



OVER 1 MILLION TEXANS IMPACTED WITH TOBACCO PREVENTION AND EDUCATION SINCE 2011.

(Students, Adults & Youth Working Hard Against Tobacco!) is THE statewide youth tobacco prevention program that connects youth and adult efforts in tobacco prevention across Texas. Say What! provides training and resources to support community efforts towards making Texas safer from the harmful effects of tobacco and nicotine. All Say What! efforts are led by a statewide youth advisory board, the Say What! Teen Ambassadors.

TEEN AMBASSADORS

Say What! Teen Ambassadors (TAs) are youth tobacco prevention advocates from across Texas. Teen Ambassadors are passionate, creative high school students who are dedicated to educating their peers and serving as the youth voice for tobacco prevention for the entire state of Texas. Through the Teen Ambassador Program, TAs receive tobacco prevention education, leadership and advocacy training, and team building skills to guide and lead Texans in various tobacco prevention efforts, trainings, and activities.

TOBACCO-FREE REGIONAL ACTION SUMMITS

Say What! Regional Action Summits are held in multiple locations across Texas each spring. These summits offer tobacco prevention education, team building, leadership skills, and community service. Summits are designed to empower middle and high school youth to get involved in making their homes, schools, and communities safer from the harmful effects of tobacco and nicotine.

STATEWIDE TOBACCO PREVENTION CONFERENCE

The Say What! Texas Tobacco-Free Conference is an annual summer leadership training and statewide networking opportunity for active Say What! groups. Attendees receive extensive education in tobacco prevention, leadership skills, and work in teams to create tobacco prevention focused projects that they can take home to help make schools and communities across Texas tobacco-free.



MINI-GRANT KITS

Say What! member groups can choose from a variety of ready-to use tobacco prevention kits. These “projects in a box” focus on advocacy, education, the environment, and healthy lifestyles to help groups implement their own tobacco prevention projects. Kits focus on advocacy, education, the environment, and living a healthy lifestyle. Kits are also themed in connection with various state and national efforts such as Texas Tobacco-Free Kids Day to link local youth efforts on a larger scale.

ONLINE TRAINING AND RESOURCES

TxSayWhat.com is home to a variety of free resources including educational videos, online trainings, downloadable presentations, handouts, and activity guides, which have been designed to provide you with the latest tobacco prevention information. Say What! resources are tools to help youth educate their peers and community members about the harmful effects of tobacco and nicotine, and to advocate for healthy, tobacco-free lifestyles.

LIVE TOBACCO-FREE

TxSayWhat@txstate.edu or visit www.txsaywhat.com.



Texas Department of State Health Services

Say What! was created and designed by young people from across Texas and connects students interested in eliminating tobacco from their schools and communities. The Say What! movement is funded by the Texas Department of State Health Services through a contract with the Texas School Safety Center at Texas State University.



FIGHTER

Boost Confident
Goal-oriented Education

Intelligent Champion Embrace
Stand Up Spokesperson
Listen Speak Up Improvement

Influence Kind Proud Protect

PASSIONATE

Cheerleader Perseverance

Helpful Believer Support
Stimulate Leader

Push Forward

Honest TOBACCO-FREE Empower

Leader

Dedication

Action Knowledgeable Mentor Inspire

ROLE MODEL

Advance

Optimistic Purposeful Friend Motivation

Be Tobacco-Free Noble

Do Represent

Defend Relentless Mission Encourager

Strength Focus Caring

ADVOCATE

Lead

Reinforce Uphold Endorse

Change Agent

Activate

Deliver Hopeful

Assist

LIVE TOBACCO FREE