



Tobacco Cessation Resources

UC Smoke & Tobacco Free Policy website

Visit the UC Smoke & Tobacco Free Policy website that features information on the policy and its implementation, as well as videos on how to talk to a variety of audiences about the tobacco policy.

E-Cigarettes: The Double-Edged Sword

Prue Talbot, professor of cell biology at the University of California, Riverside, presented "[E-Cigarettes – A Double-Edged Sword](#)" to an on-campus. Professor Talbot details her ongoing research into E-cigarettes and the positive and negative implications of the devices.

The following resource documents have been developed for use by UCR students, staff and faculty.

UCR Survival Guide for Tobacco Users: What You Need to Know

- The [UCR Survival Guide for Tobacco Users](#) was created to assist and support tobacco users to manage their tobacco use while on UC property. Consider this a "survival" guide with resources to help you comply with campus policy and maybe even break your habit for good.

Tobacco Smoke/Tobacco-Free Postcard

- This is a [5x3 inch postcard](#) with information on UCR becoming a tobacco-free campus available in a downloadable PDF format.

Helping a Friend Stop Smoking

- A [collection of tips](#) you can use to help a friend, colleague or family member quit smoking or using tobacco.

Instructional Materials

The Smoke/Tobacco-Free Initiative Fact Sheet

- The [Smoke/Tobacco-Free Initiative Fact Sheet](#) contains great reference information and background on the reasoning behind the initiative.

Quick Facts

- The [Smoke/Tobacco-Free Quick Facts](#) contains the information from this website divided into 33 questions and answers.

Suggested Scripts

- The [Suggested Scripts](#) are intended to help UCR community members become more comfortable discussing the tobacco-free environment policy with other staff, students, faculty, and visitors in a respectful and supportive manner.

Supervisor Talking Points

- These talking points are for campus supervisors who need to interact with individuals who have violated the campus smoking & tobacco policy. The talking points are possible starting points for conversations about compliance.

AIR Smoke & Tobacco Free

The Clearing the Air – "AIR" Training session is accessible through the UC Learning Center (registration required) or from the [UC Training and Education Center of Excellence](#) (no

Training

Promotional Materials

registration required). This 15-minute training is completed online and will include a short quiz to test your understanding.

- The ["Clearing the Air" computer desktop theme image](#) is perfectly sized to serve as a desktop image on your computer.
 - For Windows – click the link to see the image, then right-click on the image and select "Set as Desktop Background."
 - For Macs – click the link to see the image, then hold down the option button and click on the image.
 - Then Chose "Set as Desktop Background."