



# NICOTINE FREE TEAMS



Dear Team Advisor,

The Tennessee Department of Health, in conjunction with TNSTRONG, would like to invite your team/club to take a leadership role in helping to keep Tennessee's youth tobacco and nicotine-free.

TNSTRONG is a statewide, youth-led initiative to take down tobacco and nicotine in Tennessee. TNSTRONG stands for "Tennessee Stop Tobacco and Revolutionize Our New Generation." TNSTRONG is working to raise awareness about the harms caused by all kinds of tobacco and nicotine products, including but not limited to conventional cigarettes, e-cigarettes/vapes, dip, and chew. Also, TNSTRONG is working to prevent the initiation of use and provide support to youth who want to stop using tobacco and nicotine products.

Thanks to the efforts of TNSTRONG and statewide anti-tobacco programs, youth use of cigarettes has declined from 20.9% in 2009 to 7.1% in 2019, but we still have work to do.

E-cigarettes are sometimes called "e-cigs," "vapes," "e-hookahs," "vape pens," and "electronic nicotine delivery systems (ENDS)." E-cigarettes are one of the newest tobacco products on the market. The U.S. Surgeon General recently declared the use of e-cigarettes among youth an epidemic. The U.S. Food and Drug Administration (USFDA) and the U.S. Centers for Disease Control and Prevention (CDC) estimated more than 2 million, with nearly 85% of those youth using flavored e-cigarettes. Most adults and teens are unaware of the health consequences of using e-cigarettes. The majority of e-cigarettes contain highly addictive nicotine and include several cancer-causing chemicals. We would like your team/club to take the pledge and commit to banning the use of all tobacco and nicotine products.

We need your help ending tobacco and nicotine use in Tennessee once and for all!

**What We ASK:**

1. Sign the attached nicotine-free team pledge form, promising not to use ANY tobacco or nicotine products.
2. Scan and email the signed pledge form to your local public health educator at your county health department. Visit [tn.gov/health/tupcp-resources](https://tn.gov/health/tupcp-resources) for your county health department contact information. Once we have received your completed Nicotine-free Team Pledge form, we will send you the "We are Nicotine-Free" banner.
3. When you receive the banner, hang the banner in a prominent area. Take a picture of your team with the banner and post your picture on your school/team's social media pages, tagging #TNTobaccoFree, #TNNicotineFree, #TNSTRONG and tagging our social pages.
4. Forward a copy of your picture and a link to your social media page to your local health educator.

## Tag and Follow TNSTRONG when you post your team banner picture!

facebook.com/TNSTRONGmovement



instagram.com/tnstrong\_ /



twitter.com/TN\_STRONG



### What You GET:

1. You will get one banner declaring your team nicotine free to hang in a prominent area.
2. Once we have your team's picture, your team will receive an incentive item.
3. TNSTRONG and Tennessee Department of Health social media accounts will share your posts.

### Help YOUR team become part of the FIRST nicotine-free generation!

Sincerely,

TNSTRONG Staff

Tennessee Department of Health Tobacco Use Prevention and Control Team

TNSTRONG.Health@tn.gov

For more information visit: [tn.gov/health/tnstrong](http://tn.gov/health/tnstrong)



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### Need help quitting?

If you have members of your coaching staff who are using tobacco products and need assistance with quitting, please refer them to our Tennessee Tobacco QuitLine (**1-800-QUIT-NOW** or **online at [tnquitline.org](http://tnquitline.org)**). There they will be paired with a "quit coach" who can support them through the quitting process. The QuitLine can also provide two weeks of nicotine replacement therapy (nicotine patches) at no cost to help them get started.

If you have players on your team who are using tobacco products, including e-cigarettes, and need assistance with quitting, please refer them to [teen.smokefree.gov](http://teen.smokefree.gov) or text **QUIT to 47848** to join a free text-to-quit program.

# I PLEDGE TO BE NICOTINE FREE!

School Name \_\_\_\_\_ Middle School  High School   
Team \_\_\_\_\_ Date \_\_\_\_\_  
Head Coach \_\_\_\_\_ Assistant Coach \_\_\_\_\_  
Contact Email \_\_\_\_\_ Contact Phone \_\_\_\_\_  
School Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

I understand nicotine products have health risks and consequences.  
I understand that nicotine in any form is harmful, including cigarettes,  
e-cigarettes/vapes, chew tobacco, snus, and any other product containing nicotine.  
I pledge to say "NO" to tobacco or nicotine products!

	Name (Please Sign your Name)	Role	Age
1			
2			
3			
4			
5			
6			
7			
8			

# I PLEDGE TO BE NICOTINE FREE!

	Name (Please Sign your Name)	Role	Age
9			
10			
11			
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20			
21			

# I PLEDGE TO BE NICOTINE FREE!

	Name (Please Sign your Name)	Role	Age
22			
23			
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