



World No Tobacco Day is a Global Day of Action dedicated to raising awareness about the dangers of tobacco use and encouraging individuals to act toward living a tobacco-free life. Held annually on **May 31st**, this day serves as a reminder of the serious health risks posed by tobacco and the benefits of quitting. With the start of summer, it's the perfect time to embrace a tobacco-free lifestyle, enjoy the season to its fullest, and set a goal to quit or reduce tobacco use. By committing to a tobacco-free summer, you can experience the immediate health benefits and inspire those around you to make a positive change.

Below you'll find ways to make this summer tobacco-free in your community.

Setting a Tobacco-Free Summer Challenge

- **Tobacco-Free Living Bucket List:** Create or use our summer bucket list challenge to stay active and away from tobacco during summer break, offering challenges and fun activities to help prevent tobacco use this summer. Find a pre-made and/or create your own template [here](#).
- **30-Day Challenge:** Create a step-by-step plan for people to follow, offering daily tips and motivational messages to help participants stay on track with their tobacco-free goal. Find a pre-made template [here](#).

Access Local and National Cessation Resources

- **Share information on cessation resources:** Share or promote resources to quit tobacco use with friends, family, or yourself! Encourage your loved ones to make the difficult decision to quit today. Learn more on cessation resources on the next page.

Tobacco Cessation Resources

1. SD QuitLine

The **South Dakota QuitLine** is a free, confidential resource that provides one-on-one coaching and support for individuals who want to quit smoking or using tobacco products.

- **Programs Available:** Phone coaching, Texting program, Kickstart Kit (Quit Guide + NRT), Quit Guide
- **How it Works:** You'll receive personalized quit coaching from a trained specialist.
- **Eligibility:** All South Dakota residents aged 13 or older are eligible.
- **Contact:** 1-866-SD-QUITS (1-866-737-8487) or visit www.sdquitline.com

2. Truth Initiative's EX Program

The Truth Initiative's **EX Program** is a free, confidential resource that provides personalized coaching sessions and support for individuals who want to make smoking a habit of the past! Visit

<https://truthinitiative.org/exprogram>

3. Smokefree.gov

Smokefree.gov provides tools, tips, and support to help you quit smoking. It includes text messaging programs, an online community, and downloadable apps for tracking progress. Visit

www.smokefree.gov

- **Contact SmokefreeTXT** at 1-855-891-9989 for free text support

4. American Lung Association – Freedom From Smoking Program

The **Freedom From Smoking Program** offers an online course or in-person classes to support you as you quit. This program provides a step-by-step plan to quit and offers support from other participants. Visit www.lung.org/quit-smoking

