



Recruitment

Want to try an exciting year as a Teen Ambassador?

Teen Ambassadors are a group of young people across Alaska, who are passionate about encouraging others to live tobacco free lives. Read on for more information about the program and what to expect from this fun, interactive leadership opportunity!

Deadline to apply is 5/10/21. Teen Ambassador Orientation will take place on 5/13 & 5/14, from 4 – 5:30 pm on Zoom.

To be eligible to participate, you must:

- Be at least 13 years old or in 8th grade
- Not graduate high school before June 1, 2022.
- Complete the YEAH Teen Ambassador Application (online) by May 10 (Please see the YEAH teen ambassador application on the main Youth Tobacco Prevention page here: <https://ruralcap.org/client-services/health-well-being/youth-tobacco-prevention/>)
- **Questions? Contact Charlie Ess at yeah@ruralcap.org or call 907.865.7356**

On May 11th and 12th, we will schedule telephonic or online interviews with candidates who submit complete applications. First interview ever? Not to worry! These are easy conversations to determine if the program is a fit for YOU! The role of the Teen Ambassador includes learning skills which we will teach you, then applying what you've learned in a fun atmosphere with your friends and your peers.

Training

Teen Ambassadors will receive at least two immersive training sessions in the course of their service year. Though we have done them in-person in years past, this year we will deliver high quality, engaging training online!





As for training topics, here's what you can expect:

Interpersonal communication:

Much of what we say and do with our families and closest friends comes from a process that we've refined since we were kids. But how does it feel to be hanging with new teens or making new friends—in new situations? Our training provides a background understanding in reading others' emotions in verbal and non-verbal communication. We'll teach you skills that will help you feel more comfortable in unfamiliar social situations.

Public speaking:

Whether you're speaking to an audience of 300 in a crowded conference hall or facilitating activities with a small group, we've got fun sessions that will give you confidence in what you say and reduce nervousness when speaking to any crowd.

Online engagement with participants:

Let's face it, if something's lame we tune out, switch the channel or do something else. We'll teach you how to design engagement points throughout your sessions online to keep your participants invigorated and contributing to your discussions. The beauty of the online tricks is that the same skills can be used with crowds in real life.

Tobacco technical training:

We'll provide extensive information, visual aids, videos, PowerPoint presentations and much more. Knowledge is power, and the dangers of tobacco are real. Our approach to tobacco education and prevention is that youth are capable of making important decisions, and our goal is to provide our friends and peers with the facts.

Videos, anyone?





Even before COVID-19, online videos have always been a hit. In the coming year, we'll provide you with skills that empower you in front or in back of a camera. We have a partnership with one of the largest media companies in Alaska, and youth messaging is at the top of their list. Thought the year you will have the opportunity to develop content, produce and even act in various productions focused on youth and their health.

Support

Staying in touch:

We conduct monthly webinar or teleconference calls for updates and keep up with each other online throughout the year. The frequency of the calls will increase as we near the end of the school year and begin planning of the YEAH Summit. Program coordinator, Charlie Ess, is never more than a text away for 24/7 support in your projects and goals. He is also available for one-on-one training sessions and coaching and can offer technical support to your projects. Examples include producing video, providing pictures, statistics and other aids for PowerPoint presentations or for public speaking engagements.

Activities:

Looking for a fun activity to try with youth in your community? Hit us up for new and evolving ideas for games that keep youth invigorated. Each month we'll send you a new activity/activities to deliver to youth in schools, at health fairs or other community gatherings. Though we have quite a few fun activities up our sleeves, we love input from you in developing new games that will keep youth engaged and having fun while they learn.

Projects

National Tobacco Prevention Days:





We'll keep you informed of important dates in the tobacco education and prevention world. We'll also offer lists of activities and provide you with supplies to make your involvement with those events successful and well attended.

Local and regional events:

We'll offer additional support for projects that tie in to local health fairs, school sports events and many more. Want to put on a project all your own? We'd love to help you with the organization of a tobacco education event or other opportunities to engage youth.

YEAH Summit:

This is the pinnacle of youth tobacco events, and this year's team of Teen Ambassadors proved that they could roll with the punches when the COVID-19 virus forced us to switch gears from what would have been a three-day conference in person to four episodes in a virtual summit on Zoom. Teen Ambassadors are the voice of the summit, and that means you plan it. You host it. It's all about you and what's important to youth across the state. We'll pay for the outside guest speakers of your choice and other talent to provide entertainment, life lessons, tobacco education—and to keep the energy up. Though we aren't sure how the conference will take place in 2022 we are prepared to deliver support live or online.

Incentives:

Look for hoodies, goodies, trips to national youth gatherings and even cash rewards for hosting tobacco-related events and activities in your communities.

Reporting

Online forms:

We'll provide an easy-to-use online form for you to fill out in the days after each activity. We want to know how many other teens you reach in your projects and activities and will ask for information that will allow us to





provide you with additional support as your Teen Ambassador year continues.

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