Kick Butts Generation

VOICE: June 2024

KBG Monthly Theme: Love Your Lungs

Recap: Visit to Gloves Against Drugs

Last month in May, KBG made a special visit to support the Gloves Against Drugs organization in Wilmington, Delaware. The goal of this organization is to empower young people, ages 12-25, through boxing to combat drug use and substance abuse. The values of this organization and KBG go hand in hand, so we hope to collaborate and share more in the future!

Learn About Poor Air Quality

How the Air Quality in the Summer is Affecting Your Community

The American Lung Association Editorial Staff just released the blog post, "Protecting Yourself from Poor Air Quality." As Summer approaches and temperatures rise, it is important to become knowledgeable of your community's air quality. Within the KBG Community, we wish to improve air quality by eliminating air pollution from tobacco and nicotine products. This blog post serves as an extra reminder of how to keep yourselves safe from all types of air quality pollutants, including those created by tobacco and nicotine products.

Click to Read the Blog Post from American Lung Association

Call to Action: KBG Events

KBG

Kick Butts Generation

Calling all Adult Advisors!

As the school year wraps up, we would love to hear about some of the KBG events your Forces participated in during the year. Please send any details and photos of some of your favorite KBG related activities to be featured in the next KBG Voice newsletter.

You can email Claire.Coupard@lung.org with your KBG activity details. Thank you!

***Please send any submissions no later than Thursday, June 27th**

N-O-T & INDEPTH

N-O-T Not On Tobacco®

N-O-T: Not on Tobacco - Proven Teen Smoking and Vaping Cessation Program

N-O-T is an evidence-based program with an impressive success rate, with approximately 90 percent of teens who participate in the program cutting back or quitting tobacco all together. Post program, Not On Tobacco® program youth also have been shown to have better grades, higher motivation, fewer absences, better relationships with teachers and fewer school tobacco use policy violations.

N-O-T is taught by a trained and certified adult in ten, 50 minute sessions.

If you are interested in getting involved, please reach out to Claire.Coupard@lung.org.

For more information on N-O-T, click **here**.

INDEPTH: Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health - An Alternative to Suspension or Citation

INDEPTH is a new, 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.

INDEPTH is taught by a trained adult in four, 50 minute sessions. Each session addresses a different tobacco-related issue and can be facilitated either in one-on-one or in a group setting.

For more information on INDEPTH, click **here**.

KBG Website

Make sure to check the KBG website for important updates, event registration, resources, event calendar, and so much more! The KBG website is going to be the best place to get information on the KBG.

Additionally, stay tuned for a brand-new website launch coming Fall 2024!

Visit Our Website

KBG is on Social Media!

Make sure follow KBG on social media. We love to connect with our followers!

@KBGdelaware on all social media!

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