Kick Butts Generation

VOICE: February 2025

Love Your Lungs

Event Recap: Charter School of Wilmington

Earlier this month, the KBG Program Manager, Jordan Carter, visited a KBG Advisor, Mr. Lopez, at the Charter School of Wilmington to participate as a guest judge for their entrepreneurial class. This is the second year that Jordan has worked with Mr. Lopez and the Charter School of Wilmington as a guest judge. This tradition is turning out to be a wonderful way connect with the Charter School of Wilmington. The picture above represents the celebration of another successful year of KBG's partnership with the school through this event.

Each Breath: A Blog by American Lung Association

Have you checked out *Each Breath*, a blog by American Lung Association? In one of their most recent posts, they highlight and retell the story of how tragedy inspired a young teen to become a champion for a tobacco-free future. Her story and others within the blog have the opportunity to serve as inspiration for those in the KBG community. See below to read this post and be directed to the *Each Breath Blog!*

Click Here to Read the Blog Post

Now Available: Addressing Tobacco Use Among Youth and Young Adults Toolkit

The American Lung Association has put together a toolkit to provide appropriate resources for preventing and reducing tobacco use in youth and young adults across the nation. Download the free toolkit today to use as a resource amongst youth and young adults in the community.

Click Here and Scroll to the Bottom to Download the Toolkit

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**.

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 Winter 2025!

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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