Kick Butts Generation

VOICE

January/February 2021

www.KBGde.org

UPCOMING EVENTS

KBG Valentine *Slimetacular* Virtual Event

Hosted by Shue-Medill KBG Force

FEBRUARY 10, 2021
6:00 PM TO 8:00 PM

Click the image below to enlarge

Register Today!

2021 KBG Virtual Youth Summit

MARCH 2021

We are actively working on the 2021 KBG Youth Virtual Youth Summit!!

Make sure to keep checking our website for more details. The next edition of the KBG VOICE newsletter will feature more details on the summit as well.

This is going to be a youth summit you DO NOT want to miss.

A LOOK BACK AT DECEMBER 2020

KBG Gingerbread House Creation Event

Thank you to everyone who signed up and attended the first-ever KBG Virtual Gingerbread House Creation Event! More than 50 people attended live to build their gingerbread house and some competed to see who had created the best gingerbread house! It was such a fun event and we are so glad you could join us!

We think this is going to be an event that we hold annually and hope to see you participate next year, too!

Thank you to those who have submitted pictures from the event. If you have pictures that you would like to send us, click the button below!

Submit Your Event Photos

TRAINING OPPORTUNITY

Youth and Adult Training

TAKE DOWN TOBACCO

Take Down Tobacco 101

Take Down Tobacco (TDT) 101 provides great training on all that you need-to-know about tobacco and nicotine products, including vaping and e-cigarettes. This course will teach you about the dangers of tobacco and nicotine, how tobacco companies target youth and why e-cigarettes are not safe - plus so much more!

The training is FREE to complete. Visitwww.takedowntobacco.org, create an account and take the TDT 101 Training.

Adults and Youth are encouraged to take the training.

Adult Training

INDEPTH®

YOUTH TOBACCO INTERVENTION

Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH)

A convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.

Developed by the American Lung Association in partnership with the Prevention Research Center of West Virginia University, this new free education program is available for any school or community to establish to help our teens make healthier choices.

INDEPTH Facilitator training is FREE to anyone who would like to become trained in the program.

Visit **www.lung.org/indepth** for more information on INDEPTH.

Click to Register for INDEPTH Facilitator Training

American Lung Association.
N-O-T Not On Tobacco®

YOUTH TOBACCO CESSATION

Not-On-Tobacco (N-O-T)

N-O-T was designed with teenagers in mind and addresses issues that are specifically important to them. The program takes a holistic approach with each session using different interactive learning strategies based on Social Cognitive Theory of behavior change that can then be applied and practiced in everyday life and encourages a voluntary change for youth ages 14 to 19.

N-O-T is taught by a trained and certified adult in ten, 50-minute sessions. It is most effective in a small group format (6-10 participants) that emphasizes teamwork. The easy-to-use method helps teens quit by addressing total health in order to develop and maintain positive behaviors.

Participants will talk about the importance of physical activity, nutrition, enhancing their sense of self-control, and improving life skills such as stress management, decision making, coping and interpersonal skills. Additionally, they will learn to identify their reasons for smoking or vaping, healthy alternatives to tobacco use and finding people who will support them in their efforts to quit.

Click to Get Info on How to Become Trained in NOT

COMMUNITY TECHNICAL TRAINING

February 19, 2021
8:30 AM to 12:00 PM
"Working with Community Partners"

"How can we make our programs impact the widest audience possible?"

Our communities are rich with resources (not all financial) yet non-profits struggle to connect with these potential goldmines of helpful support.

This session will focus on the "multiplier effect" of effective partnerships by probing such questions as, who are the natural allies for our programs? What are the most effective techniques for facilitating working partnerships? We will also discuss best practices for utilizing the media for spreading our messages.

You will also hear from colleagues who will share examples of successful programmatic practices as well as insights on working with teen audiences to combat smoking and vaping.

This training is provided for FREE!

Register By Email

Delaware Quitline Celebrating its 20th Anniversary!

This February will mark the milestone of 20 years the Delaware Quitline has empowered Delawareans to stop tobacco use and pursue a healthier lifestyle.

Since its official launch on February 1, 2001, the Delaware Quitline has served more than 63,200 Delaware adults through a combination of phone, in-person and online counseling and has achieved an approximate 34% success rate of people who report they remain "tobacco free" seven months after first receiving support.

Most recently, the Quitline started to offer phone and web services for Delawareans between the ages of 13 and 18.

Click for More Info on the Delaware Quitline

WISHING YOU A HAPPY & HEALTHY NEW YEAR!