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THE  LUNG ASSOCIATION™

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8th National Conference on Tobacco or Health

Over 100 youth and adults gather in Ottawa for the NCTH Youth Stream

One of YATI's most exciting projects this fall was partnering with the East Tobacco Control Area Network, Freeze the Industry and the Canadian Council on Tobacco or Health to host the Youth Stream Pre-Conference at the 8th annual National Conference on Tobacco or Health. The first time a Youth Stream has been offered at the NCTH since 2009.

Last year YATI partnered with the East TCAN and Freeze the Industry to host the first provincial youth summit since 2008. This fall we all got together again to go national.

Since March of 2013 YATI had been collaborating with the partners to plan the Youth Stream pre-conference which took place from Nov 23rd to 25th in Ottawa, preceding the NCTH which took place from Nov 25th to 27th. The planning and partnering process included providing support through co-hosting, the development of priorities and learning objectives, curriculum development and delivery, organizing and hosting registration on the YATI

website and providing logistical support.



The Youth Stream included workshops on Tobacco Industry Denormalization, Levels 1 and 2, Creative Ways to Advocate for youth and adults, and Action Planning. The pre-conference also included an 'Adventures in Advocacy' panel with three youth advocates sharing their experiences in advocacy.

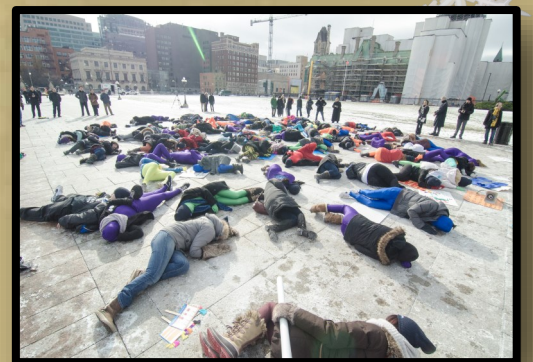
The youth stream was designed for youth, young adults and adults who work with youth to learn, network and partake in an advocacy activity in the nation's capital. The advocacy activity was a 'Drop Dead' on Parliament Hill which went off splendidly, catching a great deal of media attention.

103 participants marched to Parliament Hill representing the number of Canadians who die each day from tobacco related causes. Dancing and chanting at the steps of the Peace Tower was cut short when all a sudden everyone fell to the ground as the bell began chiming noon, creating a chilling but impactful event. A few seconds later 52 morphsuited people stood up to represent the 52% of youth who use tobacco who have reported using flavoured products in the last 30 days. The activity wrapped up with participants interacting with the public, handing out postcards and collecting petition signatures.

The Youth Stream concluded with launching the NCTH with the a plenary session on Youth Engagement and it's role in Tobacco Control over the years. The conference was a huge success



with excellent feedback. With participants from Manitoba, Saskatchewan and across Ontario, the partners look forward to working with all the youth and adults who attended in the coming months to continue taking action against the Tobacco Industry by banning all flavoured tobacco products, nation-wide.



*"The conference was a great way to gain valuable knowledge and experience while having a great time with like-minded people."
– Youth participant*

YATI's New Acting Manager

Vicki Poullos re-joins the YATI Team

YATI is happy to announce that Sarah Butson, Provincial Manager of YATI for the past 2 years is currently on maternity leave with her first child.

In the interim we are incredibly excited to welcome back former Community Education Specialist, Vicki Poullos as the Acting Manager in Sarah's absence.

Vicki joined YATI in the fall of 2011 as a CES and remained as a YATI trainer while she pursued other career opportunities. Now she is back, leading the charge in finishing off another successful program year.

Vicki has a M.Ed in Adult Education and Community Development through OISE at the University of Toronto, and holds a B.A. in Political Science and a B.Ed. Previous to joining YATI, she managed a Sexual Assault Centre at the University of British Columbia delivering workshops, trainings, and presentations, as well as providing advocacy and support services.

Vicki is passionate about social justice, and has been committed to youth engagement through her role as a high school teacher in the Vancouver School District, and through her extensive volunteer background with various campaigns and non-profit organizations.



Vicki Poullos, Acting Manager of YATI

My YATI Journey

By Tirthesha Pandya, YATI volunteer



Growing up I always wanted to make a change and do a lot for my community. Many of my uncles use chew tobacco and say that it relaxes them and makes them stress-free. This got me thinking, what is tobacco and why is it so addictive?

The YATI Youth Leadership Program gave me a chance to go on a 2-night training session. I learned many new things about the tobacco industry and the affects they have on their target populations. This training taught me about advocating and helped me improve my leadership and teamwork abilities. With the amazing and helpful YATI trainers and the youth stream participants, there was never a dull moment.

After the Youth Leadership Program ended I knew it was my turn to put my knowledge into action. About 3 months later, I received an email from YATI informing me about the Youth Stream Pre-Conference for the 8th National Conference on Tobacco and Health and asked if I would be interested in taking part.

I was very excited and I was so thankful for this opportunity. I joined the Icebreakers and Networking committee to help out during the youth stream, which gave me a chance to lead one of the ice-breakers.

During this 3 day conference, not only did I get to learn more in-depth about the tobacco industry, but I also got an opportunity to take action.

On November 27th 2013, all the youth stream participants got to protest in front of the Parliament buildings against the tobacco industry's sneaky ways to increase users.

Also, I would like to add that wearing morphsuits and coming up with catchy chants made the experience even better!

To answer my question, Tobacco use causes more than 5 million deaths per year and is predicted about 8 million deaths in 2030. Although, what is tobacco? Tobacco is just a green, leafy plant that is grown and found in warm climates which contains a highly addictive substance called nicotine. It's the tobacco industry that has persuaded people into using this negative impacting drug. The only reason behind all this chaos is for the selfish tobacco industries to gain money.

Finally, I would like to say that my experience with YATI has been amazing so far and I hope to continue working alongside them. There is one thing I can say for sure, I will continue spreading the truth about the negative effects of tobacco and helping my uncles quit.



OPHEA Partnership Project

School-Based Tobacco Prevention Project

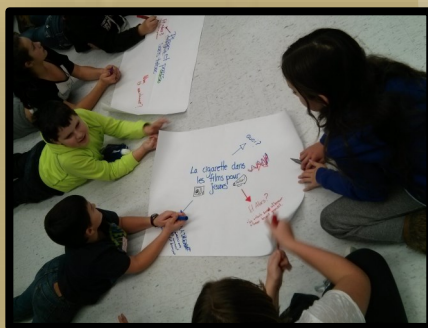
YATI is a part of several partnership projects and this fall YATI worked with Ophea on the Smoke-Free Ontario Tobacco Prevention Pilot Program.

This year YATI served as a member of the Ophea Advisory Committee to support the planning and designing of the school-based project.

YATI partnered with Ophea on developing, implementing, and evaluating orientation sessions for teachers, public health, and other related professionals who were part of the school-based project.

These sessions familiarized teachers with the project, provided background on tobacco prevention and best prac-

tice, and introduced the group to key strategies for meaningful youth engagement and working in partnership with youth.



The program pilot was wrapped up this fall with the development and delivery of over 21 trainings to 18 schools across the province to students in grades 6-12.

The trainings were developed and delivered in partnership with Ophea. YATI looks forward to continuing to serve as a partner on this project.

"Thank you for an informative, engaging orientation session. Your collaborative approach among yourselves and with our group was great

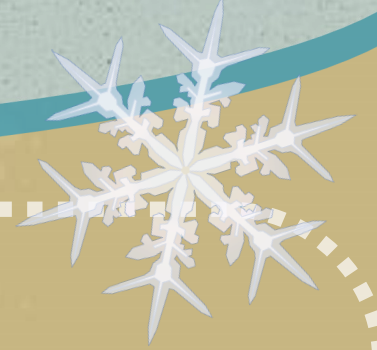
"Excellente presentations! Très animé!!"

N-O-T Pilot

YATI pilots the American Lung Association's Not On Tobacco Program

This year, YATI is running a pilot of the American Lung Association's Not on Tobacco (N-O-T) program. N-O-T is a voluntary program for teens who want to quit smoking. It is the most researched, most widely used and most successful program of its kind in the United States. *Not-On-Tobacco®* (N-O-T) is intended for regular smokers aged 14-19 who want to quit. The program is made up of 10 sessions that are approximately 50 minutes in length, and includes group activities, discussion, journaling, and role-playing. The program is designed to help teens quit or reduce their smoking while

increasing healthy lifestyle behaviours and improving life management skills. The program is rigorously evaluated with more than 10 years of research and evaluation. It shows a 31% quit rate that is chemically validated, and of those who don't quit, 62% reduce the amount of cigarettes they smoke. Those who participate in the program also report higher motivation, better grades, fewer absences, better relationships with teachers, and fewer school smoking violations. We are very excited to be running a pilot of this program in Ontario – stay tuned for the results!



My YATI Journey

By Alex Lee, YATI Young Adult Trainer



My experience with YATI to date

I have many positive memories and experiences with YATI. I can say so in many different aspects.

First, YATI meetings are very flexible. For example, YATI's Curriculum Advisory Committee meetings are scheduled far in advance to meet the needs of students in university or highschool. Second, the meeting location is reasonable. Specifically, for my interview as a youth trainer, I was fortunate enough to have the interview take place in Hamilton instead of Toronto. In this aspect, the YATI staff really give the sense that they are trying to meet the needs of everyone.

Finally, I really enjoy CAC meetings because I learn something new every single meeting. This makes me feel that my time is being contributed to something that will contribute to my learning ex-

perience.

How I first got started with YATI

I volunteer with the Unfiltered Fact, part of Hamilton Public Health. I was encouraged to participate in a youth retreat led by YATI. After, I kept in touch with Kristy, who connected with me and invited me to become a member of the Curriculum Advisory Committee.

Looking forward to being a Young Adult Trainer

I am nervous about becoming a young adult trainer. One of my main concerns is my time commitment. I am very excited to be a youth adult trainer, but I also want to perform my best in my academic studies. Despite these concerns, I will try my best to be the young adult trainer I was selected to be!

Youth Development Certificate Program May 2014

Registration is now open for YATI's highly demanded YDC Program!



YATI is happy to once again be offering the Youth Development Certificate (YDC) program this May. YDC is the FIRST Canadian Certificate program in youth development and is accredited by Queen's University. The program aims to equip adults with the knowledge and skills to develop experiences for youth to reach their full potential.

This 5-day training provides a fun, comfortable atmosphere. By using a facilitated cooperative learning environment, you will work with other participants to encourage each other's learning and have the opportunity to develop a strong professional network.

The training is created in a manner that mirrors approaches that can be used in working with youth.

This session runs over 5 days from May 26th - May 30th, from 8:00 - 4:30 daily. It will be held at the Ontario Lung Association head office, at 18 Wynford Drive.

In this foundation level course, we'll introduce you to the core principles and practices associated with the youth development approach from a Canadian perspective to:

- ⇒ Learn about youth engagement as a strategy to support positive youth development;
- ⇒ Identify and negotiate assets/barriers that will influence your practice with youth;
- ⇒ Assess individual and organizational readiness to apply the approach within your setting;
- ⇒ Work in youth-adult partnerships;
- ⇒ Develop strategies to monitor, evaluate and extend these efforts.

Registration closes April 30th and space will be limited. To find out more, please visit: <http://www.youthadvocacy.ca/training/YDC>



Looking for YATI Volunteers!

As a YATI volunteer, you'll receive emails about upcoming volunteer and work opportunities within YATI and the other organizations we work with. Sounds good right?

We are constantly looking for youth to get involved in projects we're working on (e.g. Smoke-Free Movies youth movie critics, Youth Speakers Bureau and many more!). This means that we'll be contacting you when we need help.

Email yati@on.lung.ca if you're interested in becoming a YATI Volunteer.

Youth Advocacy Training Institute

18 Wynford Drive
Suite 401
Toronto,
ON M3C 0K8

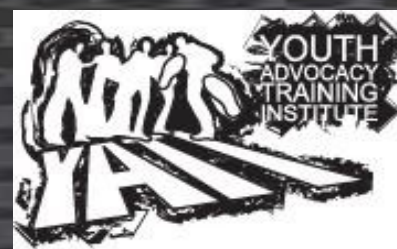
Phone: 1-877-852-9284

Fax: 416-922-9430

E-mail: yati@on.lung.ca



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