

# Keeping student bodies healthy



## You must now be 21 to buy tobacco

Most adult smokers got hooked on nicotine before turning 21. This is why we support the new law increasing the tobacco sales age to 21. Learn more about the Tobacco 21 law and its health benefits at [PACTOnline.org](http://PACTOnline.org).





# Help with Quitting Tobacco ... *your Way*

## Freedom From Smoking® Clinic

[Lung.org](http://Lung.org) or 1-800-LUNG-USA

- The Freedom From Smoking® group clinic includes eight sessions and features a step-by-step plan for quitting smoking. Each session is designed to help smokers gain control over their behavior. The clinic format encourages participants to work on the process and problems of quitting both individually and as part of a group. Visit [Lung.org](http://Lung.org) or call 1-800-LUNG-USA to learn more or contact your local charter for a list of available classes.

## Freedom From Smoking® Plus

[Lung.org/FFS](http://Lung.org/FFS)

- Freedom From Smoking® Plus is a highly-interactive online behavioral change program that addresses today's mobile lifestyles. It works on desktops, laptops, tablets and smartphones and includes telephone, chat and email support from trained tobacco cessation counselors. To learn more about the Freedom From Smoking Plus program, visit [Lung.org/ffs](http://Lung.org/ffs).

## Pennsylvania Quitline

1 (800) QUIT-NOW (784-8669) Spanish-speaking: 1 (855) DEJELO-YA (335-3569)

- The Pennsylvania Quitline is a free local resource for quitting smoking. It provides over-the-phone counseling services with a certified quit coach, nicotine patches and lozenges (for qualified callers) and support for all Pennsylvania residents. Information and self-help materials are available.

## My Life, My Quit™

[mylifemyquit.com](http://mylifemyquit.com)

- My Life, My Quit™ can reveal the truth about vaping, smoking, and other tobacco products so you can make informed decisions about your future. And if you decide you want to quit, they give you all the tools you need to do it successfully, including the ability to talk and text with a quit coach, get text messages to encourage your quit, learn coping techniques, and get the support you need to quit for good.

## Pennsylvania Alliance to Control Tobacco (PACT)

[PACTonline.org](http://PACTonline.org)

- The Pennsylvania Alliance to Control Tobacco (PACT) is a statewide coalition that educates the public and elected officials about clean indoor air, tobacco taxes, and other critical tobacco control issues. PACT is primarily funded by a grant through the Pennsylvania Department of Health and managed by the American Lung Association. Members of PACT include tobacco control advocates, healthcare professionals, government agencies, community leaders, business owners, and the general public. Join for free today and receive weekly newsletters on how to get involved.

## Regional Pennsylvania Tobacco-Free Coalition

[rptfc.org](http://rptfc.org)

- The Coalition is dedicated to saving lives by eliminating tobacco use and tobacco-related lung disease throughout the Northcentral, Northeast and Southcentral regions of Pennsylvania. Our website include resources surrounding e-cigarette and vaping, secondhand smoke exposure, and more.

## Tobacco-Free College Campus Program and Campus Toolkit

[PACTonline.org/tobacco-free-colleges](http://PACTonline.org/tobacco-free-colleges)