It may sound silly, but quitting or reducing your nicotine intake can help resist the systems that profit from you being unwell.

Capitalism, Fascism, Tyranny...

These all depend on making you sick and compliant.

By resisting substances that make you sicker and by ignoring the capitalization of nicotine-based products, you can resist these systems too.

Smoking cigarettes or vapes doesn't make you a bad person or complicit in fascism. However, reducing how often you use them can be an act of resistance.

Who benefits when you smoke?

<u>BIG TOBACCO</u>

Companies include:

- Philip Morris International
- British American Tobacco
- Japan Tobacco International
- Imperial Brands, & more...

Look up these names, see how much they harm and how little they help.

Need help?

Find community!
Finding others who are also trying to quit, or people to help keep you accountable to your plan can help.

More Resources

Kick it CA - Text "Quit Smoking" to 66819.

Trans Lifeline - provides peer support for the TGI community and is run by and for trans people (877) 565-8860

Trevor Project
(866) 488-7386
24/7 LGBTQ+ youth crisis support (Chat, Call, Text)

Remember:

You deserve health, happiness, and access to better support to cope with life's stress than cigarettes and vapes.

Scan to access our social media toolkit

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HOW TO RESIST FACIST SYSTEMS BY QUITTING TOBACCO PRODUCTS

Resources, reminders, and community guidance for reclaiming your health.

WE BREATHE

SUPPORTING TOBACCO-FREE LGBTQ COMMUNITIES