Kick Butts Generation

VOICE: October 2024

Tobacco and Nicotine are Spooky!

Event Recap: Fall Youth Summit 2024

On Monday, October 21st, KBG held its annual Fall Youth Summit. KBG Adult Advisors and Force Members all over the state were able to come together for a day of community and empowerment.

We were lucky to have three incredible speakers and performers including, Dr. LaMarr Shields, Tanya Haley, and Sterlen Barr. KBG Members were also able to join in on a variety of activities throughout the day.

We are so thankful for those who were able to come out and join us for this special event. We hope to see you all again for next year's KBG Youth Summit!

Article: Protecting Yourself This

Respiratory Virus Season

As the seasons change and the weather gets colder, there may be an increase in respiratory viruses in the community. This article from American Lung Association's Each Breath Blog details tools and tips to keep yourself protected against these respiratory viruses like the flu, COVID-19, and RSV. Click the link below to learn more about what you can do this fall and winter season to prevent against illness.

Click Here to Read the Blog Post

Calling All KBG Adult Advisors!

Registration to become an KBG Adult Advisor is still open!

Are you interested in becoming a role model for youth in your community? Do you want to make a change against Big Tobacco in Delaware? If you said yes, explore becoming a KBG Adult Advisor!

Click Here to Learn More and Register Today

N-O-T & INDEPTH

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**.

INDEPTH®

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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