

Youth Engagement Checklist

WHY ENGAGE YOUTH IN COMMERCIAL TOBACCO PREVENTION?

When given the opportunity, youth can be powerful contributors and leaders in commercial tobacco prevention. They have inside knowledge on their peers and trends in commercial tobacco use.

Providing youth leadership opportunities allows youth to mobilize around issues, such as commercial tobacco prevention, and contribute to change within their community. It is also important to build authentic relationships with youth. Relationships built on trust can lead to greater involvement and achievement of goals among all individuals involved. Having a supportive balance allows for youth voices to effectively be heard.

HELPFUL TOOLS AND RESOURCES TO FOSTER YOUTH ENGAGEMENT AND DEVELOPMENT IN COMMERCIAL TOBACCO PREVENTION:

CURRICULUM & TOOLKITS

- MDH School E-Cigarette Toolkit:
<https://www.health.state.mn.us/communities/tobacco/ecigarettes/schools/index.html>
- Stanford Prevention Toolkit:
<https://med.stanford.edu/tobaccopreventiontoolkit.html>
- CDC Youth Engagement Toolkit:
https://bpb-us-w2.wpmucdn.com/sites.wustl.edu/dist/e/1037/files/2011/11/UG_YouthEngagement_2019.pdf
- ANSR Tobacco 101:
<https://www.ansrmn.org/tobacco-101>

FACILITATING YOUTH GROUPS RESOURCES AND WHY IT MATTERS

- National Resource Center for Youth Development (pages 8-12)
https://www.thenationalcouncil.org/resources/youth-leadership-toolkit/?gad_source=1&gclid=Cj0KCQiAyc67BhDSARIsAM95QztQeL041pxqhtTwFoabVli9SLYXDHSre5qUBfDbzM3TiE6ldxm-3MsaAjgjEALw_wcB
- University of Minnesota Extension:
<https://extension.umn.edu/youth-leadership-and-voice-resources/youth-engagement-through-equity-lens>
- University of Wisconsin Extension:
<https://youthdevelopment.extension.wisc.edu/files/2024/04/Facilitation-Tipsheet.pdf>
- Community Toolbox - University of Kansas:
<https://ctb.ku.edu/en/table-of-contents/leadership/group-facilitation/facilitation-skills/main>



SETTING UP YOUR YOUTH GROUP

Application/Interest Form: Measure interest level from participating youth.

Consent Forms: Include photography consent, emergency contact, and allergies.

Group Purpose & Expectations: Clearly define roles, responsibilities of youth and adult coordinators, and a code of conduct.

Logistics: Set meeting schedules with locations and times.

Communication Plan: Use multiple modes (email, text, apps like GroupMe® or Band®, and ensure timely updates).

Check-ins: Build connections through regular updates, games, and bonding activities.

ENGAGEMENT TIPS STRAIGHT FROM STUDENTS

Students highlighted what motivates their participation and retention.

- Allowing students to take on leadership that prepares them for the future.
- Providing new experiences and areas to grow.
- Tangible effects and real meaning behind the work done.
- Providing a space to educate students about vaping so that they can educate others on the topic.
- A group that is organized and has set activities as well as options on what we can participate in.
- Compensation. "Adults are paid to be there, so should we."
- Regular check-ins, even if there aren't any new updates. Playing games and connecting is still important to maintaining connection.

KEY TAKEAWAY

Youth thrive when they feel valued, involved, and empowered. Use this checklist to create an impactful and sustainable youth engagement group for commercial tobacco prevention.



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