



Empowering healthy behaviors through education and advocacy to sustain a tobacco free life.

June – August 2020

In the News

Teen Tobacco Use on the Decline

The article states, "The Wisconsin Department of Health Services (DHS) reported that smoking among high schoolers dropped from 21% in 2008 to nearly 5% in 2018." Let's keep up our work and get that number to 0%!

[Read more](#)



Rock County to Implement Program to Reduce Pregnant Smoking

Rock County has the highest rate of mothers who smoke during pregnancy throughout Wisconsin.

To combat it, a joint effort between SSM Health St. Mary's Hospital- Janesville, the Children's Wisconsin Rock County Family Resource Center and Rock-Walworth Head Start/Early Head Start have created a program (The BABY & ME) for pregnant women to stop smoking.

If they complete the assignments, they get free assistance with their newborns for one year!

[Read more](#)

[More about BABY & ME](#)



Educational Opportunities

*Even in a pandemic, there are educational activities you can participate in.
(All of the photos to the right are clickable links that will take you to the sites)*



SMOKE SCREEN

smokeSCREEN is a web-based smoking and prevention game. It can be played on any available device including a computer or tablet, and is also available for FREE download from the Apple App Store and the Google Play Store.

Quizlet is an online flashcard and educational website that has many different subjects to learn from, including tobacco prevention education. Accounts are free year-round to anyone with an email address.



Kahoot is an online quiz game that's on your internet browser AND the app stores. The National Institute on Drug Abuse has a nice Kahoot out called "E-cigs, Vapes, and Mods: What Do You Know About Vaping?", but there are alternative tobacco and vaping education Kahoots up as well.

