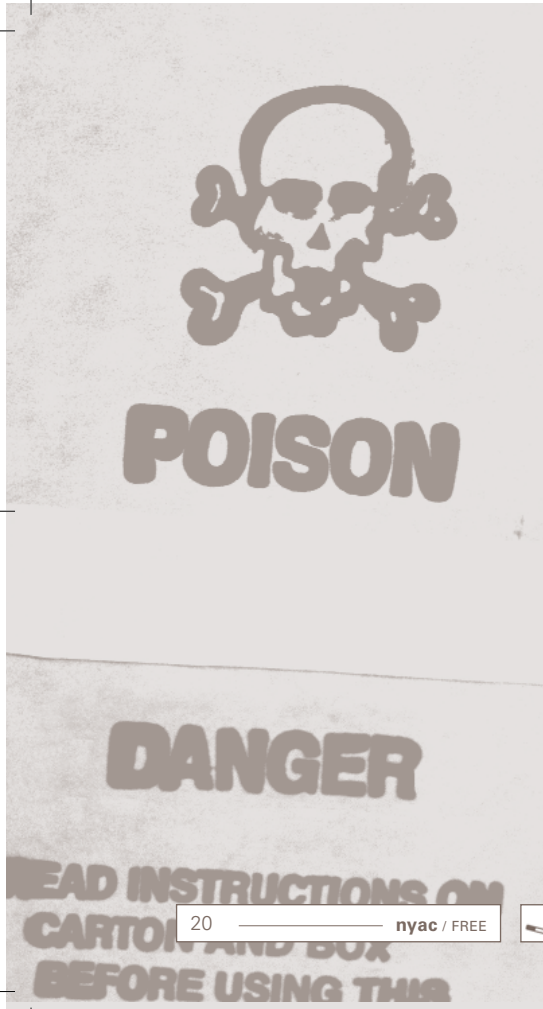
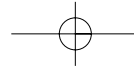
Finding "Quitting Aids" and "Nicotine Replacement Therapy (NRT)" might help. We can look at the chart overleaf and decide for ourselves. If we use NRT it is very important that we DO NOT use tobacco at the same time. NRT helps avoid some physical withdrawal symptoms by supplying nicotine from non-tobacco sources. However, cravings and urges will still occur. That is why it continues to be important to have a quit plan to cope with cravings. lxvi

There are countless ways and suggestions to make our quit day a little easier. The best is to find a local program. Others include but are not limited to:

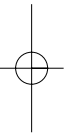
- ◆ Wash the car; Put in a new air freshener
- ◆ Throw out the trash and make sure there is not a single tobacco product in the car
- ◆ Empty out and clean all ashtrays, or fill them up with our favorite mints, or remove all lighters and ash trays
- ◆ Clean our room or house
- ◆ Check our whole house or apartment and remove all tobacco products
- ◆ Use air fresheners and carpet cleaner to get rid of the smoke smell
- ◆ Do laundry, including bedspreads and sheets
- ◆ See the dentist. Make an appointment to shine our teeth. When was the last time we enjoyed white teeth?
- ◆ Stock up on healthy snacks like carrots, fruit, pretzels and celery sticks
- ◆ Have water bottles filled and ready. Keep them with us or at school or work
- ◆ Set up a reward system. It does not have to cost money. But, we must celebrate, we deserve to be rewarded for such hard work!

**Have confidence in ourselves.
We can QUIT.**





	Nicotine patch	Nicotine Gum	Inhaler	Nasal Spray	Bupropion (Zyban)
How it Works	Adhesive bandages distribute nicotine into bloodstream through skin	Releases nicotine into bloodstream through lining of mouth	Inhaled orally to release nicotine into bloodstream	Inhaled through nasal passages to release nicotine into blood stream	Prescription medication that can reduce withdrawal symptoms does not contain nicotine
Rx or OTC	OTC (OVER THE COUNTER)	OTC	Rx (PRESCRIPTION)	Rx	Rx
Cost	\$3 per day	\$4 to \$18 per day	\$6 per day (AVERAGE)	\$6 per day (AVERAGE)	\$3 per day
Use per Day	1	9–24	6–16	8–40	2
Length of Use	6–12 weeks	12 weeks	6 months	3–6 months	2 weeks before quitting and up to 6 months
PROS	Easily applied once per day	Flexible; fast; good for heavy and light smokers; may limit weight gain, improved flavors	Fast easy; mimics smoking	Fastest relief for cravings; easy; flexible	May limit weight gain; first choice for people with depression; low dose available for light smokers; may be used with patch
CONS	Doesn't help control sudden urges; may cause skin rash	Unpleasant taste; can cause nausea, requires special chewing method and no eating and no drinking 15 minutes before or after use	Mouth or throat irritation requires frequent use during the day	Mouth, throat, nose, eye irritation is common; requires frequent daily use	Insomnia; dry mouth; avoid if having eating disorders or seizure problems



Empowering Steps ▶▶▶

Thinking about what we will do when cravings come is empowering. Tobacco use can be triggered by what we do, how we feel, where we are, and even what we eat or drink. That is why it is important to learn what works best.

Making our own quit kit filled with our favorites; might include: carrots, celery, straws, sugarless gum, toothpicks, ginger, cloves, or cinnamon (cinnamon will give you an unpleasant taste if you smoke after chewing).

Exercise helps us to relax and to maintain our weight.

Read or write. Find a good or inspiring book, send a letter to a friend, write a poem, or in a journal.

Go somewhere that does not allow smoking — like a museum, movie theater or restaurant. Frequent new places where we know we will never smoke, instead of old places where we have smoked.

Spend time with non-smoking friends. Explore the power to change and discover new freedoms.

Be present, and get through today without smoking. Be good to ourselves in every possible way.

Treat ourselves with the money you have saved — prepare a nice meal, buy that new CD or DVD.

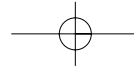
Talk to ourselves, find something to say that helps, like, “calm down, this is okay, I can take it easy.”

Whistle or sing; brush or floss our teeth.

Stay busy. Take a bath or a shower to relax. Build in alternative breaks besides smoking breaks — get up and walk around, get a glass of water, stretch, yawn, swing our arms or legs, dance, touch our toes, shrug our shoulders. Keep our hands busy — pretend to smoke but, just breathe, put together a puzzle, play a video game, use a stress ball or play with coins. lxv

Stuck? Take a really deep breath and remember our desire to be **FREE**. Think of the most important reason we want to stop smoking and say it aloud in front of a mirror. Think of quitting as an act of love and a gift to those we care about and to ourselves.





Local LGBTQ Tobacco Control Programs

Northeast Region

MASSACHUSETTS

Boston

Tomorrow WithOUT Tobacco

The Home for Little Wanderers
271 Huntington Avenue
Boston, MA 02115
PHONE 617.585.7547
www.thehome.org

Tomorrow WithOUT Tobacco is a peer education program that recruits, hires, and trains LGBTQ youth, ages 12–23, to work within their own community to change the attitudes and behaviors around tobacco. Tomorrow peers conduct outreach at events and venues frequented by LGBTQ youth, support and encourage programs to become smoke-free, provide “other options” for youth attempting to quit, reduce, or avoid tobacco use, and provide smoke-free social events for queer youth.

“Tomorrow” infuses tobacco control issues into the queer community, and queer issues into the mainstream tobacco control community. Tomorrow WithOUT Tobacco empowers youth to become smoke-free and better able to handle social stressors associated with their queer identities through a variety of trainings designed specifically for queer youth. The program offers a cessation workshop series to help move youth through the stages of change beginning where they are. Various sessions are designed for youth who smoke and are ready to quit, smoke, but are not ready to quit, and those who do not smoke and want to stay smoke-free.

MARYLAND

Baltimore

Chase Brexton Health Services, Inc

1001 Cathedral Street
Baltimore, MD 21201
PHONE 410.837.2050
THE LAST DRAG 410.545.4481, EXT. 1700
www.chasebrexton.org

Their program is called Chase Brexton Last Drag which provides free smoking cessation classes. The program is partly based on American Lung Association’s “Freedom From Smoking” program. The program provides a confidential and supportive group setting with trained smoking counselors to help quit smoking. Free nicotine patches and gum are also provided.

NEW YORK

Bronx

Bronx Lesbian and Gay Health Resource Consortium, Inc

448 East 149th Street, Third Floor
Bronx, New York 10455
PHONE 718.292.4368 FAX 718.292.4999
www.blghrc.org

GURLZ KICK ASH! is a quit smoking program of the Bronx Lesbian and Gay Health Resource Consortium. The program provides the environment, information, resources and programming to help smokers quit. It runs in cycles of eight consecutive weeks and includes weekly workshops, educational materials, nicotine replacement therapies, weekly incentive gifts, and refreshments. The workshops are created specifically for Bronx lesbian and bisexual women and are led by Deborah May, an experienced lesbian-identified community health and sexuality educator and a quit smoker. For more information, contact Deborah May at 866.442.9227 or via email at gurlzkickash@aol.com

The Lesbian and Gay Community Services Center, Inc

208 West 13th Street
New York, NY 10011
PHONE 212.620.7310, EXT. 412
www.gaycenter.org

The Center’s SmokeFree Project offers smoking cessation groups to clients in two stages, designed to give participants the tools to identify the pros and cons of quitting, build a support network, develop a plan, and finally, to quit smoking for good. In addition, they offer individual counseling for clients, and provider training and education. The first stage for clients is Not Quite Ready to Quit, a psycho educational, four-hour session intended for those who are considering quitting, but are not sure that they are ready and/or have attempted to quit in the past without success. The second group is our Commit to Quit group, a six-week group for smokers who have definitely decided the time to stop smoking is now! Those interested in the groups, or in the other SmokeFree Project offerings, such as smoking cessation training for providers, can call 212.620.7310, EXT. 412



YES — Youth Enrichment Services

Lesbian and Gay Community Services Center
208 West 13th Street
New York, NY 10011
PHONE 212.620.7310
www.centeryes.org

Provide smoke-free facilities and smoke-free events and activities. Provides effective smoking prevention and cessation programming based on a health survey collected at youth dances. Starting a "Not Quite Ready to Quit Group." Started a media team that improves media literacy skills for youth, with workshops that look at tobacco advertising and the media.

**PENNSYLVANIA
Doylestown**

The Rainbow Room of Planned Parenthood

301 South Main Street, Suite 2E
Doylestown, PA 18901
PHONE 215.348.0558
www.ppbucks.org

Provides smoke-free facilities, events, and activities. Participates in anti-tobacco media efforts and smoking prevention and cessation programming that has been formally evaluated. Based on the NOT On Tobacco by American Lung Association model program

Philadelphia

The Attic Youth Center

419 South 15th Street
Philadelphia, PA 19146
PHONE 215.545.4331
www.atticyouthcenter.org

Break the Chain... The Attic Youth Center assists youth tobacco users in long term cessation of tobacco use through one-on-one counseling, support groups, and relapse prevention. In addition, youth participate with a local health organization to help produce a social marketing campaign to help bring information to LGBTQ youth tobacco users.

Mazzoni Center

1201 Chestnut Street, Third Floor
Philadelphia, PA 19107
PHONE 215.563.0652
CESSATION PHONE 215.563.0663
www.mazzonicenter.org

They provide free cessation classes to LGBTQ adults, 18+. Participants in the classes are encouraged to create their own goals for the duration of the class (i.e. not everyone is pushed or encouraged to quit depending on their readiness) and to have a goal to reduce their use with the intention of quitting at some point in the future, even if not within the eight-class session. This is different from some other classes where everyone is expected to have the goal to quit as a group. They have found this approach to be really successful.

The Safeguards Project and LGBT Health Resource Center

1211 Chestnut Street, Suite 810
Philadelphia, PA 19107
PHONE 215.496.9560
www.lgbthealthresource.org

The Philadelphia LBGT Tobacco Control Project, coordinated by The SafeGuards Project and LGBT Health Resource Center, is dedicated to understanding and reducing the disparities of tobacco use and tobacco-related morbidity among sexual minorities. The project conducts research on tobacco use and social factors related to its use in LGBT communities, and coordinates health promotion campaigns aimed at reducing tobacco use and tobacco smoke pollution in Philadelphia's sexual minority communities.

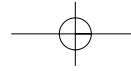
**VERMONT
Burlington**

Outright Vermont

PO Box 5235
Burlington, VT 05402
PHONE 802.865.9677
VT, MA, NH, NY 1.800.452.2428
www.outrightvt.org

Outright Vermont has been working to incorporate anti-tobacco messages into their programming and education work for many years. Numbers from the most recent Vermont Youth Risk Behavior Survey show that 63% of Vermont youth who have had sexual intercourse with someone of the same sex use tobacco as opposed to 44% of their peers who have had sexual intercourse with someone of the opposite sex. It's no great secret that queer youth are more likely to use tobacco than their heterosexual counterparts. In response, Outright has partnered with OVX (Our Voices Exposed) and the American Cancer Society to provide cessation materials and truths about big tobacco's aggressive advertising campaigns, as well as providing crucial information to youth about the short- and long-term health risks of tobacco use as well as the range of social equalizers and conversation starters that exist besides smoking a cigarette.





WASHINGTON, DC

The Mautner Project for Lesbians with Cancer

1707 L Street NW, Suite 230
 Washington, DC 20036
 PHONE 202.332.5536
www.mautnerproject.org

Over the past 10 years, the Mautner Project has been dedicated to promoting smoke-free lives in LGBT communities. The Project has developed and implemented a smoking cessation clinic, held smoke-free events, conducted outreach and education campaigns at local health fairs and social venues, worked collaboratively with other mainstream and LGBT anti-tobacco collations, presented at conferences, and participated in the annual Gay American Smoke Out. Furthermore, the Mautner Project, with help from the American Legacy Foundation, is currently working on a national anti-tobacco media campaign to target lesbians forty years of age and older. As a result, The Mautner Project has spent an abundance of

time learning, researching, and advocating against tobacco use in the lesbian community. The Mautner Project's "Kicking Butts" Smoking Cessation Clinic is designed specifically for LGBT communities. It is an eight-week psycho-education group offering both support and tools that can assist in the quitting process. Topics such as, but not limited to, methods of quitting, stress management, withdrawal symptoms, weight gain, the emotional aspects of quitting, and relapse prevention as they pertain to LGBT communities, are explored.

SMYAL, Sexual Minority Youth Assistance League

410 7th Street, SE
 Washington, DC 20003
 PHONE 202.546.5940
www.smyal.org

SMYAL is working on a social marketing campaign that is being created to disseminate information about tobacco to LGBTQ youth. There is a team of six youth that has been

working since December 2002 to create a logo, campaign posters and promotional items. The Breathe Easy team will also create a website for the campaign. SMYAL will probably start a cessation program at the youth center. Currently they hold kick-butt nights every other month to share tobacco information through games.

Mid-West Region

**INDIANA
 Indianapolis**

Indiana Youth Group
 PO Box 20716
 Indianapolis, IN 46220
 PHONE 317.541.8726
www.indianayouthgroup.org

Provides smoke-free facilities, activities and events. Participates in anti-tobacco media efforts and smoking prevention and cessation programming.

**ILLINOIS
 Chicago**

Howard Brown Health Center
 4025 North Sheridan Road
 Chicago, IL 60613
 PHONE 773.388.1600
www.howardbrown.org

Their tobacco prevention groups are starting in January 2004. They are currently collecting survey data and creating a media campaign. They also have one cessation group via a collaboration with another organization/person, and may have more between now and the end of the year.

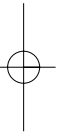
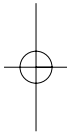
**IOWA
 Ames**

Youth and Shelter Services, Inc
 420 Kellog, PO Box 1628
 Ames, IA 50010
 PHONE 515.233.3141
www.yss.ames.ia.us

Provides smoke-free facilities, events, and activities. Participates in effective anti-tobacco media efforts and smoking prevention and cessation programming that has been research based. Implement Project TNT (Towards no Tobacco Use) to provide education in schools from 5th to 7th grade. Also implement TEG (Tobacco Education group) and TAP (Tobacco Awareness Program) for education and cessation respectively targeting high school students. Organize youth leadership and develop opportunities/activities through the "teen task force of Story County," a youth group for junior and senior high school students.

**MICHIGAN
 Ferndale**

Affirmations Lesbian and Gay Community Center
 195 West Nine Mills Road
 Ferndale, MI 48220
 PHONE 248.398.7105
www.goaffirmations.org



They just got involved with smoking cessation and tobacco prevention and participated in a Smoke Out, and started their own “Kick Butts” group. They are passing out Quit Kits and hosting smoke-free programming and events for LGBTQ youth.

MINNESOTA

Bemidji

Bemidji Safe Youth and Family Program

PO Box 662

Bemidji, MN 56619

PHONE 218.751.8223

www.evergreenhouse.org

Provide smoke-free facilities and smoke-free events and activities. Provides effective smoking prevention and cessation programming that has been replicated.

Minneapolis

District 202

1601 Nicollet Avenue South

Minneapolis, MN 55403

PHONE 612.871.5559

www.dist202.org

District 202 provides smoke-free facilities and events for youth, Sun–Thurs, and participates in the GAY American Smoke Out. District 202 youth and adult staff participate in anti-tobacco education, media campaigns and coalitions.

Youth Link

41 North 12th Street

Minneapolis, MN 55403

PHONE 612.252.1200

FAX 612.252.1201

www.youthlinkmn.org

Provides smoke-free facilities, events, and activities, Participates in anti-tobacco media efforts and smoking prevention and cessation research and programming that has been formally evaluated.

WISCONSIN

La Crosse

GALAXY

3219 Commerce Street

La Crosse, WI 54601

PHONE 608.781.2783, EXT. 3

www.ywcalax.org/galaxy

For their smoking cessation/prevention programming, they do a variety of activities: Talking to young people about how tobacco and alcohol companies target minority groups; Peer education around smoking prevention/cessation; Provide resources and community links for young people who want to quit smoking. GALAXY also works with its statewide coalition RAY (Rainbow Alliance for Youth) in holding smoke-free conferences/events.

La Crosse Area Hmong Mutual Assistance Association

2513 George Street

La Crosse, WI 54603

PHONE 608.781.5744

www.lacrossehmaa.com

Provides smoke-free facilities, activities and events. Participates in effective anti-tobacco media efforts and smoking prevention and cessation programming. They also have a youth peer education tobacco prevention program called TRUTH.

Madison

GLSEN South Central Wisconsin

1202 Williamson Street

Madison, WI 53703

PHONE 608.661.4141

www.glsencw.org

Provide smoke-free facilities and events. Work with the local Tobacco Free Coalition. The Tobacco Free Coalition also has booths at the GLSEN conferences.

Milwaukee

Milwaukee LGBT Community Center/Project Q

315 West Court Street

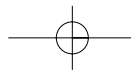
Milwaukee, WI 53212

PHONE 414.223.3220

www.projectq.org

Project Q, the youth program of the Milwaukee LGBT Community Center, is launching an information-based Smoking Cessation program aimed at the health and wellness of LGBTQ youth in the Greater Milwaukee area. Project Q is beginning this program by doing a prevalence survey of 1,000 youth in the Greater Milwaukee area. After compiling data from the surveys, PCE's (Peer Counselors and Educators) with Project Q will be trained using curriculum from the National Association of LGBT Community Centers. During regular Drop-In programming, Project Q staff and volunteers will include programming around smoking cessation and provide accurate information about tobacco. Project Q will also take part in the Gay American Smoke Out.





Southern Region

KENTUCKY

Louisville

Louisville Youth Group

PO Box 406764
Louisville, KY 40204
PHONE 502.454.3300
www.louisvilleyouthgroup.org

Provide smoke-free facilities. Participates in the Jefferson County Smoke-Free Coalition. Provides Smoking prevention and cessation programming that has been replicated. They are also involved with the Outreach Committee of the Local Region 6 Board of the Kentucky Agency for Substance Abuse Policy that brings together the expertise of the local Champions groups, the Regional Action Coalition and the Regional Prevention Center, along with leaders from other sectors of the community. The board provides a coordinated system of advocacy for effective prevention policies that will assist

in sustaining a region of healthy communities free of smoking, alcohol and other drug abuse and related consequences. Also involved with The Smoke-Free Louisville Campaign that is working to give all workers a safe and smoke-free work site.

Western Region

ARIZONA

Phoenix

1N10 — VOIT/Horizons

PO Box 33367
Phoenix, AZ 85067
PHONE 602.264.5437
www.1N10.org

Provides smoke-free facilities and participates in the Gay American Smoke Out. Participates in anti-tobacco media efforts and smoking prevention and cessation programming.

COLORADO

Boulder

Boulder County Health Department

The OASOS Program
3450 Broadway
Boulder, CO 80026
PHONE 303.678.6139
www.co.boulder.co.us

The program is based on a model program that has been proven to be effective. Provide smoke-free facilities and events and participate in anti-tobacco media efforts. Offers queer-competent tobacco prevention materials; services in smoke-free areas, including weekly meetings, and regular social events. Also offers referrals to queer-competent service providers that help youth quit smoking. Also connects OASOS youth with local anti-tobacco youth activism information.

Denver

GLB Community Services Center of Colorado

PO Box 9798
Denver, CO 80209
PHONE 303.832.2260
www.coloradoglb.org

Provide smoke-free facilities and smoke-free events and activities. Hosted a Drag Free Drag Show for the Gay American Smoke Out. Looking for funding for Smoking prevention and cessation programming.

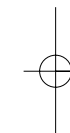
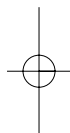
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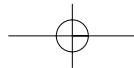
Austin

Out Youth, Inc

909 East 49 1/2 Street
Austin, TX 78751
PHONE 512.419.1233
www.outyouth.org

Provides smoke-free indoor facilities. Provided a one-time smoking education and cessation group. An intern from the School of Social Work at University of Texas is facilitating the group. There will be emphasis placed on tools to aid in the smoking cessation process and education about the physical and psychological effects and implications of smoking.





Houston

HACS, Houston Area Community Services, Inc

3730 Kirby, Suite 820
Houston, TX 77098
PHONE 713.526.0555
www.hacstxs.org

Provide smoke-free facilities, and smoke-free events and activities.

El Paso

LAMBDA GLBT Community Services

216 South Ochoa Street
El Paso, TX 79901
PHONE 915.562.4297
www.lambda.org

Provide smoke-free facilities, and have smoke-free events and activities.

Pacific Region

CALIFORNIA Concord

The Rainbow Community Center

2118 Willow Pass Road, 509
Concord, CA 94520
PHONE 925.692.0090
www.rainbowcc.org

Provides smoke-free facilities, and smoke-free events and activities. Also participates in the Gay American Smoke Out. Participates in anti-tobacco media efforts, and the tobacco prevention coalition of the county.

Orange County

STAND OUT

12800 Garden Grove Boulevard, Suite A
Garden Grove, CA 92843
PHONE 714.590.3140, EXT. 210
UCI HEALTH EDUCATION CENTER 949.824.5806
UCI LGBT RESOURCE CENTER 949.824.3277
www.standout.org

STAND OUT helps LGBTQ youth, and supportive allies learn about tobacco companies' targeting of the queer community, as well as the risk factors of tobacco use. STAND OUT provides the Commit to Quit program, advocates for policy change, creates programs to raise awareness of tobacco prevalence, and develops leadership opportunities for queer young adults and allies ages 18–24. Stand Out offers the opportunity to take a STAND for yourself and your community by advocating for healthier policies regarding tobacco and the queer community. Stand Out is also here to support anyone who wants to quit tobacco use. Stand Out is all about respect and support. We believe that no one should be stigmatized for being queer (whether or not you are out), for being a supportive ally, or for using tobacco.

Sacramento

Lambda Community Center

1927 L Street
Sacramento, CA 95814
PHONE 916.442.0185
www.lambda-sacramento.com

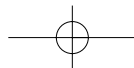
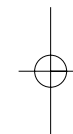
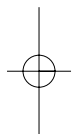
Youth group on Friday nights. Working with the STAND OUT quit guide to maybe start cessation programming. Provides smoke-free facilities, and smoke-free events and activities.

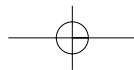
San Francisco

Asian and Pacific Islander American Health Forum

Asian and Pacific Islander Tobacco Education Network (APITEN)
450 Sutter Street, Suite 600
San Francisco, CA 94108
PHONE 415.954.9988
www.apiahf.org

Their mission is to organize individuals and groups to advocate for tobacco-free AAPI (Asian American and Pacific Islander) communities. APITEN strives to counteract the factors that contribute to high smoking levels in our communities through technical assistance and training, campaign for tobacco free policies, developing regional coalition activities, youth fellowship and coalition, information dissemination, and our Mini-Grants program.





LGBT Community Center of San Francisco

1800 Market Street
San Francisco, CA 94102
PHONE 415.820.3254
PHONE CESSATION GROUP 415.865.5555
www.sfgaycenter.org

Project QUIT (Queers United to Interrupt Tobacco) serves LGBTQ youth, 23 and under in the Bay area at the LGBT Community Center of San Francisco. They host free smoking cessation classes. The classes are based on a modified version of American Lung Association's youth focused Not on Tobacco program. The classes are made possible through a grant from the American Lung Association and the Tobacco-Free Project of the San Francisco Department of Public Health. To join the group, call the hotline at 415.820.3254 or email smokefree!lgbt@yahoo.com

San Jose

Billy Defrank Lesbian, Gay, Bisexual, and Transgender Community Center

938 The Alameda,
San Jose, CA 95126
PHONE 408.293.2429
www.defrank.org

Billy Defrank LGBT community center has created a campaign in collaboration with the Gay and Lesbian Community Services Center of Orange County. Their campaign features images of lesbian, gay, bisexual, and transgender people who have triumphed over adversities like alcohol and drug addiction, homelessness, rape, and other life threatening situations and are using this strength to quit smoking. They have created these ads to raise awareness about the high rates of tobacco use among the LGBT community and hopefully inspire people to think about quitting. For more information, check out mygreatestenemy.org

Ventura

Ventura County Rainbow Alliance

2021 Sperry Avenue, 3
Ventura, CA 93003
PHONE 805.339.6340
www.vcrainbowalliance.org

The program is based on Freedom from Smoking, an American Lung Association program. The program has been proven to be effective for smoking cessation and tobacco prevention. They also provide smoke-free facilities and events and participate in anti-tobacco media efforts.

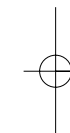
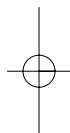
West Hollywood

GLASS, Gay and Lesbian Adolescent Social Services

Project YET
650 North Robertson Boulevard, Suite A
West Hollywood, CA 90069
PHONE 310.358.8727
www.glassla.org

Youth for the Elimination of Tobacco (Project YET) addresses the need for innovative interventions to empower youth populations in Los Angeles County to make wise decisions regarding tobacco use. The project's goal is to utilize Peer Outreach Workers to increase the availability of, as well as access to, health-related information regarding the negative aspects of tobacco use among young people. Project YET's main objective is to empower youth in the community to take ownership and leadership in the development of interventions and activities that will lead to increased awareness and effective peer communication

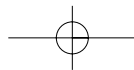
to avoid tobacco addiction. Through experience and youth participation, GLASS has found that the peer approach using simple pamphlets, peer group support, and fun activities has proven successful in giving youth alternatives to using tobacco products.



NYAC LGBT Youth Advisory Council

- ◆ **Kaitlin Barton**, 17 years old, is founder of the Ventura County Youth Tobacco Coalition and president of the California Youth Advocacy Network with five years of leadership experience in local, regional and state level advocacy organizations. She currently attends Adolfo Camarillo High School in Camarillo, California.
- ◆ **Jessica Burt**, 16 years old, is a student at High School for the Arts. She wants to help her school become tobacco-free. She also wants to help LGBTQ youth quit smoking and she is one of the founders of North Carolina Lambda Youth Network's (NCLYN) new tobacco control initiative.
- ◆ **Maurice Carter**, 19 years old, is a senior at the Durham High School for the Arts. He wants to help his school become tobacco-free, and is one of the founders of North Carolina Lambda Youth Network's (NCLYN) new tobacco control initiative.
- ◆ **Jess Dugan**, 17 years old, is a "genderqueer" activist living in the Boston area. He is a peer educator for Tomorrow withOUT Tobacco (formerly known as Tobacco Education for Gay and Lesbian Youth). He is also the youth vice-president on the Project 10 East board of directors and is well known for organizing many queer events, speaking at and facilitating rallies, organizing independent activist campaigns, and speaking to health classes on the issues faced by the queer community. He is studying at the Massachusetts College of Art and is committed to activism and the fight for equality.
- ◆ **Caspian Gardner**, 19 years old, is a tobacco educator for District 202 in Minneapolis, Minnesota. He served as the Representative on the Target Market Statewide Board and on the Target Market Executive Committee. He wants to help LGBTQ youth stop smoking and is working to get legislation to limit the placement of tobacco advertisements.
- ◆ **Ashlee Irish**, 21 years old, is a third year undergraduate student at UCLA majoring in European Studies with minors in Italian, LGBT studies and women's studies. She is part of two research teams on campus, Black CARE and WHISPERS, examining young African American MSMs sexual health and lesbian healthcare. Ashlee is currently an intern at Advocates for Youth.
- ◆ **Danielle Jefferson**, 16 years old, is a student at High School for the Arts. She wants to help her school become tobacco-free. She also wants to help LGBTQ youth quit smoking and is one of the founders of North Carolina Lambda Youth Network's (NCLYN) new tobacco control initiative.
- ◆ **Vickie Pearce**, 18 years old, is a youth resource peer educator for Advocates for Youth, the Gay Lesbian, Straight Education Network (GLSEN), and the Sexual Violence Center. She has held many different positions including serving on the Advocates for Youth, Young Women of Color Leadership Council, the Youth Activist Network, with GLSEN as a student of color organizer, the Jump Start Leadership Team, as a part of the "Teaching Respect for All" National Student Leadership Team, and as a Sexual Violence Peer Educator.
- ◆ **Ben Riskin**, 20 years old, is studying sociology and interning for The Mautner Project through American Legacy Foundation's Project 2030 national internship program. Doing queer youth outreach for about five years with a focus on independent media and direct action politics, Ben lives in Washington, DC.
- ◆ **Paloma Sanchez**, 16 years old, is a student at a Charter High School in Durham, North Carolina. She wants to help her school become tobacco-free. She also wants to help LGBTQ youth quit smoking and is one of the founders of North Carolina Lambda Youth Network's (NCLYN) new tobacco control initiative.





Tobacco and Control Experts and Researchers

For the past two years, a group of LGBTI researchers have met for the LGBTI Tobacco Control and Research Summit.

Below you will find contact information for all of the researchers that were present at the 2003 Summit.

For more information, or to order additional copies of this resource guide contact:



National Youth Advocacy Coalition
FREE Project/Tobacco Control
Health Department
1638 R Street, NW, Suite 300
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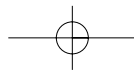
Do, Duong-Chi

Asian Pac. Partners for Empowerment
and Leadership (APPEAL)
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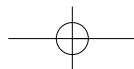
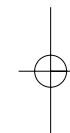
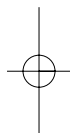
Velazquez, Juan Carlos

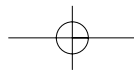
LLEGO — National Latina/LGBT Organization
1420 K Street, NW
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PHONE 202.408.5380
FAX 202.408.8478
EMAIL jcvelazquez@llego.org

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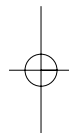
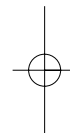
Contra Costa Health Services
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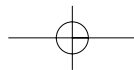
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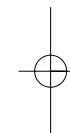
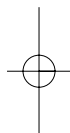
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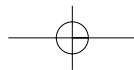
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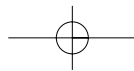
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Check out the 'Need Help?' section on NYAC's website www.nyacyouth.org. Click on 'Resource Database' and enter the key words 'tobacco prevention' or 'smoking cessation.' You will find reviews and summaries of over fifty journal articles or resources.

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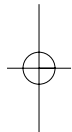
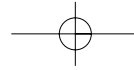


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- lxv These suggestions were adapted and modified from the STAND OUT Quit Guide and The Last Drag.
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