

SMART Moves: Nicotine Module Family and Caregiver Resource

Nicotine Awareness Informational Panel

This event is intended to occur after Session 1 of the SMART Moves: Nicotine Module.

Family Night Agenda

At the SMART Moves family night, families and caregivers will support youth learning while discovering more about what it means to promote healthy lifestyles. They'll also get to know other youth and families.

As youth are making decisions that affect their current and future well-being, families and caregivers play a significant role in supporting and guiding them. Research studies show that young people who feel supported by their families and caregivers are more likely to do better in school and have stronger relationships; they also are less likely to engage in unhealthy behaviors and experience emotional problems.^{1,2}

1

Community Meal (30 minutes)

Provide a warm welcome to each family member as they arrive. Thank them for coming. Have the Group Agreements on display so that families can see them.

2

Club Presentation (10 minutes)

Give a brief introduction to the SMART Moves program, particularly the Nicotine Module. Explain that in the module:

- Youth learn about the health risks of using nicotine products like cigarettes and e-cigarettes/vapes – the harmful impact these products can have on their bodies, their relationships and their goals for the future.
- Youth explore the addictive qualities of nicotine, particularly the changes it causes in their developing minds, and they become aware of other harmful substances found products containing nicotine.
- Youth practice decision-making and critical thinking around nicotine use, including demonstrating their refusal skills.

3

Community Builder: Name Motion Circle (10 minutes)

Explain that Community Builders help youth build supportive relationships, familiarity and trust among youth and staff. This is a Community Builder from the Nicotine Module.

- **Instruct** everyone to form a circle. If there is a large group, divide participants into smaller groups of 10.
- **Ask** participants to step forward, say their name and something that like to do to stay healthy. They will also perform a motion that represents their healthy activity.
 - › For example: My name is Tyrell, and I like to dance to stay healthy. (Tyrell does a quick dance motion to represent his healthy activity.)

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- **Instruct** the group to repeat the person's name and movement together.
- **Ask** the group to say all names and repeat the motions of everyone who has already gone, before moving on to the next person. Continue around the circle until everyone has gone.
- **Ask**, "How did it feel to remember everyone's name and motion?"
- **Allow** volunteers to respond and thank them for their participation.
- **Summarize** by saying, "Our brains are powerful parts of our bodies! We likely have to concentrate to remember everyone's names and motion. Even then, we might make a mistake or two. In the Nicotine Module, youth will be talking about smoking and vaping, two behaviors that might make it hard for their brain to work as well as it should."

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Main Activity: Nicotine Awareness Panel (45 minutes)

Explain that in the SMART Moves: Nicotine Module, youth have been learning about the dangers of using tobacco products and e-cigarettes/vapes. During this Family Night, families will learn from a panel of experts how these products can affect youth, how marketers are trying to attract youth as consumers, and what can be done to prevent youth from using these products.

Step 1: Get started.

- **Ask** families to sit together – caretakers should sit with the youth they care for.

Step 2: Host Nicotine Awareness Panel.

- **Host** a panel of approximately three community experts who discuss and share information about the risks of nicotine products among kids, teens and young adults. Examples of panel members who can present information related to an area of their expertise:
 - › *Doctor/nurse* – the health risks of nicotine use for kids, teens and young adults
 - › *Community health representative* – the impact of nicotine use on community health
 - › *Teacher/coach* – presentations to raise awareness of the dangers of nicotine products
 - › *School principal* – nicotine-free policies and prevention programs in schools
 - › *Former or current smoker* – the current and future impact of nicotine use on their lives
- **Invite** panel members to present information to help families learn about the dangers of nicotine use, why youth may be vulnerable and what they can do to help:
 - › What are e-cigarettes/vapes and how do they work?
 - › What is in e-cigarette/vape aerosol?
 - › How do flavors and marketing make e-cigarettes/vape appealing to youth?
 - › What is JUUL (USB flash-drive-shaped e-cigarette/vape) and why are youth attracted to it?
 - › Why is nicotine unsafe for kids, teens and young adults?
 - › What can you do to prevent your child or teen from using nicotine products?
 - › Which apps and tools can help young people quit using nicotine products?

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Step 3: Host a question-and-answer discussion.

- **Open** up the discussion to allow family members and caregivers to share comments and ask questions of panel members. Create a packet of up-to-date materials for families to take home.

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Reflection (10 minutes)

Explain that leaving space for reflection creates opportunities for youth to review what they have done, what they learned, and how it may apply to or influence their lives. Although the conversations that families have will remain private, ask participants to consider the following questions individually:

- **What?** – What was it like to learn more about nicotine use?
- **So What?** – How might nicotine use impact your future goals?
- **Now What?** – What can your family do to support your choice not to use nicotine?

Ask for a few volunteers who are willing to share. Again, reiterate that they're just responding to the questions, and not detailing their private conversations to the group.

6

Recognition (5 minutes)

- **Explain** that at the end of each session of SMART Moves, there is an opportunity for youth to provide positive recognition of each other. Youth are encouraged to recognize and celebrate each other by offering a quick "PET."
- **Invite** youth to explain each of the components of the PET framework – Positive Affirmation, Encouragement or Thankfulness.
- **Invite** everyone to share their own PET. They can do this with their families or the larger group.

7

Closing (5 minutes)

- **Wrap up** the presentation and invite family members to contact staff at any time with questions or concerns or to find out more about prevention activities at the Club or Youth Center.

1 Oman, R., Vesely, S., Aspy, C., McLeroy, K., Luby, C. (2004). The association between multiple youth assets and sexual behavior. *American Journal of Health Promotion*. 19(1), 12-18.

2 Markham, C. Lormand, D., Gloppen, K., Peskin, M., Flores, B., Low, B., House, L. (2010). Connectedness as a predictor of sexual and reproductive health outcomes of youth. *Journal of Adolescent Health*, 46(3 suppl), S23-41.