

Department of Education

School-Based Tobacco Prevention Updates

November 2008

Save the Date! Spring Regional Trainings

As written into your grant, you are required to attend one of the following meetings. More information to follow.

- Montpelier March 10th
- Burlington March 12th
- St. Johnsbury March 17th
- Brattleboro April 1st
- Rutland April 2nd

Fall Updates

It was great to see you all at the networking event and conference in Stowe! Based on conference evaluations, it sounds like you enjoyed your time there, and that the session offerings were useful. It also sounds like you've had a busy fall implementing the smokefree zone campaign, starting up peer prevention groups and parent classes, and implementing tobacco-prevention curricula...all just in time for winter! Also in time for winter is RTI's survey work on evidence-based curricula and school policy communication and enforcement. This data collection will inform future training and technical assistance from DOE, so please take the time to distribute these surveys and return any phone calls from RTI that you may receive. I know you're doing great work out there—let's share it!

-Kate Larose

Spit Tobacco Cessation for Teens

[MyLastDip](#) is a unique Web-based intervention that is designed to help chewing tobacco users aged 14 to 25 quit. The program was developed by researchers with over 30 years' experience in smokeless tobacco research and funded by a government grant from the National Cancer Institute. The MyLastDip research project provides scientifically tested content that has proven effective in helping people quit their use of chewing tobacco or snuff. It is free to use, and participants are even paid to answer questions using an online survey several times over a 6-month period. MyLastDip can be used anytime you can access the Internet. (Adult and teen spit tobacco users can also access help via the [Vermont Quit Network](#).)



Training Opportunities

Mark your calendars for these exciting events:

November 8th, 2008 in Montpelier, VT
[Grant Writing Through the Eyes of a Grant Reviewer](#)

November 24th, 2008 in Burlington, VT
[Governor's Youth Leadership Conference](#)

March 24th-26th, 2009 in Burlington, VT
[Masons CARE Training](#)

June 10th-12th, 2009, Phoenix, AZ
[National Conference on Tobacco or Health](#)

Help Your Peers, Help Yourself!

Help us to compile a list of tobacco prevention speakers/groups that will be shared with your colleagues! Take this [survey](#) to share your thoughts about presenters you have hosted in the past few years. This information will be shared with tobacco coordinators around the state.

Service-Learning Grants Available

Service-learning mini grants are now available through [KIDS Consortium](#). New England schools and community programs are encouraged to apply. Service-learning is a great vehicle for engaging students in tobacco use prevention efforts.

Free Curricula Training

Just a reminder that DOE has contracted with two vendors this year to offer free curricula training on Know Your Body, LifeSkills, and Michigan Model. If you or someone you know is interested in attending, you can register via this [website](#).

Tobacco in the News

[Effective Anti-Tobacco Ads
Should Either Scare or Disgust Viewers](#)

[Pour Yourself a Cigarette: New Liquid Smoking
Drink](#)

[Secondhand Smoke Has Stronger Effect on Children](#)

[RJ Reynolds Preps Dissolvable Tobacco](#)

[Casual Smoking Harmful to Arteries](#)

[Nicotine Nasal Spray a No-Go for Teen Smokers](#)

[Secondhand Smoke Exposure
May Lead to Youth Nicotine Addiction](#)

Questions or comments? Please email kate.larose@state.vt.us or call (802) 828-0565