



# Support the Quit

## What is it?

Support the Quit is a quitting competition for Sailors and Marines who wish to quit using tobacco. The competition can be within the command or among departments. The contest asks tobacco users to quit for the day, week, or month. The graphics are intended to be used by Sailors and Marines who choose to quit, or by colleagues, friends, or family who'd like to support them. The graphics can be shared via social media channels, email, or in print.

## When should I run this competition?

Support tobacco free living any month during the year but most importantly around the New Year (a common New Year's resolution), February (the Great American Spit Out), Independence Day, and November (the Great American Smokeout). Make sure you announce the competition along with the start and end dates, with plenty of time for those who are planning to quit to visit their provider if they're interested in using medications, to make a plan, and gather any necessary resources and information to increase their chances of success.

## Available Graphics

- Social Media Badge/E-Card: [I choose to quit](#)
- Social Media Badge/E-Card: [I support those who choose to quit](#)
- Social Media Badge/E-Card: [1 day tobacco free](#)
- Social Media Badge/E-Card: [1 week tobacco free](#)
- Social Media Badge/E-Card: [1 month tobacco free](#)

## What do I do when the competition is over?

Recognize those who have quit with a certificate of achievement from the command. Recognize them in your internal communication channels or by hanging their picture/name in a place at your unit. Ensure you continue to provide support and congratulate them on taking the steps necessary to become tobacco free.

- [Certificate of Accomplishment](#)