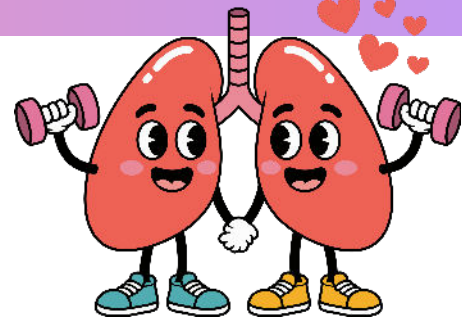


THE SAN PASQUAL ANTI TOBACCO DISPARITIES PROJECT



Strong Hearts, Clear Lungs A Tobacco Awareness Brief

LOVE YOUR LUNGS, LOVE YOUR LIFE



Our lungs help us breathe the air that gives us life. Every breath we take brings us strength, energy, and calm. In many Native teachings, the breath is seen as a gift. It connects our bodies, our minds, and our spirits. When we take care of our lungs, we honor that gift.

Breathing is something we do all day and all night. Most of the time we do not even think about it. But the air we breathe helps us play, learn, dance, and spend time with the people we love. Strong lungs help us run faster, laugh harder, and enjoy the world around us.

Because our breath is so important, caring for our lungs is an act of love. It is a way of loving ourselves, our families, and our community. When we stay away from commercial tobacco, we keep our lungs clean and healthy. Commercial tobacco can make it harder to breathe, and it can harm our heart and our body. Protecting ourselves from smoke helps our future remain bright. When we choose places that are smoke free, we help protect our elders, our children, and everyone around us.

You can love your lungs every day by spending time outdoors, taking deep breaths, staying active, and keeping your home and car tobacco-free.

Simple Ways to Avoid Commercial Tobacco

- Spend time with friends and family who choose to stay commercial tobacco free,
- Keep your room, home, and car smoke-free,
- Practice saying “No thank you, I do not use that” if someone offers you commercial tobacco,
- Find activities you enjoy like sports, art, or going outside, these help you stay strong and healthy.

*Remember that choosing not to use commercial tobacco helps protect your family,
your friends, and your whole community.*

*To connect, call 1 800 300 8086 (English) or , text “Quit Smoking” or
“Quit Vaping” to 66819, or visit KickItCalifornia.org*