

TRYPS



Northwest Tobacco
Control Area Network

Tobacco Reduction in Youth Partnerships

WHAT is TRYPS?

The Northwest Tobacco Control Area Network (NWT CAN) aims to build and enhance partnerships with community, youth, and school groups by supporting activities through its Tobacco Reduction in Youth Partnerships (TRYPS) program. These activities have a **focus on reducing smoking and vaping among youth and young adults** in Northwestern Ontario.

WHO is it for?

TRYPS is for you if you **work with youth or young adults** and are looking for a way to engage them in improving personal and community health.

TRYPS provides...

- Support for program planning and evaluation
- **Financial support of up to \$1000.00**
- Education to assist planning team

To submit a proposal:

www.SurveyMonkey.com/r/TRYPSProp23

For more info please contact:

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Some Ideas for Action

Love My Smoke-Free/Vape-Free Life

- Advocate to your school or organization to create a full tobacco-free* policy or a tobacco-free* event policy.
- Create art highlighting the benefits of a smoke-free/vape-free life
- Create a Photo-Voice project on commercial tobacco use in the community

*excludes the use of traditional tobacco for spiritual or ceremonial purposes

Tobacco-Wise

- Learn and share the differences between traditional and commercial tobacco
- Invite an elder to provide teachings
- Teach participants traditional crafts (ex. making tobacco ties) and highlight the healthy use of traditional tobacco

Play, Live, Be Smoke-Free/Vape-Free

- Host a sports tournament and promote the tobacco-free message
- Create and implement a poster campaign highlighting local tobacco-free athletes
- Implement a tobacco-free sports policy and promote it

Smoke-Free/Vape-Free Challenge

- Host a Smoke-free/Vape-free challenge to encourage students to make a commitment to live smoke/vape-free
- Have youth plan interactive games to teach peers about the harms of these products and strategies to avoid pressures to use

Healthy Ways to Cope

- Host workshops to teach participants healthy ways to cope with stress as an alternative to smoking or vaping
- Provide education about the harms of smoking and/or vaping

Bad Ways to Be Nice

- Increase awareness of 'social supply' - providing commercial tobacco products to youth is a 'bad way to be nice'
- Challenge youth to share this message in creative ways to influence others!

After submitting a TRYPs Proposal, your Public Health Unit contact will follow up with you to support planning and help you work through the tricky bits!

TIP: Add a healthy lifestyle message to the program and make it fun & interactive!