



maryland teens rejecting abusive smoking habits
www.marylandtrash.com



Maryland TRASH Newsletter

Maryland Teens Know Smoking is Garbage!

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TRASH COALITIONS

Anne Arundel -- Project Exhale
Baltimore City TRASH
Chuck County TRASH
Frederick -- FC-T-CAT
Garrett -- STEAM
Montgomery -- SOS
Prince George's -- ROJA
Washington County TRASH

TRASH KEY MESSAGES

- (1) The youth of Maryland want to expose facts and misconceptions about the harm of smoking.
- (2) We are determined to reduce tobacco use among youth.
- (3) We seek to deglamorize tobacco and reduce positive attitudes about tobacco.
- (4) We are working to reduce youth exposure to second hand smoke.
- (5) We are here to empower youth to make smart decisions about tobacco use.

HELP WANTED!

JULY 2008

Statewide Event

TRASH members,

This past year has been busy for TRASH! Since April 2007, we've had **seven Statewide Youth Advisory Board meetings and a Statewide Event!** That's not even counting all of the coalition meetings and events that you've had in your counties! It's amazing what can be done when you put your minds to it, and you have accomplished so much. This past year has given us a chance to build our coalition, and work on getting our messages out to others across the State: (1) to expose facts and misconceptions about the harm of smoking (2) to reduce tobacco use among youth (3) to deglamorize tobacco and reduce positive attitudes about tobacco (4) to reduce youth exposure to second hand smoke and (5) to empower youth to make smart decisions about tobacco use.

Our Statewide Event brought us together, and hopefully, everyone was able to meet and get to know others from around the state. As we move forward with our messages to educate others about the dangers of tobacco use and the benefits of not using tobacco, these relationships will be important for our statewide movement!

TRASH NEWS

TRASH Kickin' Ash Statewide Event: Good Times, Good Weather, Great People!

April 26, 2008
Columbia Teen Center, Columbia, MD

The TRASH Statewide Event was a success! **More than 100 people**



TRASH Youth Members-
Test out your journalistic skills
by writing articles for the
TRASH newsletter! If you're
interested, please contact
Dana Moncrief at
[dmoncrief@dhmh.state.md.us!](mailto:dmoncrief@dhmh.state.md.us)

attended the Event from all across the state. The weather was beautiful--whew, no rain!--and the event gave everyone an opportunity to get to know one another and to further build the TRASH coalition.



All in all the day was fun, and proved that there can be good times without using tobacco or drugs--a message that we can spread to friends and family!

Event Overview

Dancing, basketball, singing, performing, games--you name it! There was something for everyone at the TRASH Kickin' Ash Statewide Event.

The Event began with Secret (TRASH president), Andrew (past TRASH president), Ana, and Lyanne opening up the day by welcoming everyone to the Event.



Sterlen Barr and his crew from "Rapping About Prevention" performed and, as always, gave a performance with a great message! Sterlen's lyrics reminded us about the dangers of smoking and second hand smoke, and how the tobacco industry purposely targets teens. He even helped participants to write anti-tobacco songs. Great job to those who performed their songs at the end of the day! Perhaps there are future "Idol" contestants in our coalition... Just don't forget TRASH once you're famous!

Other performances in the talent portion included Patricia singing an original song and playing guitar, original and creative poems by Jonathan, Nafisa and HeShima, and several dancers showing us their moves. Thank you to all of the extremely talented performers--you all deserve a huge round of applause!!



The orange t-shirts were ablaze with creative and artistic designs. The top designers modeled their "T's" at the end of the day--all were very impressive!

Basketball was a "slam dunk"--with Charles County pulling out the win at the end of the tournament. Although they were the winners, the teams from Anne Arundel, Frederick, Garrett and PG played great games and didn't let Charles County win easily! Good job to everyone!



Indoor activities included: DJ and dancing/dance off, Ring Toss, Smokeless Tobacco--Deal or No Deal, Badvertising table, an environmental table, and a graffiti wall. Frederick County even picked up cigarette butts for the Guess the Butts contest--there were over 1,300 cigarette butts in the

jar--WOW!

The activities during the Event allowed for the talents of coalition members to emerge. These skills will be needed for future TRASH activities--so don't be shy!

Throughout the day, activities stressed the TRASH messages that teens don't need tobacco to have fun, and that Big Tobacco can't win over Maryland teens with their sneaky messages and tactics! The Event allowed for the Statewide TRASH Coalition to further unify and develop its messages, showing that "Maryland Teens Know Smoking is Garbage!"

TRASH TALKING

Bravo! Thank you, Thank you, Thank you!

Thank you to all of the Youth Advisory Board members for working so hard this past year. Saturday meetings and the Statewide Event were successful because of your commitment to TRASH and dedication to helping your friends and family to stop using tobacco or to never start at all!

A special thank you to Secret, Ana, Lyanne, and Andrew for opening and closing the TRASH Kickin' Ash events. Tashi, from Charles County, was unable to attend, but he should be thanked for all of the hard work he did before the event--thank you!

All of the coalitions did a WONDERFUL job on their creative and educational tables and activities, and it was clear that a great deal of work went into these. THANK YOU!

We were so lucky to have volunteers from UMCP and UMBC helping at the event--thank you for your assistance and for spending the day with us!

Thank you to the staff of MDQuit for their efforts in planning the event and helping throughout the day.

Thank you to Sterlen Barr and the members of "Rapping for Prevention" for performing and inspiring us to continue with our messages!

AND, last, but certainly not least--thank you to all of the coalition advisors. Your hard work is often behind-the-scenes, but has not gone unnoticed. Your dedication to the youth in your coalitions and to TRASH has helped to make the

coalition successful. Thank you for your enthusiasm and commitment to the TRASH coalition and, most importantly, to the youth across Maryland!

It's Not "Goodbye", It's "Until We See You Again..."

To all of our graduating seniors--congratulations!! We wish you all of the best in the next chapter of your life. We hope that you'll come to visit us at future TRASH meetings to tell us how you're continuing your efforts with tobacco use prevention and cessation. The possibilities are endless! Good luck and best wishes to you all!

WEB SITES

We all know about our Maryland TRASH Web site (www.marylandtrash.com), but there are others that you might want to check out:

Minnesota--Catalyst: <http://www.bethecatalyst.org>

World Health Organization--Tobacco Free Youth:
http://www.who.int/tobacco/tobacco_free_youth/home.html

Thank you again for everyone's hard work for the Statewide Event, Statewide Youth Advisory Board meetings, and activities and events in your counties. Youth Advisory Board Members--you have noticeably grown in your confidence and have gained a great skill set over this past year, and I look forward to working with many of you in the upcoming year.

I truly appreciate everyone's hard work and commitment to our cause of preventing tobacco use among teens/peers, and of helping those that do use tobacco to quit.

Until our next meeting...

~Dana Moncrief
Maryland TRASH

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