

Empowerment Challenge Ideas

Actions/Activities	Points Assigned										Average
Call-ins/reports of smoke-free law violations	10	8	8	8	8	8	8	8	8	10	8
Info cards to retailers selling tobacco	1	4	5	2	8	5	8	8	8	9	6
Call-ins/reports of suspicious tobacco sales/no ids, etc.	10	6	9	8	8	10	9	8	9		9
Be a buddy to support a quitter	5	5	7	5	3	9	10	5	3		6
Share tobacco-related brochures/info with others	5	3	5	2	3	5	10	2	3		4
Bring a friend to a TF Jeffco meeting or area Coalition meeting	5	6	7	7	5	10	9	8	5		7
Collect pledge/signatures on cards (youth access and smoke-free laws)	5	3	5	9	2	10	9	8	7		6
Display messages on car, on home/work window	5	5	4	1	5	5	6	5	1		4
Participate in the Smoke-free Homes & Autos pledge challenge	8		6	4	3	4	6	2			5
Post CCIAA signage	8	5	5	2	10	10		10			7
Host/co-lead an informational class at your jobsite	1	3	7	6	8	5	8	10			6
Post information/brochures in break room or other sites	5	5	5	2	8	5	9	5			6
Bring a Great American Smokeout Challenge to your worksite	1	5	7	7	8	8	10	10			7
Arrange to have an in-service about tobacco-related work policies	3	7	8	4	8	9	7	10			7
Arrange to meet with HR/benefits staff to address cessation resources	6	7	7	5	5	9	10	10			7
Co-lead a cessation support group at work (we'll train ya!)	3	8	8	8	8	7		10			7
Have articles included in employee newsletter/website/etc.	2	9	8	5	9	5	10	10			7
Have articles included in church bulletins, doctor's/club newsletter, etc.	2	8	6	5	5	7	8	10			6
Ask to post CCIAA signage at your club, doctor/dentist's office, etc.	10	7	6	6	8	7	9	10			8
Ask to post information/brochures in waiting areas of clubs, offices, etc.	10	7	6	6	9	5	9	8			8
Bring a Great American Smokeout Challenge to your club/organization	1	5	7	7	5	7	10	10			7
Sponsor a pledge of support drive for youth prevention/smoke-free places	5	5	7	7	3	5	10	2			6
Lead or arrange for a brief presentation at your organization's event	3	5	8	8	6	5	8	10			7
Volunteer at a community event/health fair information booth	5	6	6	9	4	4	10	10	8		7
Wear the Ciggy Butts costume at a community event/health fair	15	6	8	10	3	3	10	10			8
Write a letter to the editor about a key tobacco issue	5	8	7	5	2	10	10	10	10		7
Call/write your local elected officials about tobacco-related policy issues	8	8	8	4	8	10	10	10	10		8
Attend a public hearing about tobacco-related ordinances	8	7	5	1	9	10	10	10	10		8
Speak/Testify at a public hearing around a tobacco-related ordinance	10	9	5	6	9	10	10	10	8		9
Meet with your local elected official to promote their support/leadership	10	9	7	9	8	10	10	10	10		9
Wear Ciggy Butts costume at special event	15	6	7	10	3	10	10	10			9

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Other Ideas	Points Assigned
HOA's information	
Recognition	
Write a letter to the editor at strategic times around policy initiative	6
Yard signs to support local policy initiatives	6
Encourage management of Denver West office campus to go smoke-free or expand distance from doors and/or post signs stating distance from doors.	
Chalk the 15' perimeter around doors	
Countermarketing, i.e. stampede/speak/train people on advocacy, email, facebook	
Youth: concert at the Ogdewy Bluebird	
COPD connection/EZ Breathers/Better Breathers support group: people with lung disease getting involved	
Respiratory Care week: RT's working with students	
Recognize councils that are tobacco control champions	
Cigarette butt clean ups	
Chalk the 15' perimeter	
Collect petition signatures	
Commendation for smoke-free businesses	
Compliance checks	