

**TOBACCO
EDUCATION
PREVENTION
OUTREACH
CESSATION**



**TRIBAL TOBACCO
YOUTH ADVISORY GROUP
TOOLKIT**



FOREWORD

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The photos featured throughout this toolkit capture the dedication, creativity, and vibrant spirit of our community. They include images of community members, Indian Health Council (IHC) employees, and youth artwork from IHC Research and Student Development projects: REZolution and TEPOC. These visuals provide glimpses into various community events and artistic realms of expression, celebrating the collaborative connections that have shaped this toolkit. We hope they inspire and reflect the heart of the initiatives they represent.

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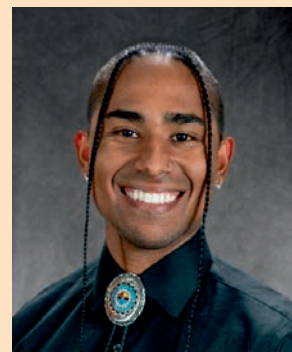
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Thank you for checking out TEPOC's Tribal Tobacco Youth Advisory Group Toolkit. We hope this guide will inspire you to establish a youth advisory group focused on commercial tobacco prevention and general tobacco education within your Tribal community.

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ABOUT TOBACCO EDUCATION PREVENTION OUTREACH CESSATION:

Tobacco Education Prevention Outreach Cessation (TEPOC) is a project under Indian Health Council, Inc.'s Research and Student Development department, serving nine consortium Tribal communities in Northern San Diego County.

TEPOC's mission is to reduce the availability and exposure to commercial tobacco by:

- Offering community and clinic-based cessation programs and resources to adults.
- Educating and protecting youth from commercial tobacco use.
- Raising awareness about the dangers of commercial tobacco use.
- Honoring traditional tobacco used in ceremonies and other cultural practices.

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AUTHORS' GOALS

1. Establishing Youth Advisory Groups

The authors created a resource for Tribal entities to establish Tribal tobacco youth advisory groups of their own. This toolkit focuses on steps to get started and key considerations for youth development.

2. Youth Investment

The authors want to emphasize that investing in youth is worthwhile and requires trust, transparency, and support from community partners.

3. Empowering Youth Perspectives

The authors offer authentic perspectives and outcomes of forming a youth advisory group. This collective effort empowers Tribal communities to tackle commercial tobacco issues more effectively, with the help of emerging youth voices.

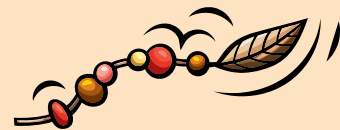
4. Health Education

The authors hope to guide the next generation of Tribal members towards a commercial tobacco-free future.



ABOUT TEPOC YOUTH ADVISORY COUNCIL

The TEPOC Youth Advisory Council (YAC) is a youth development program that empowers Tribal youth passionate about community health research. Typically composed of three to five driven individuals with interests in STEM, members involve themselves in commercial tobacco prevention work. Youth actively contribute to initiatives and events within their communities through presentations, educational material creation, and project review. The first council launched in 2020.



SECTION 1: INTRODUCTION

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By the end of this section, you will have a better idea of whether your organization is ready to establish a Tribal tobacco youth advisory group. You'll also learn how to define your mission statement, an invaluable tool for aligning with your organization's broader goals.



LEARNING OBJECTIVES:

- Assess the commitment to forming a Tribal tobacco youth advisory group.
- Describe the value of youth perspectives in organizational operations.
- Develop a mission statement.



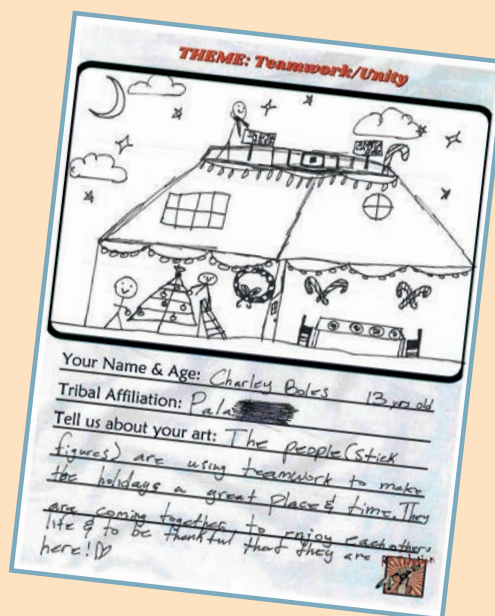
FIRST STEPS: PURPOSE, ROLES, AND RECRUITMENT

What is a Youth Advisory Group?



A youth advisory group is a structured team of passionate young people who provide valuable insight and support to an organization. These groups are designed to amplify youth voices so that the organization and its initiatives reflect the needs and perspectives of younger generations.

Through outreach, program development, and project evaluation, members bring new ideas, reinforce community ties, and promote positive change. Youth advisory groups are particularly effective for organizations in public health, education, and advocacy because they actively engage youth in shaping their communities. In an advisory group, youth can develop leadership and professional skills while building valuable networks.

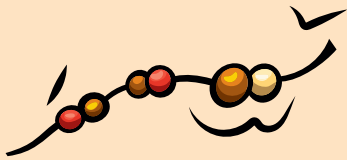


Determining the Need for a Youth Advisory Group

Prior to implementing a Youth Advisory Group, you will want to define its purpose and your organization's readiness to implement one. To begin, consider the following questions:

- Does your organization work in commercial tobacco and nicotine research and want new ideas to inform programming?
- Are you looking for assistance with outreach and education efforts?
- Is the funding and resources available to create and support a youth group?
- Can your organization make it a priority to secure funding and resources?

Thinking about these questions will help you to assess if creating a youth advisory group is in the best interest of your organization.

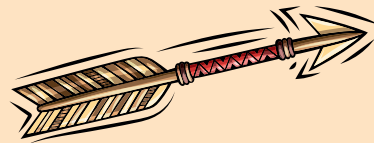


Establishing Roles and Responsibilities

If you decide to move forward, you'd want to foster a collaborative dynamic between youth and adults in the group.

Consider how youth and adults will collaborate within your group. Reflect on the roles each should play and set clear expectations from the start. While every organization is different, striving for a balanced relationship and avoiding power imbalances is important. Adults in your organization may also need training to work effectively with youth in a supportive and productive way.

We'll explore training opportunities and outline specific roles youth can take on to help maintain a balanced working relationship (see *Page 30*)



Developing a Recruitment Strategy

With those aspects considered, you'd want to think about how best to recruit youth members.

Consider using social media, school networks, and community events to seek out people with similar goals to your group's. Additionally, you'll want to feature what's in it for them when creating recruitment materials. These commonly include professional growth, community impact, and the ability to pursue personal and professional interests.

We also have some concrete steps to assist you in designing an effective recruitment plan (see *Page 22*)



DEFINING YOUR MISSION STATEMENT

A strong mission statement helps guide organizations toward success by aligning them with core objectives, while still allowing room for growth. Crafting one that fits your organization, and a youth group may seem daunting, but this section will help make the process more manageable.



Start by reflecting on the purpose a youth group would serve. Ask yourself:

- What do we want to accomplish, and why is this important?
- What are both small and large goals we hope to achieve?

For a group focused on Tribal tobacco, the mission should encompass both commercial tobacco prevention and traditional tobacco education. Next, consider the values you want the group to represent, such as leadership, cultural education, and community health. The values you decide upon will form the foundation of your mission statement (*see page 44*)



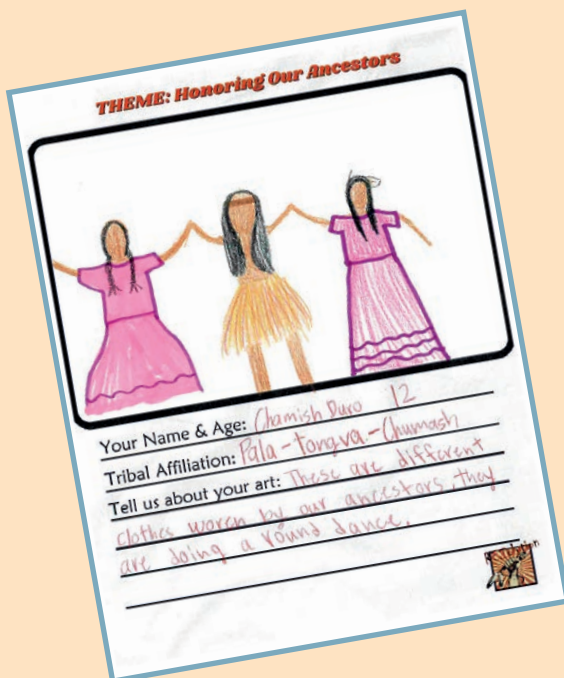
Involving the community early in the process is vital as external perspectives can greatly shape the mission statement. Do some outreach and encourage the community to think critically about questions like:

- How can a youth group help break down barriers in our community?
- How can it address substance misuse or lack of education?
- Would you be willing to support a group like this?

Make sure your mission statement is action-oriented and focused on long-term growth. It should clearly define the group's purpose and outline plans for sustainability. Keep in mind that collaboration with Tribal governments and elders is important in regard to sustainability. Consider these questions:

- How can we foster youth and elder collaboration?
- How can we work with Tribal governments?
- How can Tribal entities contribute to our goals?
- How can we commit to empowering youth long-term?

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TRADITIONAL HEALTH GATHERING 2024



THE TEPOC APPROACH

TEPOC's youth advisory council brainstormed together to craft a mission statement for this toolkit. Members were asked to write a brief mission statement by considering what they believe the toolkit should achieve and how it can serve the community. They were told to be creative and reflect on their experiences. Their ideas highlighted themes of empowerment, cultural preservation, and community health.

Organizations can and should consider this approach in crafting mission statements of their own. By encouraging participants to reflect on and share their goals and values, mission statements naturally become inclusive and foster collective ownership.

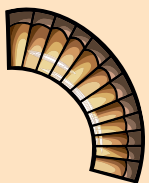
SECTION 2: RECRUITMENT STRATEGIES & MEMBER FORMATION

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By the end of this section, you will better understand why, when, and how to try to recruit ideal members for a youth group. You will also learn how to structure a recruitment timeline and member term lengths.

LEARNING OBJECTIVES:

- Assemble the strategies for conducting youth recruitment.
- Understand how to recruit ideal members and ensure diverse representation.
- Create a recruitment timeline.
- Develop member term lengths.



RECRUITMENT OVERVIEW

As an organization with the resources to form a youth group, it is vital to ensure that the group both aligns with and enhances your organization's mission. This starts with recruiting diverse youth who are hardworking and want to make a change in their community. These individuals are typically in middle school or high school and between the ages of 11-18. However, young adults and early professionals, up to around age 25, could also be involved. Ultimately, you and your organization will decide on the exact demographics that will help reach your goals best.

When you start recruitment, you may choose to have an application process (see page 46) allowing you to select your members. For example, hospitals and healthcare centers usually want interns who have advanced experience in STEM fields and can offer expertise on patient policies and procedures. For this scenario, there would likely be an application process so the organization could select individuals with that knowledge.

You should also recruit individuals who are aligned with your organization's background and mission. Youth with strong voices and passions will contribute the most to your organization and tend to be more flexible to workload demands. For example, an organization focused on diabetes prevention and awareness would likely recruit individuals who have preceding knowledge of diabetes or have personal connections to the issue. These individuals may also benefit the most, honing skills and networking within an area they are passionate about.



Lastly, culture will be a central aspect to Tribal tobacco youth groups programming. While cultural-based organizations generally try to recruit individuals already involved in cultural activities, as they possess skills that often cannot be taught in a classroom, it is important to maintain a balance of individuals with varying skill levels and experiences. Youth groups are intended to be learning and growing environments.



IN-PERSON RECRUITMENT

Once you've defined your target population, think about the physical outreach materials you want to create. This includes flyers for application forms, Q&A sessions, and much more. Make sure to list the attributes of the ideal member on the flyer to attract the best applicants. And be sure to partner with schools and local community organizations to help spread the word.

Here are a few ideas to strengthen physical outreach:

Tabling at Community Events



Presentations at Events



Hosting a Q&A at a Library or Community Space

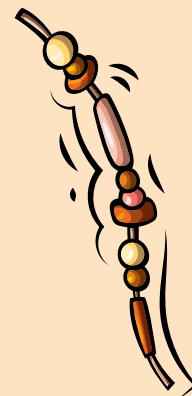


ONLINE/SOCIAL MEDIA RECRUITMENT

Recruiting group members may be easier online than in person. Youth stay connected online through social media and the Internet so creating digital posts, surveys, and application forms is ideal. Similar to physical flyers, visually appealing social media graphics can be created that clearly highlight the role's purpose, expectations, benefits, and potential compensation.

Lastly, collaborating with schools and community organizations can also be done online. Share links via text, email, or QR code. The internet is a great tool to reach youth beyond your immediate community, ensuring a more diverse applicant pool.

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THE TEPOC APPROACH

TEPOC developed a recruitment strategy that combined both online and in-person outreach. TEPOC designed flyers and Instagram posts to encourage youth to apply for YAC (see page 45) TEPOC shared them across social media, in Tribal community hubs, and at the clinic. Flyers were also distributed through the Native American Research Centers for Health (NARCH) program and its events to reach a broader audience. TEPOC noticed that using various platforms resulted in strong, diverse recruitment pools.

TIMELINE & STRUCTURE FOR YOUTH GROUP FORMATION

The timeline for forming a youth group should be clearly defined, from recruitment to finalizing the group's structure. Start by deciding on the group's optimal size. A smaller group (5-8 members) allows for active participation and will be more tight-knit, while a larger group (8-15 members) allows more diverse perspectives but may not be as intimate. Decide which is most beneficial for your organization.



Once the group size is determined, create a recruitment timeline that includes key milestones such as application deadlines, interview/review dates, and the final selection of members. Being selective is key, but make sure you also choose members who come from diverse backgrounds. This could mean recruiting youth from different Tribes, school levels, and volunteer experiences.

In addition to recruitment, set a clear term length for members. In our experience, we set terms at 1 year to allow youth to fully participate and grow in their roles without overextending their commitment. We also allow current members to renew their membership at the 1 year mark.

When it comes to creating application forms, we recommend making them easy. Use short answer questions and easy-to-follow instructions. Make the application as accessible as possible.



SAMPLE TIMELINE OF RECRUITMENT PROCESS²



SAMPLE TIMELINE

WEEK 1

Produce physical materials to post in the community, digital materials to email and post on social media, and other ways to spread info.

WEEK 2

Identify community events (pow wows, fiestas) and sites (education centers) to recruit youth at. Contact Tribal leaders to gather support.

WEEK 3-4

Attend community and other outreach events to engage with any interested youth and share the application form with them.

WEEK 5

Review applications as they come in and send reminders to applicants if needed (a short application is recommended).

WEEK 6-8

Close the application period after ~2 weeks (or up to 1 month) based on community response. Evaluate and finalize applicants.

WEEK 9

Notify selected members, provide them with necessary orientation materials, and work out a date and time for an orientation meeting.

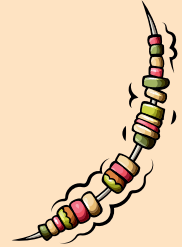
WEEK 10

Organize an introductory orientation meeting and establish rules, goals, and agendas. This is an opportunity to get initial feedback from new group members and schedule the next meeting.



Indian Health Council Inc.





THE TEPOC APPROACH

TEPOC's youth group formation aligns with the calendar year. Recruitment efforts typically begin in October and conclude with finalized decisions by the end of December. They leverage connections with the Native American Research Centers for Health (NARCH) and local Southern California schools for recruitment. TEPOC's youth group was originally set out to recruit youth aged 16-21, but flyer postings often capture the interest of college students majoring in STEM. TEPOC now sticks with youth college students.

Most all interested candidates are welcomed without the need for a strict application process. This inclusive approach ensures group diversity.

SECTION 3: COMMUNICATION, FACILITATION, & YOUTH CONSIDERATIONS

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By the end of this section, you will better understand how to facilitate meetings and communication. You will explore conducting meetings (virtually, in-person, or hybrid). Lastly, you will understand the training that is required to work with youth.

LEARNING OBJECTIVES:

- Set up meetings and communication that foster participation.
- Assess appropriate meeting formats (virtual, in-person, or hybrid).
- Identify the trainings that are required and recommended for working with youth.







COMMUNICATION TOOLS

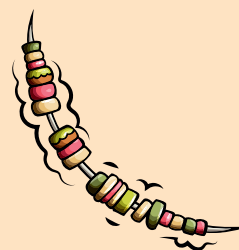
When communicating with the newly formed team, you'll need to navigate different approaches for youth compared to adult staff. An effective way to inquire about this is to ask youth members directly. Consider using an anonymous survey or poll to gather feedback on their preferences.



Communication Tools COMPARISON CHART

BRAND NAME	GENRE	KEY FEATURES
SLACK 	PROJECT COMMUNICATION	ORGANIZES COMMUNICATION THROUGH CHANNELS AND INTEGRATES WITH FILE-SHARING TOOLS LIKE GOOGLE DRIVE
GOOGLE DRIVE 	TASK COMPLETION	A DIGITAL HUB FOR DOCUMENT MANAGEMENT, INTEGRATING DOCS, GMAIL, CALENDAR, AND PHOTOS
CANVA 	VISUAL MEDIA MAKING	AN EASY-TO-USE DESIGN TOOL FOR CREATING FLYERS, BROCHURES, AND RESOURCES
TRELLO 	TASK MANAGEMENT	A PROJECT MANAGEMENT PLATFORM FOR TRACKING TASKS AND PROGRESS
ZOOM 	MEETING SPACE	A PLATFORM THAT ALLOWS FOR INTERACTIVE, VIRTUAL MEETINGS





THE TEPOC APPROACH

TEPOC utilized a variety of tools to streamline communication, organization, and project management within the youth group. Google Drive served as a central hub for managing and organizing written documents as well as photos. Outlook was used to send meeting reminders, recaps, and invitations. Canva became an essential tool for creating visually appealing designs for community presentations. Trello was used to manage the progress of this toolkit, assigning tasks and tracking deadlines to keep the group on schedule. For more timely communication, members provided permission to receive text messages on their personal phones. Obtaining consent beforehand was essential to ensuring trust and respect throughout this process.



MEETING STRUCTURE & FACILITATION TIPS

The next step is to assess how best to conduct meetings, a vital part of facilitating a youth group. You can convene different kinds of meetings. There are in-person, virtual, and hybrid formats, with each holding its own pros and cons.

- **Virtual meetings** provide flexibility, allowing attendees to join from various locations. It is also a cost-effective option. This option works best for organizations with time or travel constraints. However, virtual meetings can lack personal interaction and potentially reduce engagement.
- **In-person meetings** foster stronger connections with face-to-face interaction, making them ideal for networking and collaborative activities. However, they can be less flexible with scheduling and can add costs in the areas of transportation and facilities.
- **Hybrid meetings** offer a middle ground, allowing both in-person and virtual participation. However, these require careful planning as you are taking on both ways to conduct meetings.



Regardless of the option you decide on, here are some useful tips. Virtual options usually include interactive tools, such as breakout rooms and polls, which can improve engagement. In-person events can maximize interactive activities like group discussions, hands-on projects and workshops. Moreover, clear communication and accessibility, such as providing recordings or flexible scheduling options, are essential for effective youth engagement



STRATEGIES TO ENGAGE YOUTH MEMBERS



The ideal way to engage youth is by being a member of the group. It is your responsibility to create a comfortable atmosphere where all voices are heard and respected equally. This includes avoiding power dynamics.

With this atmosphere established, it is easier to engage youth with games and fun icebreaker activities. These will help you learn more about the youth.

Sample Ice-Breaker Questions:

- Seasonal: *What is your favorite aspect of [Spring, Summer, Fall, Winter]?*
- Holidays: *Any fun plans for [Easter, President's Day, Halloween, etc.]?*
- *What is your favorite food?*
- *What is your favorite media [Show, Movie, Music, etc.]?*
- *Where do you want to travel if nothing was in your way?*

Some other great activities:

- Reading research articles.
- Presentations to the group.
- Virtual escape rooms and puzzles.



These fun ways of learning about one another should make it easier to facilitate group discussions (see page 48)

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INTERNAL LEADERSHIP AND RESPONSIBILITY

With your own organization's leadership, it is important to remind youth to maintain good behavior (see page 50) You also want to empower youth to lead themselves and grow workforce skills. For example, a youth group can elect members to take on executive roles. They can also collectively share responsibilities without formal titles.

Youth can be responsible for:

- Organizing meetings
- Taking meeting notes
- Managing reminders
- Setting agenda items
- Presenting agenda items
- Creating activities



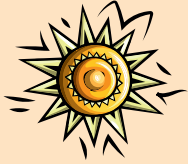
At the least, ensure flexibility as responsibilities may evolve over time with number of members and personal capacities. If a member falls behind or becomes non-communicative, youth leaders within the group should reach out personally to offer support. Still, organizational or personal concerns should also be directed to adult advisors of the youth group.

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TRAINING IDEAS FOR WORKING WITH YOUTH

Now, while it is exciting to form a youth group that directly ties into your work, we cannot forget the protections and considerations owed to youth.



To conduct ethical research, adult staff require specialized training in youth development, human subjects protection, and research protocols. A comprehensive training plan should operate in an organized manner that avoids scheduling conflicts and ensures participation

Here are some training programs you can use:

- **Youth development training**, like those offered by **CalSAC**, offers relevant modules on “Working with Children and Youth” and “Behavior Guidance.”³
- **Human subjects research training**, like that offered by **CITI Program**. Adapting standard training material to be more accessible and culturally relevant for community-based adult staff. It also helps with following IRB protocols.⁴
- **Research methods and protocols training** to ensure ethical data collection, storage, and use. Hosted by **CITI Program**.
- **Ongoing professional development opportunities**. This can include **motivational interviewing, Youth Mental Health First Aid, and Question, Persuade, Refer (QPR)**.⁵

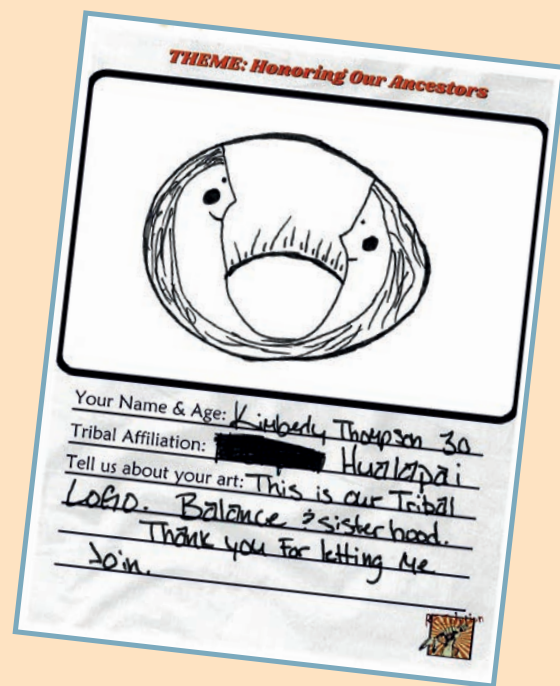


In addition to these training programs, you should consult with external experts to ensure specialized training for AI/AN populations.

Consider partnering with:

- Youth development organizations to see what they did.
- Academic institutions for research ethics and methods training.
- Consultants with expertise in youth engagement and protections.

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SECTION 4: PROFESSIONAL DEVELOPMENT

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By the end of this section, you will know how to build rapport with youth, guide skill and knowledge development, and foster confidence for leadership roles

LEARNING OBJECTIVES:

- Identify strategies for building strong relationships with youth.
- Compose techniques to guide youth in acquiring new skills and knowledge (i.e., training, networking).
- Demonstrate approaches that empower youth to confidently take on leadership roles.



BUILDING RAPPORT & ENCOURAGING PARTICIPATION

An effective approach to establishing trust begins by inviting and valuing youth input from the start. Using tools like surveys, polls, and open discussions to gather regular feedback is not overkill; it is one of the simplest ways to connect with youth. Regular feedback not only allows youth ideas to be valued, but also ensures youth-guided direction of the project. When youth see their ideas reflected on paper and in their community, it empowers them and you as an organization.



Real-World Examples of Youth-Led Change:

To drive this point home, take a look at some great examples of youth-led initiatives in action. Take the climate movement led by activists like Greta Thunberg, who influenced global environmental policy. Similarly, students advocating for stricter gun laws after the Parkland shooting led to tangible legislative reforms. These examples show that when youth use their voices, people listen.

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THE TEPOC APPROACH

A Youth Advisory Council member embraced ownership by creating an educational presentation at the Inter Tribal Tobacco Prevention Youth Summit.

After the event, this author's newfound pride built upon itself and contributed to several ideas, including this very toolkit. This toolkit serves as a testament to the skills and responsibility youth can gain through active involvement in initiatives.

LEADERSHIP OPPORTUNITIES

Active Participation:

When youth are involved in planning projects, they develop critical leadership skills that include decision-making, teamwork, and problem-solving. This critical and active participation instills a sense of pride, driving them to embrace ownership.



RINCON REZOLUTION 2024



THE TEPOC APPROACH

TEPOC's YAC worked with research investigators to take the lead on drafting Tribal Resolutions for the Reward and Reminder (R&R) retailer intervention. This is a community-based initiative to reduce Tribal youth access to commercial tobacco.

To garner support for implementation, TEPOC's YAC wrote formal letters to local Tribal councils to request endorsement. The R&R retail intervention is still in progress, with some YAC members participating as volunteer buyers themselves.



Facilitating Youth Decision-Making:

A key contributor to active engagement is by providing youth with an array of choices. Making decisions can be challenging, even worrisome at times, but it is important that youth learn how to make decisions and stand strong behind them. Whether it's voting on project goals, meeting structures, or simpler decisions like choosing snacks for a meeting, these opportunities help youth practice leadership and see what responsibility looks and feels like. The ability to make choices, no matter how small, builds the decision-making skills they'll need in future roles.^{6,7}



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THE TEPOC APPROACH

In collaboration with TEPOC staff, YAC co-authored two papers discussing TEPOC programming and youth commercial tobacco use.

One paper showcased the formation of a community coalition, highlighting the community-driven effort to combat commercial tobacco use. Another paper captured youth involvement in writing Tribal Resolutions for TEPOC's R&R retailer intervention. These papers gave TEPOC's YAC a way to amplify their voices and also gave them tangible assets that reflect their experiences.



CREATING A SUPPORTIVE & INCLUSIVE ENVIRONMENT

Nurturing environments start with regular check-ins, using inclusive language, and making sure spaces are both physically and emotionally safe. Small group meetings or one-on-one sessions allow youth to share their thoughts more openly, which can build deeper trust.

A good example comes from one of our youth member's experiences. They attend the University of California Irvine and consider UCI's Cross-Cultural Center a second home. This location makes sure to emphasize inclusivity by using language that fosters belonging.



THE TEPOC APPROACH

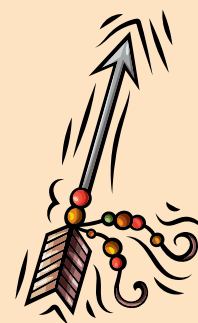
To prepare members for public speaking, TEPOC incorporated mini research presentations into early group meetings. Members selected commercial tobacco articles of their choice, presented their findings to the group, and received constructive feedback. This activity not only helped them build confidence in presenting but also encouraged collaboration and critical thinking. By the time public events like the Annual Youth Summit came around, members felt more comfortable and prepared to speak about the dangers of youth commercial tobacco use.





Transparency & Accountability:

In conjunction with creating a safe environment, transparency must be present. When decisions are made by adult staff, with or without the help of the youth, explanations should be provided as soon as possible. This not only allows adult staff to take accountability and responsibility, but can also remind the organization of the commitment to youth-guided direction. Setting up opportunities to socialize, like informal gatherings, can also foster transparency and build a stronger sense of community within the group.



SUPPORTING YOUTH THROUGH PERSONAL CHALLENGES

It is important to recognize that youth may face personal challenges, and showing emotional support can make a huge difference. How can you show this emotional support? Regular check-ins and flexibility around deadlines are a good start and show the youth that a youth group is not strictly business. Moreover, there are many ways to show empathy and understanding, and reduce pressure on youth. For example, if a member is dealing with anxiety and begins to disengage, reaching out privately and offering support can prevent further withdrawal. The idea is to lay a foundation where discussion on mental health is welcomed and appreciated. Adult staff training will surely be an ideal way to make this happen.



Let's look at an example process for offering support.

Scenario: There is a youth member currently struggling with anxiety and impostor's syndrome. At the same time, an obligation for the youth group is soon approaching, making them feel overwhelmed. They have school responsibilities, home chores, and are the captain of their soccer team. They eventually come to speak with you, but are wary of repercussions.

Ask yourself: How can you, an adult staff, offer support?

You can step in by first showing empathy and understanding. This cannot be overstated. The next step will likely be adjusting their responsibility to a point they feel relief. Lastly, ensure they don't feel bad for coming to speak with you. You can even praise them for knowing how to speak up for themselves.



SECTION 5: COMMUNITY PARTNERSHIPS & SUSTAINABILITY

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By the end of this section, you will know the ideal partners to work with to ensure the success and long-term growth of the youth group. You will also know how to use these partnerships in regards to tobacco-based community initiatives.



LEARNING OBJECTIVES:

- Identify ideal partners to collaborate with.
- Understand how to leverage partnerships to support tobacco-related projects.
- Recognize the role of partnerships in promoting sustainable youth development.



ENGAGING TRIBAL LEADERS AND ELDERS

As you think about forming a group, you should also be thinking about the knowledge base that already exists in your community.

Collaborating with advocacy veterans like Tribal leaders and elders is a wise choice, if not the best when forming a youth group. Indigenous elders hold a wealth of profound wisdom and stories, shaping their communities across generations. Tribal leadership can provide the youth group with the sponsorships that aid in programming. If and when these partnerships are established, be sure to schedule regular meetings between parties to keep communication open and actions transparent.

• • • • • • • •



**CHASE & PALA TRIBAL CHARIMAN
ROBERT H. SMITH**



**CHASE & SY FORMER COUNCIL MEMBER
STAN RODRIGUEZ**

THE TEPOC APPROACH

TEPOC's YAC collaborated with one of Indian Health Council Inc's marketing grants to film a series of public service announcement (PSA) videos. During these sessions, members responded to questions about youth commercial tobacco prevention and mental health. This collaboration encouraged the sharing of unique perspectives and experiences and resulted in materials that supported awareness campaigns. The project demonstrated how interdepartmental teamwork can amplify youth voices and further organizational goals.



COMMUNITY-BASED INITIATIVES

When establishing a youth group, it is important to work with external organizations. Many organizations welcome the idea of collaboration.

Schools and education departments can offer venues to support specific youth-led projects. Health centers and Tribal clinics can co-host events on the dangers of commercial tobacco. Leaning on these partnerships not only strengthens the group but also reinforces the broader mission of commercial tobacco prevention and cessation.^{9,10}

To strengthen partnerships, consider developing formal agreements such as memorandums of understanding (MOUs) or the equivalent. This helps to clearly define roles and long-term goals for partnerships.

Lastly, we cannot forget the aspect of evaluation. Quarterly surveys can be an effective way to evaluate partnerships, alongside in-person feedback sessions led by adult staff. Evaluation keeps partnerships orderly and functioning as intended.



THE TEPOC APPROACH

TEPOC's YAC demonstrated the importance of building relationships with Tribal leaders and elders by drafting and presenting Tribal Resolutions for the R&R retailer intervention. Through this collaboration, YAC members created a direct line of communication with leaders, fostering trust, transparency, and respect. These efforts underscore how youth can work alongside Tribal leaders and elders to drive meaningful, community-based change.

SUSTAINABILITY AND TRANSITIONING

Sustaining the youth group over the long term requires thoughtful planning. This requires transitioning leadership from year to year and is something you should be thinking about early on.¹¹

Here's an outline for processes during transitioning and on-boarding new members, even if it isn't exactly on your radar now:

Restate the Mission: We encourage reinforcing the council's mission during the transition. This reinforces the group's purpose to exist and reminds everyone why they show up.

Mentorship Program: We recommend an overlap period where new members and departing members can sit on the board together briefly. This gives new members relatable people they can turn to, and gives departing members the opportunity to leave behind wisdom that can further be used. Moreover, consider tasking departing members with making a mini guidebook to this group. They can document their experiences to help new members transition smoothly and is also a great last assignment for reflecting on the past year.⁸

Offer regular check-ins for present and past group members to keep a strong network.

Document Progress: We encourage you to document everything you and the youth group accomplish. Keep track of current and past initiatives, partnerships, and meeting procedures. It is also recommended to create a shared and detailed calendar of annual events and contact information for new members (*see page 49*)

Future Involvement: Lastly, get a headstart on recruitment by partnering with local schools and youth organizations. These are great areas to get new members and will help keep the group dynamic and diverse. Try hosting Q&A's and putting on events that spark interest in the group.



EVALUATION: ASSESSING YOUTH GROUP SUCCESS

Pre- and Post-Surveys: Surveys are a great tool to measure changes in knowledge, attitudes, and skills. Use pre-surveys at the start of the program and post-surveys at its conclusion to assess progress (*see page 47*)

Talking Circles: Talking circles provide a non-judgmental way to gather qualitative feedback and insights. These open and inclusive discussions allow participants to share their experiences, challenges, and achievements in a safe space.

Event-Specific Self-Reflection After projects and events (e.g., outreach events, research presentations), ask youth to reflect on their experiences, challenges, and successes with a post-survey.

Partner and Community Feedback: Perspectives from program partners can provide valuable insights for the future. Use surveys, interviews, or informal discussions.

Metrics of Success: Define and track measurable outcomes to evaluate the youth group's overall success. Examples include:

- Increased knowledge and awareness of commercial tobacco prevention among participants.
- Number of community outreach events or presentations conducted.
- Development of new leadership skills (e.g., public speaking, team collaboration).
- Positive changes in community engagement or attitudes toward commercial and traditional tobacco use.



APPENDIX A: FOUNDATIONAL TOOLS

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TEMPLATE FOR CRAFTING A MISSION STATEMENT

When crafting a mission statement, consider these components:

Purpose – *What does your group aim to accomplish?*

- Example: To reduce youth smoking rates in Tribal communities by promoting education, awareness, and alternative activities.
- Example: To inspire youth to lead initiatives that drive policy change for a commercial tobacco-free future.

Audience – *Who does your group serve or involve?*

- Example: Our primary audience is Tribal youth aged 14–18 in rural and reservation communities.
- Example: We aim to engage educators, parents, local leaders, and youth.

Impact – *What long-term change do you hope to achieve?*

- Example: To see a measurable decline in commercial tobacco usage among Tribal youth within five years.
- Example: To cultivate a generation of leaders who are empowered to advocate for health equity in their communities.

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APPENDIX B: RECRUITMENT AND ENGAGEMENT RESOURCES

EXAMPLE RECRUITMENT FLYER



EXAMPLE SOCIAL MEDIA POST



EXAMPLE CAPTIONS

Want to support your community?

Join (GROUP NAME) and be part of the mission to prevent youth commercial tobacco use.

This is your chance to make an impact, advance your research skills, and contribute to meaningful initiatives.

Let your voice be heard. Together, we can build a healthier, commercial tobacco-free future!

For more information, call or email (CONTACT)

#commercialtobaccofree

EXAMPLE APPLICATION FORM & QUESTIONS

Please complete this form to express your interest in joining the (GROUP NAME)

Full Name:

Email:

Mailing Address:

Date of Birth:

Tribal/Island Affiliation (N/A is fine)

How did you hear about the (GROUP NAME)?

Current School:

Current Grade Level and Year:

Academic Major(s), Minor(s), or Interests:

Personal Interests & Hobbies:

School and Community Activities/Service Organizations:

Please list any school or community activities or service organizations in which you are involved:

Interest in the (GROUP NAME):

In 1-2 sentences, describe why you are interested in joining the (GROUP NAME) and why you think it is important:

Commitment to Meetings:

Can you commit to attending one-hour meetings on weekdays?

Yes / No

Applicant and Guardian Information

Applicant Signature:

Parent/Guardian Name (if applicant is under 18):

Parent/Guardian Contact Information (if applicant is under 18):

Phone Number:

Email:

EXAMPLE PRE-PROJECT SURVEY QUESTIONS

1. How do you feel about the weekly workload for this (project/event)?
2. Is the pacing of the (project/event) till completion manageable for you?
3. Do you feel like you have all the resources you need to be successful?
4. Are you clear on what is expected for the (project/event)?
5. How well do you think the team is collaborating/will collaborate on this (project/event)?
6. How confident do you feel about your contributions to this (project/event)?
7. What could we do to make our meetings more engaging or enjoyable for you?
8. Do you feel comfortable sharing your ideas and opinions during meetings?
9. Is there anything specific you would like more support or guidance for th (project/event)?
10. Any other comments or suggestions?

EXAMPLE POST-PROJECT SURVEY QUESTIONS

1. How satisfied were you with the overall (project/event)?
2. What aspect of the of the (project/event) did you find the most impactful and why?
3. What could we improve on?
4. Did the (project/event) meet your expectations?
5. What key takeaways did you gain from the (project/event)?
6. What topics would you like to see covered in future (projects/events)?
7. Did the (project/event) represent youth perspectives and voices?
8. Do you feel the (project/event) highlighted the unique perspectives of the (GROUP NAME)?
9. Would you recommend participating in a similar (project/event) to others?
10. How well did this (project/event) align with its stated goals and objectives?

MEETING AGENDA TEMPLATE

Sample Agenda:

1. Welcome and Introductions (10 minutes): Icebreaker activity.
2. Updates and Announcements (10 minutes): Review progress since the last meeting.
3. Discussion Topic (30 minutes): Brainstorming sessions/Discussion on upcoming outreach events/Project workflow.
4. Next Steps (5 minutes): Assign tasks and review deadlines.
5. Closing and Feedback (5 minutes): Gather input on the meeting.

EXAMPLE MEETING ACTIVITIES

Virtual Activity Ideas

1. **Icebreaker Questions** – Fun questions related to hobbies, favorite foods, or future aspirations.
2. **Virtual Escape Rooms** – Strengthen general teamwork skills.
3. **Interactive Polls or Quizzes** – Use tools like Kahoot, Poll Everywhere, and Slido to test knowledge about commercial tobacco and other topics.
4. **Photovoice Projects** – Have youth share images they've taken that represent their community's relationship with commercial tobacco (positive or negative).
5. **Creative Media Challenges** – Have youth participate in an at-home media challenge, such as creating a short video about commercial tobacco awareness.
6. **Guest Speakers** – Invite a health professional or community leader to present.

In-Person Activity Ideas

1. **Icebreaker Games** – Play games like Two Truths and a Lie or Human Bingo.
2. **Photovoice Walk** – Go on a group walk to capture commercial tobacco-related imagery and scenes.
3. **Poster Making** – Have participants design posters with commercial tobacco messaging.
4. **Role-Playing** – Act out scenarios related to peer pressure and decision-making about commercial tobacco.
5. **Guest Speakers** – Host a panel of community members, healthcare workers, or elders to discuss commercial and traditional tobacco.
6. **Cultural Workshops** – Cultural crafts, storytelling.



APPENDIX C: PLANNING AND PROGRESS TRACKING

SMART GOAL AND ACTION PLAN WORKSHEET¹²

SMART Goals

S	Specific What am I going to do? Why is this important to me?
M	Measurable How will I measure my success? How will I know when I have achieved my goal?
A	Attainable What will I do to achieve this goal? How will I accomplish this goal?
R	Relevant Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?
T	Time-Bound When will I accomplish my goal? How long will I give myself?

Action Plan

My goal is _____

Date to finish	How will I measure my success?

Steps to Achieving my Goal

Description	Time Estimate	Completion date

Obstacles that may arise	How I will respond

Helpful Tools	Helpful Resources

PROJECT REPORTING TEMPLATE

YEAR (#)	2024			
(Reporting Period)	JULY	AUGUST	SEPTEMBER	OCTOBER
PROJECT/GRANT INFO				
Project/Grant Meetings				
Advisory Board Meetings				
Youth Advisory Group Meetings				
CESSATION				
Patient Total				
Referrals				
Support Group				
Staff Meetings				
Notes				
PROGRAMMING				
Planning/Protocols				
Dates/Locations				
Volunteers				
Notes				
OUTREACH				
Community Events				
Social Media				
Notes				
OTHER				
External Groups				
Webinars/Training				
Presentations				
Papers				

APPENDIX D: ROLES, CONDUCT, AND EXPECTATIONS

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EXAMPLE CODE OF CONDUCT FORM

Youth Advisory Group members understand that they must adhere to the highest standards of behavior. The Youth Advisory Group members agree to conduct themselves in a manner that fosters community among all participants and staff and cultivates an atmosphere of mutual respect.

The Youth Advisory Group member agrees to the following code of conduct:

1. At all times, behavior should reflect the missions and values of *[Insert your organization]*
2. Members are expected to demonstrate respect, responsibility, and trustworthiness.
3. The use of commercial tobacco, alcohol, or other illegal substances are not acceptable for members.
4. If a member is found responsible for any criminal or legal offenses, such as stealing, harassment, or assault, the member may face automatic termination.
5. Accidents, injuries, or illnesses that affect attendance for meetings and activities should be reported to the group supervisor as soon as possible.
6. Inappropriate physical contact with other members or staff is unacceptable.

EXAMPLE GOALS AND EXPECTATIONS FORM

Our Goals for You:

- To develop research and leadership skills that will support your academic and professional career.
- To connect with a network of professionals who can guide and inspire your career.

Goals for Yourself:

- [BLANK LINE]
- [BLANK LINE]
- [BLANK LINE]

Member Responsibilities:

- Attending meetings and activities regularly.
- Contributing ideas to the group.
- Being a good representative of the [Insert your organization]'s mission through leadership and professionalism.

You will also be accountable for:

- Communicating successes, concerns, and questions promptly.
- Managing your schedule.
- Working as a team, sharing responsibilities, and working through challenges.
- Working with differing styles of leadership and collaboration.

APPENDIX E:

ADDITIONAL RESOURCES

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COMMERCIAL TOBACCO PREVENTION RESOURCES

Keep It Sacred: National Native Network for commercial tobacco and cancer prevention in Tribal communities. Website: <https://keepitsacred.itcml.org>

Tobacco-Free Kids: Advocacy and education resources for commercial tobacco prevention. Website: <https://www.tobaccofreekids.org>

Air is Life: A Navajo Nation initiative for commercial tobacco prevention. Website: <https://www.navajoairislife.com>

YOUTH GROUP MANAGEMENT AND SUCCESS

Youth.gov: Additional tools for creating successful youth groups. Website: <https://youth.gov>

National Indian Child Welfare Association (NICWA): Additional resources for youth empowerment and community support. Website: <https://www.nicwa.org>

Center for Native American Youth (CNAY): National advocacy organization that supports Tribal youth health and leadership. Website: <https://www.cnay.org>

COMMERCIAL TOBACCO QUITTING RESOURCES

Smokefree Native: Culturally tailored resources. Website: <https://smokefree.gov/native>

National Quit Line: Free 24/7 assistance for quitting commercial tobacco use. Tailored to individual needs. Phone: 1-800-QUIT-NOW (1-800-784-8669). Website: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitline/index.html#>

Indian Health Council's Tobacco Education Prevention Outreach Cessation (TEPOC) Program: Provides tailored support for Northern San Diego County Tribal communities. Contact: Call or text Chase at (442) 278-6298. Website: <https://www.indianhealth.com>

Truth Initiative: Online resources and tools to quit smoking or vaping. Website: <https://www.thetruth.com>

PROFESSIONAL DEVELOPMENT ORGANIZATIONS AND OPPORTUNITIES

American Indian Science and Engineering Society (AISES): Professional development in STEM. Website: <https://aises.org/>

Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS): Professional development in STEM. Website: <https://www.sacnas.org>

National Congress of American Indians (NCAI): Leadership and policy opportunities. Website: <https://www.ncai.org>

Native Governance Center: Leadership development opportunities. Website: <https://nativegov.org>

SUGGESTED ETHICAL RESEARCH TRAININGS

CITI Program: Research with Native American Communities.: Teaches about Tribal sovereignty and respecting Indigenous perspectives. Website: <https://about.citiprogram.org/course/research-with-native-american-communities-important-considerations-when-applying-federal-regulations/>

CalSAC (California School-Age Consortium): Offers training in youth development, equity, and leadership. Website: <https://www.calsac.org>

QPR (Question, Persuade, Refer) Training: Teaches skills to recognize and respond to mental health crises and suicide prevention. Website: <https://qprinstitute.com>



APPENDIX F:

TEPOC YOUTH ADVISORY COUNCIL-CREATED EDUCATIONAL MATERIALS

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Inter-Tribal Tobacco Prevention Youth Summit 2022 Pre-Post Surveys

Pages 55, 56

Pre- and post-surveys designed to evaluate participants' knowledge and attitudes about commercial and ceremonial tobacco use. This tool also evaluates the summit's effectiveness in enhancing participants' awareness and prevention strategies.

Inter-Tribal Tobacco Prevention Youth Summit 2022 Refuse to Use Activity

Pages 57-58, 59-60

Activity cards introducing the S.T.A.R.S. refusal method to help youth say no to commercial tobacco in real-life scenarios. The cards empower youth with actionable refusal strategies, fostering confidence in resisting peer pressure.

Inter-Tribal Tobacco Prevention Youth Summit 2022 STARS Bifold Handout

Pages 61-62

A detailed brochure guide on using the S.T.A.R.S. method, with examples and tips for confident communication and alternative activities.

Inter-Tribal Tobacco Prevention Youth Summit 2023 Commercial Tobacco-Free Handout

Pages 63-64

A handout explaining how commercial tobacco companies target youth, with real-life examples and strategies to be commercial tobacco-free.

Inter-Tribal Tobacco Prevention Youth Summit 2023 Marketing Memory Game Cards

Pages 65-66, 67-68, 69-70

Interactive memory game cards illustrating the similarities between e-liquid vaping products and real-life food products in a fun and engaging way.

Inter-Tribal Tobacco Prevention Youth Summit 2024 Posters and Trivia Game Board

Pages 71, 72, 73, 74, 75, 76

Educational posters and a trivia game board exposing the harms of commercial tobacco and its impact on Native communities.

PRE-SUMMIT SURVEY

TOBACCO
EDUCATION
PREVENTION
OUTREACH
CESSATION



1. What do you want to learn from today's Summit? _____

2. I want to learn more about commercial tobacco prevention.

Yes

No

I don't know

3. Circle the face that shows how you feel about being here today.



4. Do you know the difference between ceremonial and commercial tobacco? Circle your answer.

Yes

No

I don't know

5. How much do you agree or disagree with the following statements? Circle your answer.

Tobacco harms body organs.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

Tobacco harms the environment.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

It would be easy to get commercial tobacco products if I wanted to.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I have parents, mentors, or elders that help me understand the dangers of tobacco use.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I have parents, mentors, or elders that teach me about the traditional uses of ceremonial tobacco.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I feel comfortable saying "no" when offered tobacco products.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

POST-SUMMIT SURVEY

TOBACCO
EDUCATION
PREVENTION
OUTREACH
CESSATION



1. What was your favorite thing you learned today?

2. What did you think about today's summit?



3. Do you know the difference between ceremonial and commercial tobacco? Circle your answer.

Yes

No

I don't know

4. How much do you agree or disagree with the following statements? Circle your answer.

Tobacco harms body organs.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

Tobacco harms the environment.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

It would be easy to get commercial tobacco products if I wanted to.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I feel comfortable saying "no" when offered tobacco products.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

I will try a commercial tobacco product soon.

Strongly Disagree

Disagree

Neutral

Agree

Strongly Agree

5. What is one way you could refuse the commercial tobacco product?

T.A.R.S. SAY "NO"
S. COMMERCIAL TOBACCO



Southern California Tribal Tobacco Coalition

T.A.R.S. SAY "NO"
S. COMMERCIAL TOBACCO



Southern California Tribal Tobacco Coalition

T.A.R.S. SAY "NO"
S. COMMERCIAL TOBACCO



Southern California Tribal Tobacco Coalition

T.A.R.S. SAY "NO"
S. COMMERCIAL TOBACCO



Southern California Tribal Tobacco Coalition

Your friend comes over to play video games. You decide to offer them your JUUL.

Say:

"Hey, how about you try my JUUL?"

You have a new flavored vape product. You offer it to your friend.

Say:

"Try my new vape, it tastes like watermelon."

You are at a football game with your friends. You pull a friend aside to smoke a cigarette.

Say:

"Come on, let's go smoke a cigarette."

You and your friends are playing truth or dare. You have a pack of cigarettes.

Say:

"I dare you to smoke a cigarette."

S.T.A.R.S. SAY "NO"
TO COMMERCIAL TOBACCO



Southern California Tribal Tobacco Coalition

S.T.A.R.S. SAY "NO"
TO COMMERCIAL TOBACCO



Southern California Tribal Tobacco Coalition

S.T.A.R.S. SAY "NO"
TO COMMERCIAL TOBACCO



Southern California Tribal Tobacco Coalition

S.T.A.R.S. SAY "NO"
TO COMMERCIAL TOBACCO



Southern California Tribal Tobacco Coalition

Use S.T.A.R.S. to say "no" to
commercial tobacco.

S - Say "no."

T - Tell a joke.

A - Avoid the conversation.

R - Remind them of the dangers.

S - Share other plans or options.

Use S.T.A.R.S. to say "no" to
commercial tobacco.

S - Say "no."

T - Tell a joke.

A - Avoid the conversation.

R - Remind them of the dangers.

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Use S.T.A.R.S. to say "no" to
commercial tobacco.

S - Say "no."

T - Tell a joke.

A - Avoid the conversation.

R - Remind them of the dangers.

S - Share other plans or options.

S.T.A.R.S. SAY "NO" **TO COMMERCIAL TOBACCO**

PRESENTED BY:
TEPOC YOUTH ADVISORY COUNCIL



REFUSAL STRATEGIES

Say "no."

- Use a firm voice and confident body language.

Tell a joke.

- More like tobacNO!

Avoid the conversation.

- "I'm late for dinner."
- "I told my parents I would come home right after school."

Remind them of the dangers.

- "Commercial tobacco contains lots of dangerous chemicals."
- "Commercial tobacco can lead to cancer or heart disease."

Share other plans or options.

- "Let's go see a movie instead!"
- "Wanna go play basketball instead?"

**Funded by the
University of California Office of the President's
Tobacco-Related Disease Research Program**

**We are smart.
We are informed.
We are**

**COMMERCIAL
TOBACCO-FREE!**

Presented by: TEPOC Youth Advisory Council



**INDIAN HEALTH
COUNCIL, INC.**

Research and Student
Development



How do big tobacco companies target youth?

1. Social media



Tobacco companies pay influencers or social media sites to promote vaping products and lifestyles. These ads don't tell us about the harmful stuff hidden in those products. Just because something looks cool on social media does NOT mean it is safe.

2. Bright and vibrant colors



Tobacco companies use flashy colors to make their products look cool and harmless. Don't be fooled! Instead, let's see these bright colors as a warning sign.

3. Flavors



Tobacco companies target us with vape flavors that look like our favorite foods and candies. It's a sneaky way to get us interested. But we are smart! We can read labels carefully and know these vape products are not safe for us.



E-liquid



Food Product



E-liquid



E-Liquid



Food Product



Food product



E-liquid



Food product



E-Cigarette



E-liquid



Food Product



Food Product





E-liquid



Food product



E-liquid



E-Cigarette



Toy



Food product



E-Liquid



Food Product



E-Liquid



E-liquid



Food Product



Food Product



E-liquid



Food product



E-liquid



E-liquid



Food product



Food product



E-liquid



Food product



E-liquid



E-liquid



Food product



Food product



Environmental Harm

TOBACCO'S IMPACT ON THE



ENVIRONMENT

Growing Tobacco



Growing tobacco degrades soil, exposes workers to toxic chemicals, and threatens biodiversity through pesticide and fertilizer use.

Deforestation



It's estimated that over 600 million trees are cut down annually to produce tobacco products.

Tobacco Cultivation



Commercial tobacco cultivation and pesticide use causes many environmental problems, including land and water pollution.

Transportation & Tobacco Smoke



Transporting tobacco leaves and products generates significant air pollution. Tobacco smoke pollutes the environment with toxic greenhouse gases.

Tobacco Littering



Cigarette butts are the most littered item in the world.

E-Cigarette Waste



E-cigarettes contain toxic nicotine and batteries that can catch fire and explode. The plastic in them is often completely unrecyclable.

American Indian / Alaska Native communities have traditional connections to their land, which is vital for culture, spirituality, and sustainability. Commercial tobacco farming can harm the environment, impacting the health of the land and the resources it provides.

Sources:
truthinitiative.org
publichealthlawcenter.org
ash.org



Youth-Related Harm

Tobacco's Impact on Youth



High tobacco use rates are a problem for AI/AN youth both on AND off reservations.



AI/AN youth have the highest rates of cigarette and vape use compared to any other ethnic youth groups.

Quitting tobacco is especially hard for AI/AN youth due to nicotine addiction and peer pressure.

Commercial tobacco use ranks among the leading preventable causes of death in the U.S., impacting AI/AN youth at higher rates than their peers.

Tobacco companies target AI/AN youth through marketing and advertising, linking smoking with misleading ideas of independence and cultural pride.



Traditional tobacco enriches youth with cultural heritage, fostering respect, spiritual connection, and ceremony.

Sources:
cdph.ca.gov
sciencedirect.com
apmreports.org
shutterstock.com

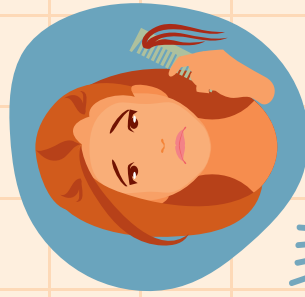
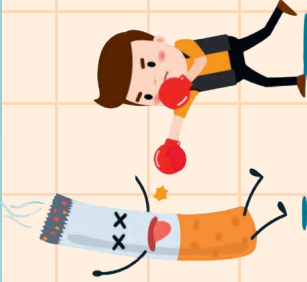


Bodily Harm

TOBACCO'S IMPACT ON THE BODY



**DEFEAT TOBACCO!
DON'T LET IT DEFEAT YOU.**



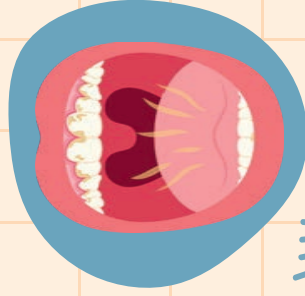
Hair Loss

Smoking can accelerate thinning of hair. This can lead to balding if not taken care of.



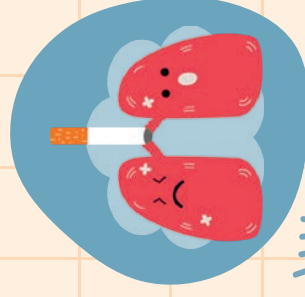
Skin Damage

Smoking can cause premature and deep wrinkles such as crow's feet. Age spots, lip lines, and skin sagging can also occur.



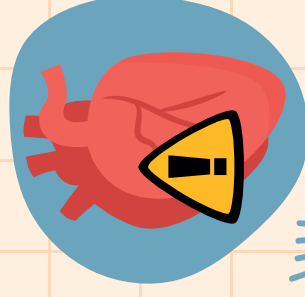
Teeth & Gums

Smoking can cause yellow teeth, gum disease, persistent bad breath, and tooth loss.



Lung Cancer

Tobacco smoke is a toxic mix of more than 7,000 poisonous chemicals. At least 70 are known to cause cancer in people and animals.



Heart Disease

Smoking increases plaque and fat buildup. This narrows blood vessels, which can lead to clotting and heart attacks.

Sources:
webmd.com
nhlbi.nih.gov
amp.cancer.org
freepik.com



Mental Harm



TOBACCO'S IMPACT ON MENTAL HEALTH

NASTY NICOTINE



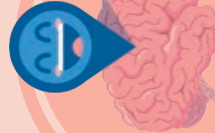
Many harmful chemicals are found in commercial tobacco. The primary addictive one is nicotine.

WITHDRAWAL WARNING



Commercial tobacco is so addictive that quitting it can cause mood changes, anger and restlessness. This is called withdrawal.

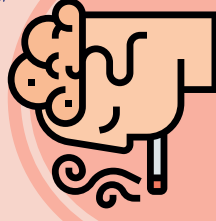
DOPAMINE OVERLOAD



Nicotine releases so much dopamine that it reduces the amount we usually get, making us depressed.

Sources:
health.state.mn.us
my.clevelandclinic.org
fda.gov
charliehealth.com
nih.gov

EFFECTS ON THE BRAIN



Nicotine disrupts the development of the brain, increasing the risk of addiction in youth.

MESES WITH YOUR MIND



Vaping is associated with cognitive deficits like forgetfulness, poor decision-making, and ADHD.



TOBACCO'S IMPACT ON FAMILY



1

Secondhand smoke comes from inhaling another person's smoke exhalation.

2

Children growing up around smokers are more likely to become smokers themselves.



3

Commercial tobacco use can cause emotional stress and strain between family members.



4

Buying commercial tobacco products can create financial burden on families with children.



5

Exposing infants to smoke can increase their risk of Sudden Infant Death Syndrome (SIDS).



6

Reducing or quitting tobacco use can decrease the family risk for cancer, lung, and heart conditions.



Smoke-Free Warriors: Trivia Challenge

Environment

Name the most littered item in the world.

Name one environmental problem commercial tobacco is responsible for.

How many trees are cut down to make commercial tobacco products each year?

Name one risk e-cigarettes pose to the environment.

Name one reason Native American communities are concerned about commercial tobacco?

Youth Use

What youth group has the highest vape rate?

Name the problem found both on and off reservations.

Name one benefit of sacred tobacco for youth in Native American communities.

What is one common reason why some youth start using commercial tobacco?

Name one way youth can be targeted by tobacco companies.

Body

Name one thing smoking does to one's teeth.

What does tobacco do to your hair?

How might your skin be affected by smoking?

How would smoking affect your heart?

What is the most common cancer associated with smoking?

Mental Health

Name the addictive substance in commercial tobacco.

What mood-related physical reaction can occur when quitting tobacco?

What is disrupted by the addictive substance in commercial tobacco?

What chemical can cause depression when smoking a lot?

What concentration-based condition can be worsened by smoking?

Family Impact

Name the exposure you get when a loved one smokes around you?

What could happen if a child sees adults and loved ones smoke?

What kind of stress does smoking put on family connections?

What is the result of spending a lot of money on commercial tobacco?

Name one illness you can get if someone smokes in your home?

ENDNOTES

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ENDNOTES (CONT.)

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ACKNOWLEDGMENTS

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