

# How to Take Action Now!

*So you want to take action but not sure where to start? Here are some action steps with resources in the footnotes. Also be sure to peruse our resource library for more stats, facts, and general information.*

## On a **Community Level**

- Educate people about the harm in taking money from tobacco companies, the ways that big tobacco targets our community,<sup>1,2</sup> & the high smoking rates.<sup>3</sup> Put on a workshop or chat with people about tobacco targeting using ads that offend our community.<sup>2</sup>
- Support your local smoke-free bars, clubs, cafés and events.
- Advocate for smoke-free LGBT events, such as Pride, or smoke-free areas.<sup>4</sup>
- Order free postcards and palmcards to hand out at events or to put out at community centers and other local LGBT venues at [lgbttobacco@gmail.com](mailto:lgbttobacco@gmail.com).
- Find out if there is a local group working on LGBT tobacco and get involved!<sup>5,6</sup>
- Add links to LGBT Tobacco websites to your local community center, health center, or your own personal webpage.<sup>5</sup>

## On a **Policy Level**

- Get info to decision makers: Resources such as our Surveillance Briefing Paper<sup>7</sup> can be a great tool for getting a sexual orientation question added to a state survey or quitline. Contact us for help on finding the right policy makers!
- Send our State Best Practices<sup>8</sup> document to your state officials at the health department.
- Create a policy of not accepting tobacco money at any LGBT organization you are affiliated with.<sup>9</sup>
- Find out about getting your local LGBT government officials to sign a tobacco-money-free pledge!<sup>10</sup>

## On a **Cessation Level**

- Direct friends that smoke to local and online quitting resources<sup>11</sup>, and offer them support.
- Research local cessation groups– are they LGBT friendly? Check out our *How to Run a Culturally Competent Smoking Cessation Group*<sup>12</sup> book and give it to local groups, community centers, and health centers.

## On a **Media Level**

- Contact local media:
  - \* write letters to the editor addressing the glamorization of cigarette use in our community, ads in the media for tobacco, or local smoking bans or
  - \* urge them to write an article about tobacco use in the LGBT community.

1. <http://gaysmokeout.net/docs/WaysTheTobaccoIndustryMarketsLesbiansandGays.pdf>
2. <http://lgbttobacco.org/resources.php?ID=24#33>
3. [http://lgbttobacco.org/files/LGBT%20People%20and%20Smoking\\_Coalition%20for%20LGBT%20health.pdf](http://lgbttobacco.org/files/LGBT%20People%20and%20Smoking_Coalition%20for%20LGBT%20health.pdf)
4. <http://www.tobaccofreecatalog.org/ProductDetails.aspx?id=2&prodid=J779>
5. <http://lgbttobacco.org/resources.php?ID=25>
6. <http://www.lgbttobacco.org/reachout.php>
7. <http://www.lgbttobacco.org/files/Surveillance%20Briefing%20Paper%2007.pdf>
8. [http://lgbttobacco.org/files/State\\_LGBT\\_Best\\_Practices\\_2007\[1\].pdf](http://lgbttobacco.org/files/State_LGBT_Best_Practices_2007[1].pdf)
9. <http://www.healthysd.gov/Documents/SamplePolicy.pdf>
10. <http://lgbttobacco.org/files/Pledges%20from%20California%20LGBT%20Elected%20Officials,%20background%20July%2007.ppt>
11. <http://lgbttobacco.org/resources.php?ID=8>
12. <http://www.howardbrown.org/uploadedFiles/SmokingTreatmentGroup.pdf>