

# Tabling for the Great American Smokeout



California  
Youth  
Advocacy  
Network

# Quick Tips for Tabling



1. *Don't be shy! Just start talking to people.*
2. *If you have a game or giveaways, talking about those can be a great conversation starter.*
3. *Make a big sign so people can see what your table is about before they walk up.*
4. *Be physically, and mentally present – don't get distracted with your phone or personal conversations. If you look too busy, people won't want to talk to you.*
5. *If your table is boring to you, it will be boring to others. Get creative, and make it interesting.*
6. *Games, trivia questions, prizes, surveys, and other ways to take action can make a visit to your table worthwhile.*
7. *Be sensitive to tobacco users, most already know it's unhealthy.*
8. *Consider having a "build your own quit kit" station.*
9. *Order free tobacco cessation materials from the California Smokers' Helpline at [www.nobutts.org](http://www.nobutts.org).*
10. *If you are having fun at your table, others will too.*

# Event Ideas for Tabling

1. Distribute information about tobacco use and how to quit tobacco.
2. Distribute quit kits to students interested in quitting.
3. Distribute California Smokers' Helpline Gold Cards and other materials to those looking for cessation assistance. (Hint: You can order these for free at [www.nobutts.org](http://www.nobutts.org))
4. Give out promotional items and/or materials to non-tobacco users to encourage these students to promote peer support for friends who use tobacco.
5. Promote campus and/or community cessation services.
6. Promote smoke-free/tobacco-free campus policy.
7. Have available petitions for support of current campus policy initiatives (e.g., smoke-free policy, policy enforcement).
8. Do a tobacco exchange. If you have access to promotional items or quit kits, give these items to tobacco users in exchange for their tobacco products. (Example: Pack for a Pack) Display the packs you get in a large container.
9. Have a tobacco fact quiz.
10. Distribute coupons for turkey sandwiches from campus eateries or local restaurants. (Quit Cold Turkey, Get Cold Turkey.)
11. Post flyers throughout campus to draw attention to your table.
12. Play music, have bright colors, distribute free items at your table to make your table stand out from others on campus.
13. Have members of your student coalition and/or others you work with spread out around campus by giving people flyers and information about your table and the event.
14. Raffle off a frozen turkey for Thanksgiving. (Hint: Give winner(s) a coupon for a frozen turkey from a local grocery store.)
15. If you have an entryway policy (e.g., no smoking within 20-ft. of buildings) do a sporting event that requires shooting a basketball, hitting a golf ball, throwing a ring or horseshoe 20-ft. away (or whatever distance policy language reads).
16. Have a Pledge Poster on which students can write their pledges.