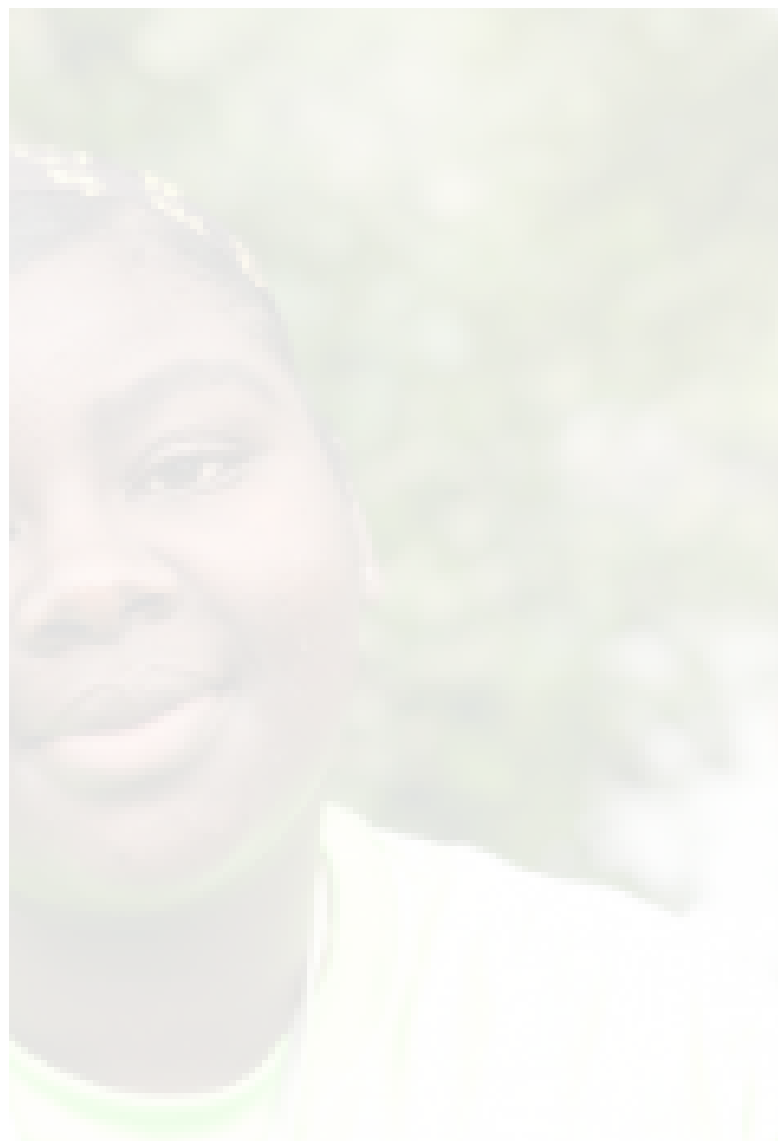


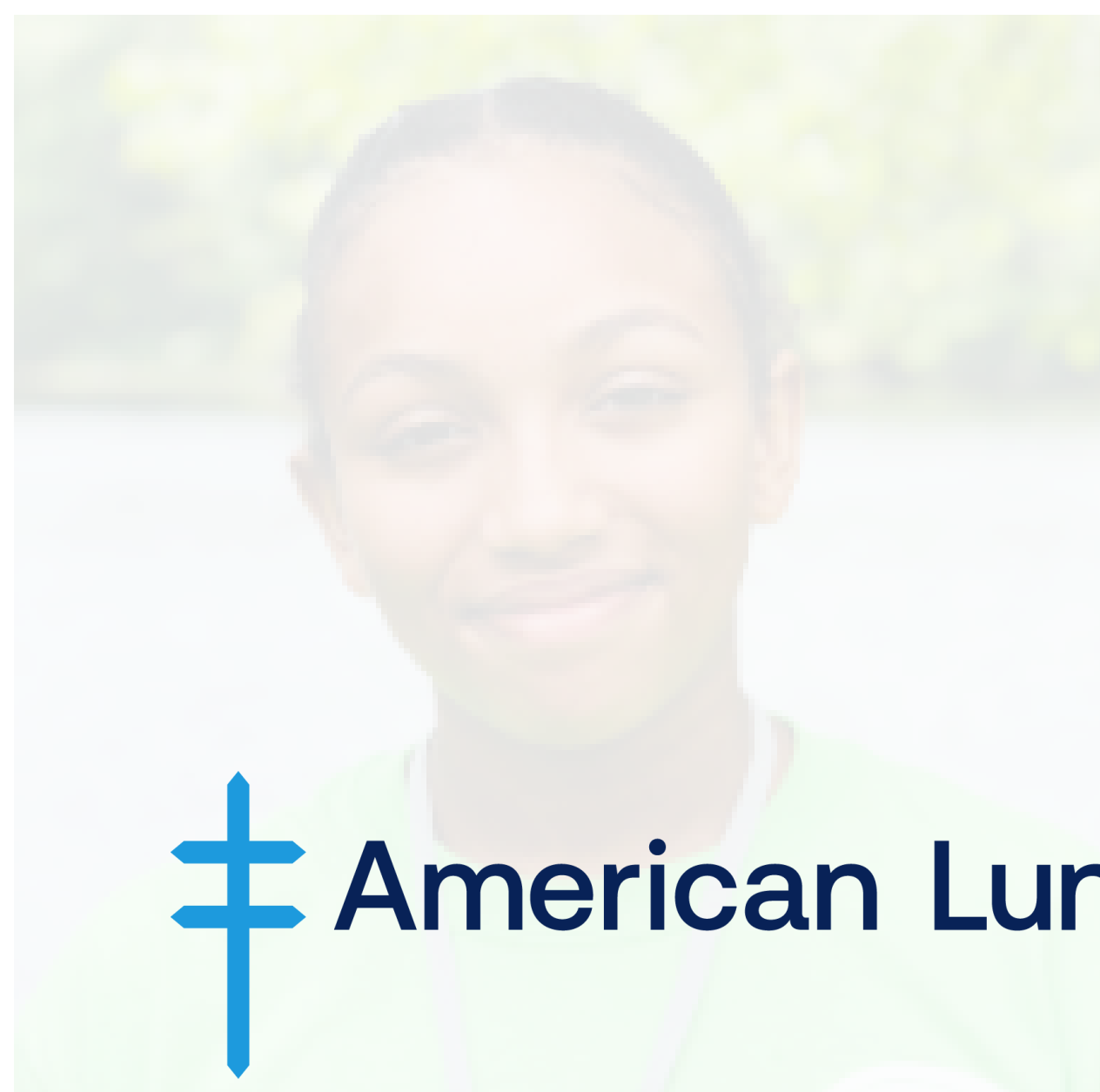
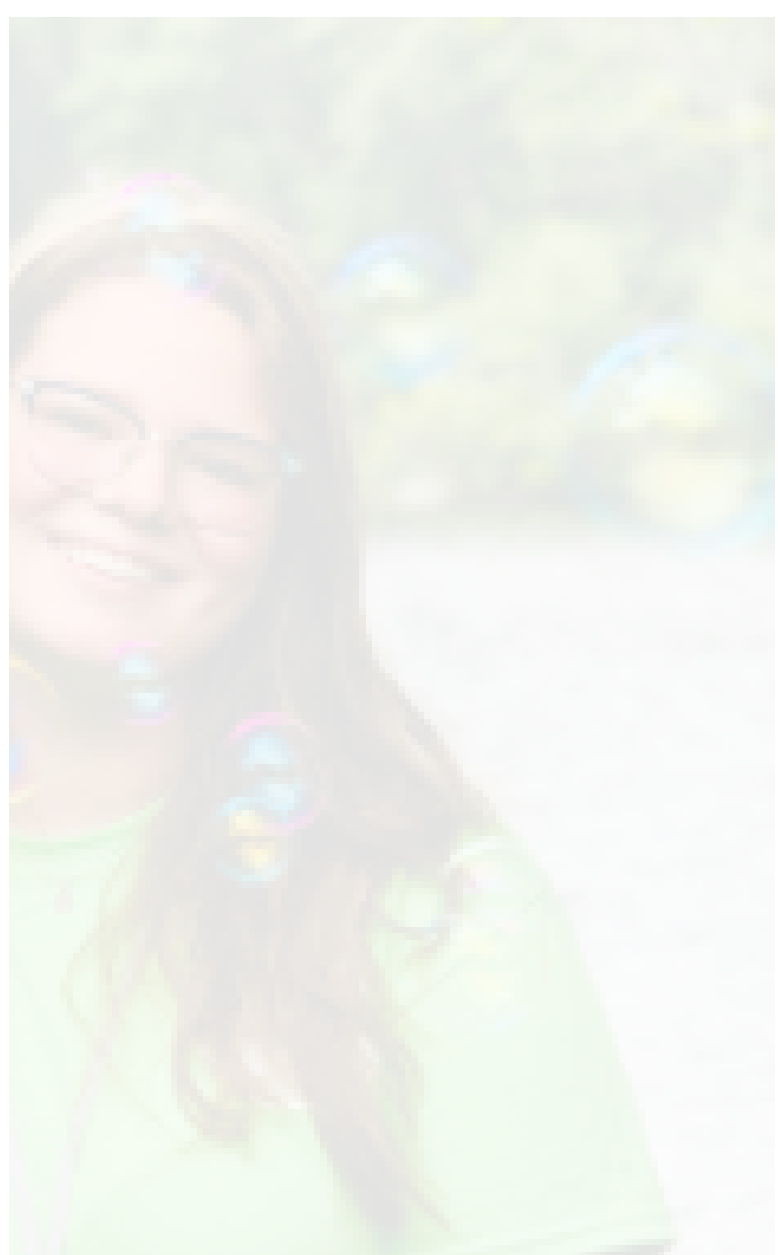
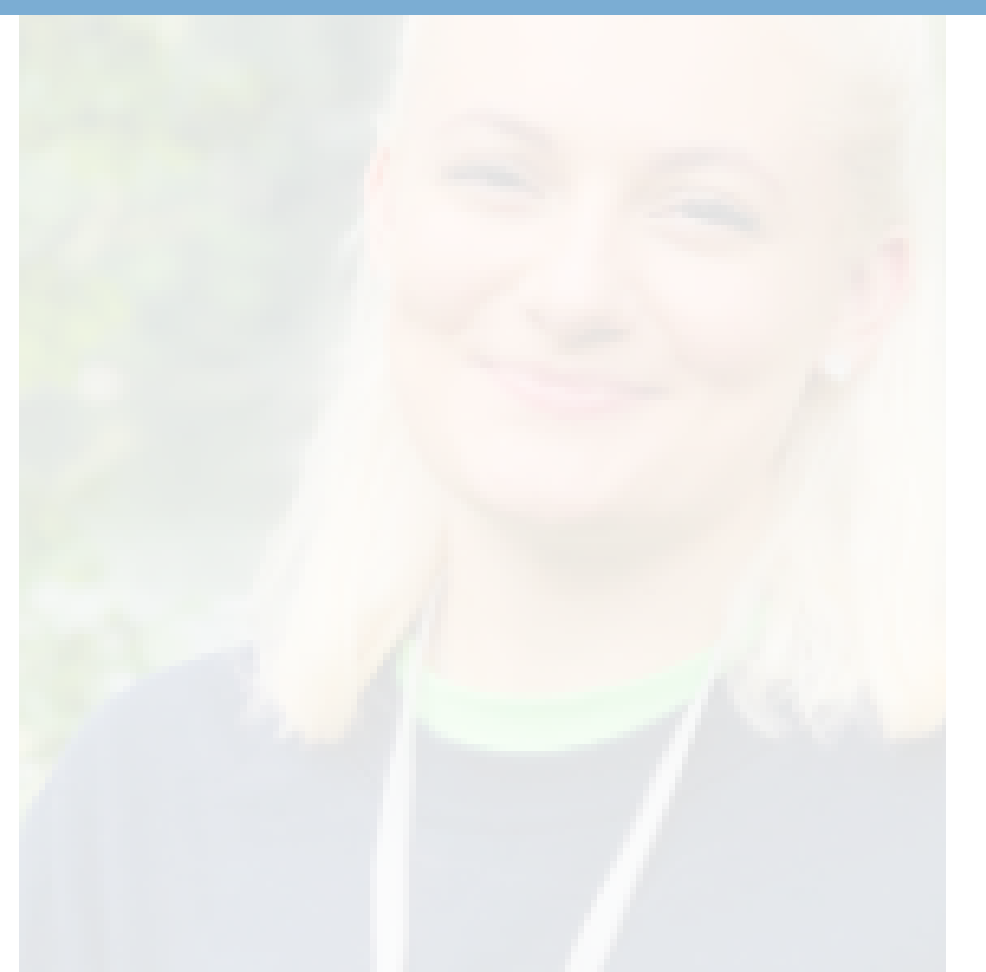
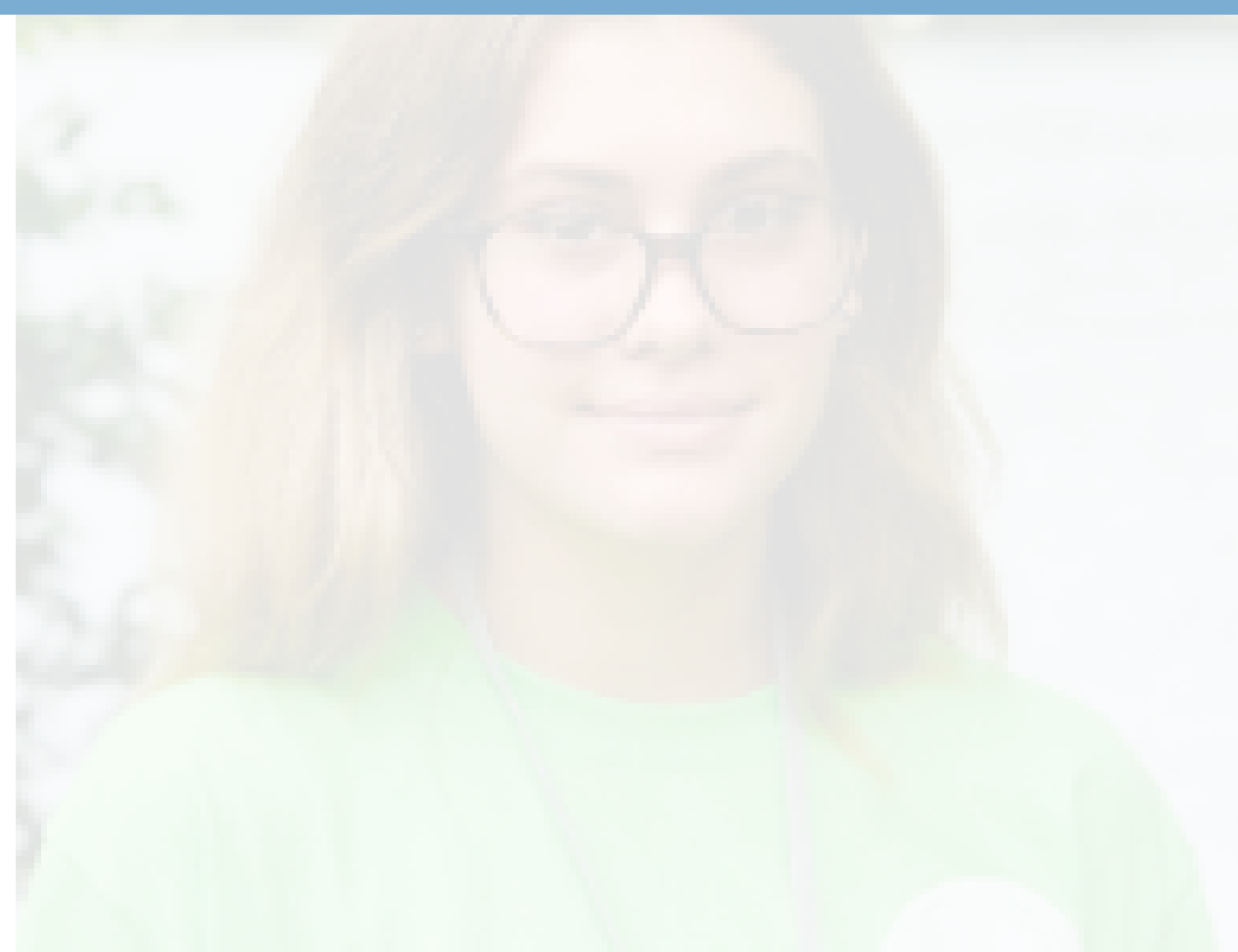
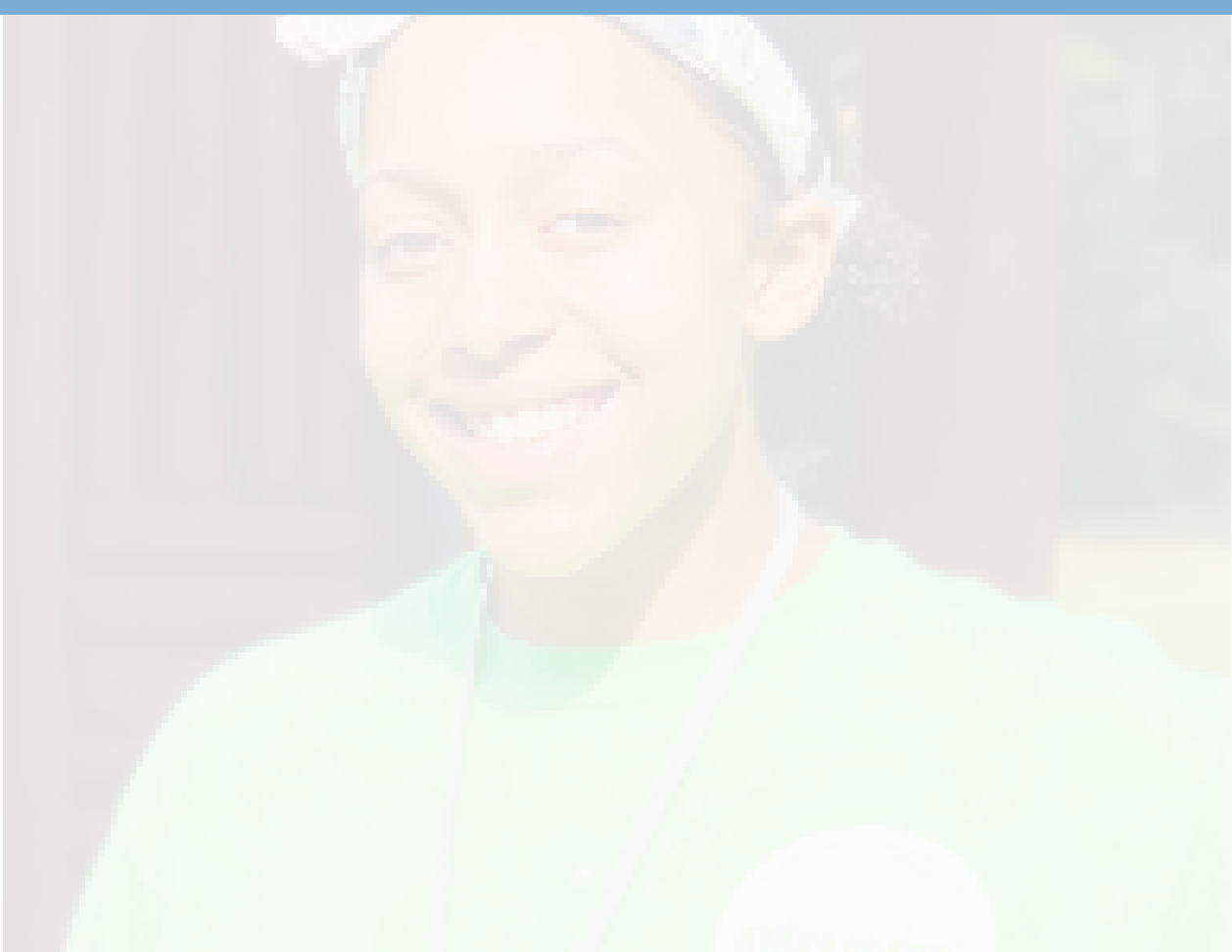
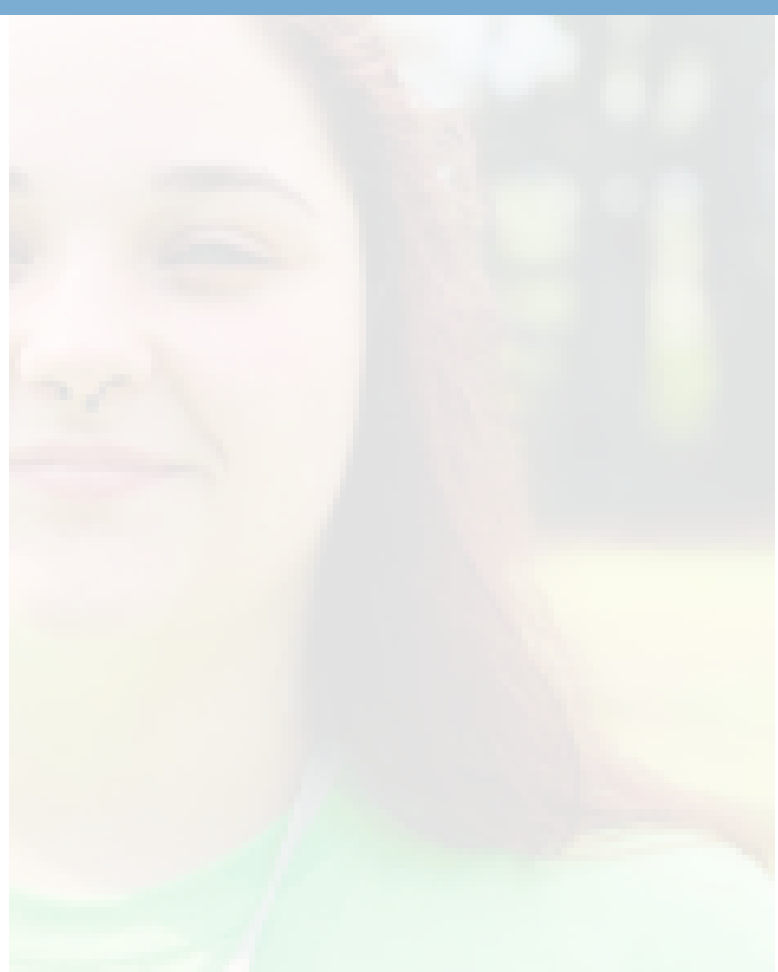
TOBACCO FREE RHODE ISLAND



WHAT IS THE

Tobacco-Free Ambassador Program

2020-2021



 American Lung Association®

What is a Tobacco-Free Ambassador?

A'amani
Maxie
Johnston



“A Tobacco-Free Ambassador is someone who is willing to come together with other great people to work toward the goal of a tobacco-free state. They are hard working, creative, and ready to spread knowledge to everyone.

Ambassadors are not afraid to speak out when something is wrong in the community. They are ready to be the start of the ripple that makes a wave of change.”

"A Tobacco-Free Ambassador is someone who is passionate about helping to create the first tobacco-free generation. They are positive role models who stand up for what we believe in, even if they stand alone. They are educated and spirited individuals who work relentlessly until they see the changes they want. Lastly, a Tobacco-Free Ambassador cares about helping people find ways to quit and supporting them every step of the way, because they don't view addicts as bad people."

Emily
Jedson

West
Greenwich



Shadow Ambassadors

Tobacco Free Rhode Island launched the Tobacco-Free Ambassador program in August 2020. However, anytime a youth is passionate about tobacco prevention and control initiatives, there is always a place for them in our program, even after our enrollment period ends. The new Shadow Ambassador role is designed for youth who would like to participate in TFRi and engage with our partners, without receiving all the “perks” of “official” ambassadorship. Participation is welcome in all meetings, events, and opportunities. We hope this role opens a door for youth who wishes to get involved in state-wide tobacco advocacy efforts and provides an opportunity to further their leadership skills through becoming a Tobacco-Free Ambassador next year.

Last Year's Ambassador Program in Review



Tobacco-Free Ambassador Retreat Kick-Off

On August 20-22, nineteen students from across Rhode Island joined forces at the Canonicus Camp and Conference center to experience, for the first time ever, a retreat to become the first generation of Tobacco-Free Ambassadors. We learned new information and advocacy skills, engaged in a needs assessment, participated in team building and communication activities, warmed up each day with energizers, and planned events for the year to come!



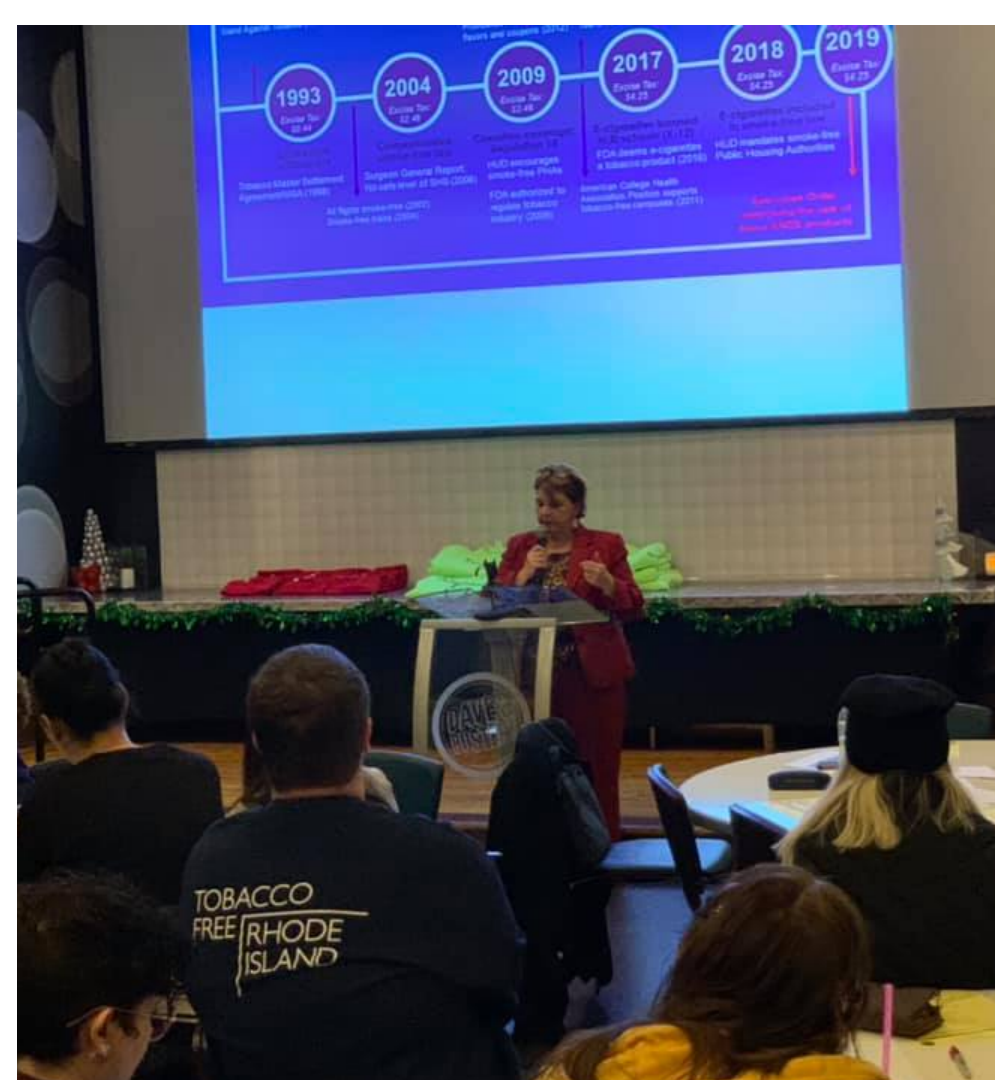
Paws in the Park Educational Outreach Event

Tobacco-Free Ambassadors recommended hosting an event revolving around animals. In October, we partnered with the Rhode Island Society for the Prevention of Cruelty to Animals (RISPCA) and attended their Paws in the Park fundraiser. Here, we provided education to dog owners about the harmful effects of second-hand smoke.



TFRI Sponsored Providence Bruins Game

With the help of some extra funding, TFRI was able to sponsor a Providence Bruins hockey game and gather our ambassadors to join in the fun! Before the game started, we educated fans on the harmful effects of tobacco and nicotine and that quitting is an attainable goal. We provided quit resources, including a localized youth e-cigarette texting program. Throughout the game, our logo was displayed several times on the big screen, along with prize give-a-ways every period!



Youth Advocacy Training

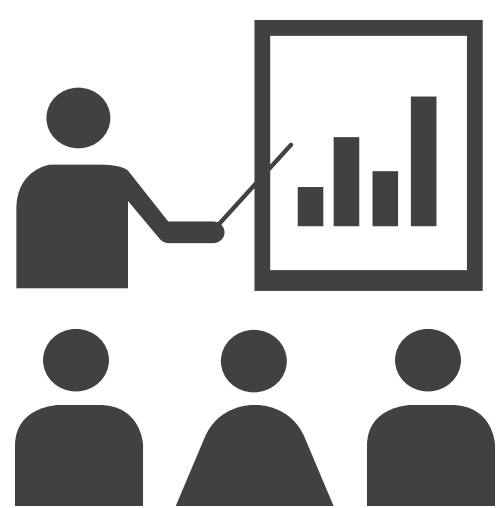
Before our 2020 legislative season opened, we attended a tobacco-free youth advocacy training at Dave & Busters. We networked with other tobacco-free youth advocates, partners, and legislators, as well as created elevator speeches and learned about our state legislative system... all while playing a few games and eating great food!

Goals For This Year's Ambassador Program



Recruit youth leaders from a minimum of 10 different RI communities

- Work with at least 10 students representing 10 different communities
- Have ambassadors bring friends to increase future ambassador interest



Host at least one youth specific training focused on skills building and increasing education about the latest in tobacco trends

- Use feedback from previous years to create training
- Virtual Introductory Training in early fall to launch the 2020-21 Ambassador Program and start the year strong
 - Host a train-the-trainer for ambassadors to learn about how they can provide trainings on their own to others



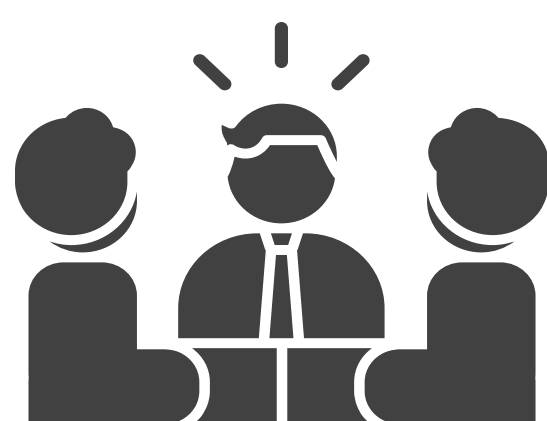
Promote and engage in youth engagement opportunities

- Enhance pre-existing events by collaborating with local and regional partners to include tobacco prevention
- Partner Ambassadors by regions and find regional events



Mobilize youth to be a part of education/ advocacy/ policy efforts

- Assist in planning and participating in a tobacco-free state advocacy day event
- Boost participation and engagement in the “Save Our Lungs” team
- Engage ambassadors in writing letters to the editors and other media advocacy initiatives



Encourage youth participation in TFRI workgroups and Steering Committee

- Encourage two ambassadors to participate in each TFRI workgroup and on the Steering Committee

Leadership

Zoe Moreau



TFRI Community Engagement
Specialist since 2018

Jennifer Wall



TFRI Director since 2020
American Lung Association
Employee since 2015

Kennedy Chartier



Adult Volunteer since 2020
Retired Ambassador from 2019

The Ambassadors

A'amani Maxie



Johnston

Meet A'amani Maxie! She is a Tobacco-Free Ambassador from Johnston. A'amani is a dedicated member of both Students Against Destructive Decisions (SADD) and Above the Influence at Johnston Senior High School and is supported by the Southern Providence County Prevention Coalition. She is committed to educating future generations about JUULing!

Alakananda Krishnan



Lincoln

Meet Alakananda Krishnan! She is a Tobacco-Free Ambassador from Lincoln. Alakananda is a rising junior at Lincoln High School (LHS). As a member of the community, she is passionate about helping to build a tobacco-free lifestyle for her generation and those around her. Alakananda is an active member of the Rhode Island Police Chiefs Association's program Youth Force, LHS Above the Influence and Life Society. She is a strong believer that change begins with YOU.

Armina Parvaresh Rizi



Lincoln

Meet Armina Parvaresh Rizi! She is a Tobacco-Free Ambassador from Lincoln. Armina is a rising junior at Lincoln High School and has been involved with the school's Above the Influence chapter as their Secretary and Social Media Manager for the past two years. Armina is also the Vice President of Lincoln's Life Society Club which supports families in need and donates to local charities. She is interested in helping our generation to find positivity in their daily lives and to create a better future for them. She wants our generation to become tobacco-free by raising awareness about the dangers of abusing drugs.

The Ambassadors

Blessing Oyedele



Pawtucket

Meet Blessing Oyedele! She is a Tobacco-Free Ambassador from Pawtucket, Rhode Island. Blessing recently graduated from Black Stone Valley Prep High School. She plans to continue calling out the fact that the black community is disproportionately targeted by the tobacco industry. She also plans to continue educating her community about the harmful effects of tobacco use and nicotine addiction!

Brenden Machowski



Scituate

Meet Brenden Machowski! He is a Tobacco-Free Ambassador from Scituate. Brenden recently graduated from Scituate High School and will be attending the Community College of Rhode Island (CCRI). Brenden is excited to continue his prevention work on a college level and hopes to join a prevention club on his new campus.

Caleb Lee



Johnston

Meet Caleb Lee! He is a Tobacco-Free Ambassador from Johnston. Caleb has been an active member of Above the Influence for three years. He has served as their Vice President, as well as the Youth Coalition Liaison. Caleb is a junior at Johnston Senior High School, where his experience demonstrates how passionate he is about improving his community. After high school, he hopes to continue to spread awareness on tobacco related issues and the ongoing youth nicotine epidemic.

The Ambassadors

Emily Jedson



West Greenwich

Meet Emily Jedson! She is a Tobacco-Free Ambassador from West Greenwich. Emily will be a senior at Exeter-West Greenwich Regional High School. She helped found, and is actively involved in, her school's Above the Influence program. She is very passionate about sports and helping athletes stay away from tobacco and other harmful substances. She also loves talking to incoming high schoolers about the dangers of tobacco and substances, as she believes that early intervention can help save lives.

Hanna Bill



Hopkinton

Meet Hanna Bill! She is a Tobacco-Free Ambassador from Hopkinton. Hanna works with the Chariho Youth Task Force as the coalition's Chief of Relations. Hanna is currently pursuing a degree in nursing from CCRI. She is passionate about creating a better community for her peers to live in; whether that be through creating tobacco-free environments, mental health promotion, or by simply spreading positivity!

Izzy Boullier



Warwick

Meet Isabelle Boullier! She is a Tobacco-Free Ambassador from Warwick. Izzy is involved with the Herren Project as their Youth Engagement Coordinator, SADD as their National President and serves on their Student Leadership Council, and countless other coalitions throughout Rhode Island. She is a college freshmen at Roger Williams University where she will be studying Public Health. She is passionate about creating safer, healthier, positive, and more inclusive communities, not only locally, but across national borders!

The Ambassadors

Mia Caprara



Warwick

Meet Mia Caprara! She is a Tobacco-Free Ambassador from Warwick. Mia is a member of the Students Taking Action Against Negative Decisions club at Pilgrim High School, where she is a freshman. Mia is very passionate about mental health, anxiety awareness and improving the health of all of people!

Rachel Kerr



Middletown

Meet Rachel Kerr! She is a Tobacco-Free Ambassador from Middletown. Rachel works with the Middletown Prevention Coalition and Islanders Committed at her high school. She is a sophomore at Middletown High School and strives to better of her small community by dedicating a countless number of hours to volunteering and educating!

Sarah Ilgenfritz,



South Kingstown

Meet Sarah Ilgenfritz! She is a Tobacco-Free Ambassador from South Kingstown. Sarah works with the South Kingstown Partnership for Prevention Coalition. She will be a freshman at URI in the fall and will be studying Psychology. She will continue her work in substance abuse prevention there. Her biggest goal is to educate youth in her community about the dangers of e-cigarette use.

The Ambassadors

Sean Palumbo



Bristol

Meet Sean Palumbo! He is a Tobacco-Free Ambassador from Bristol! Sean is a freshman at CCRI studying Political Science. He also works with the Bristol Prevention Coalition and the East Bay Tobacco Youth Council under the East Bay Regional Coalition. Sean has been involved with TFRI since the 9th grade and has grown to love tobacco control ever since. He is passionate for creating tobacco-free schools and educating youth and adults on the dangers of tobacco products!

Sky Lamontagne



Woonsocket

Meet Skylar Lamontagne! She is a Tobacco-Free Ambassador from Woonsocket. Skylar works with the Blackstone Prevention Coalition and will be attending CCRI in the fall. Her biggest goal this year is to go back to her high school to help run the Above the Influence program so she can continue to spread awareness and positivity in the community!

Sydney Caprara



Warwick

Meet Sydney Caprara! She is a Tobacco-Free Ambassador from Warwick, however, Sydney is an incoming freshman to Wilson College in Chambersburg Pennsylvania. Even though she will sometimes be a few hundred miles away, she plans to bring all her thoughts and ideas from Rhode Island to Pennsylvania. Sydney is dedicated to helping TFRI in any way possible, as well as her new school in Pennsylvania.

The Ambassadors

Yvonna Maxie



Coventry

Meet Yvonna Maxie! She is a Tobacco-Free Ambassador from Coventry! Yvonna is a sophomore at Coventry High School and is trying to popularize their new SADD group! She enjoys being part of the amazing work being done in her school, community, and state!

Words of Wisdom From Retired Ambassadors

"Be as authentic as possible and don't be afraid to be confident. People want to hear your story and why you care. You may face some backlash, but the people who matter most will support you and want to hear what you have to say."

-Kennedy Chartier, Woonsocket

"TFRI is an amazing organization! They care so much and it is incredibly inspiring for anyone involved. While working with them, I have met some of the most amazing people and experienced so many moments I'd relive in a heartbeat! To the new ambassadors, remember that you can do anything you set your mind to and believe in!"

-Janisia Lopes, Pawtucket

TOBACCO FREE RHODE ISLAND

Tobacco Free Rhode Island
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260 West Exchange Street, Suite 102B
Providence, RI 02903

For more information about the Tobacco-Free
Ambassadors Program, please contact
Zoe.Moreau@lung.org or call 401-533-5179

