

SPECIAL EDITION

QUIT BRIEF



GREAT AMERICAN SPIT OUT

The Great American Spit Out (GASpO) is an annual event that will take place on February 25, 2021 to raise awareness about the dangers of using smokeless tobacco. Take this opportunity to help Service members understand the negative impacts of all forms of smokeless tobacco, including chew, snuff, dip and snus. Also, use this time to educate them on the harms smokeless tobacco can cause, including nicotine addiction. Use the following YouCanQuit2 resources to support your local GASpO efforts and encourage Service members to leave smokeless tobacco products behind for good!

- **[Smokeless Tobacco: Myth vs. Fact](#)** - Share this factsheet to debunk the myth that smokeless tobacco is a healthy alternative to smoking tobacco.
- **[Smokeless Tobacco: Not a Quick Fix](#)** - Highlight the health risks of using smokeless tobacco and resources to help them quit.
- **[Questions about Smokeless Tobacco](#)** - Use these questions in your tobacco cessation efforts to answer FAQs about smokeless tobacco.

Ready-to-Use Messaging

Use these messages for social media outreach, plan of the day (POD)/plan of the week (POW) notes, newsletter articles, email communications and more!

- Smokeless doesn't mean harmless. Truth is, smokeless tobacco can negatively impact your sex life, fitness and appearance. Set your quit date on February 25th for the Great American Spit Out! www.ycq2.org
- Planning to stop dipping or chewing tobacco for the Great American Spit Out? Use these tips to prep your body and mind: www.ycq2.org/how-to-quit-tobacco/preparing-to-quit
- Quitting tobacco is a process. TODAY is the perfect time to take your first step. Kick dip, snus or chew to the curb for the Great American Spit Out! Chat 24/7 with the YouCanQuit2 Live Chat to get started: www.ycq2.org/live-chat

You can also find this information on the [YouCanQuit2 Observance and Events page](#). We hope these resources are helpful to you and that you continue to refer tobacco users and colleagues to our print and promotional materials, tool and website! As always, please [contact us](#) with any additional resource needs or ideas for the site.