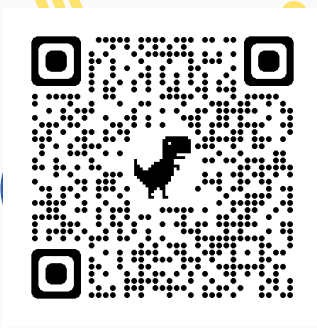


# No Limits Nebraska



[nolimitsnebraska.com](http://nolimitsnebraska.com)

NICOTINE ADDICTION IS NOT PRETTY!



SCAN & WATCH 30 SEC VIDEO



## Questions:

No Limits Nebraska  
Ranae Aspen  
[ranae.aspen@nebraska.gov](mailto:ranae.aspen@nebraska.gov)  
531-893-3051



# JOIN THE NO LIMITS NEBRASKA LEADERSHIP TEAM!



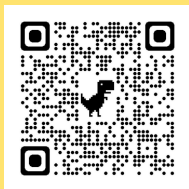
## NEBRASKA DEPARTMENT OF EDUCATION

# Help Fight Big Tobacco!

No Limits Nebraska is looking for 10-15 talented youth entering grades 9th-11th to commit to a one-year term on the statewide No Limits Leadership Team.

## Leaders will:

- Learn about the best practices of Tobacco Prevention & Cessation.
- Youth Leaders will have the opportunity to be trained in StrengthsFinder.
- Provide education to their peers and their community about the use of commercial tobacco.
- Champion tobacco efforts alongside your classmates for community change.
- Commit to 15 hours of service for the school year. You will receive a \$50 incentive.
- Sign up today!



**Application Deadline: FALL of 2024**  
Application will remain open until September 15th or until team spots are filled. We would like 10-15 youths on our team. Team activities:

**Orientation/Welcome:** Date & location (Virtual) determined by the Youth Leadership Team. 1 hour

**Half-Day Training:** Date & location (Virtual) determined by Youth Leadership Team. 5 hours (including Gallup Strengths Finder)

**Project Meetings:** Two one-hour virtual meetings each school semester. 4 hours

**Take Down Tobacco Day Event:** The Leadership Team you will be planning and hosting an event that can be replicated in each team member's community or school. 5 hours

# No Limits Youth Leadership Team

**LEAD EFFORTS TO REDUCE COMMERCIAL TOBACCO PRODUCTS BY YOUTH HERE IN NEBRASKA!**

- Gain skills in advocacy to uplift your voice to local, state, and national leaders about the harmful effects of Commercial Tobacco.
- Be creative! There are No Limits in what you can do to fight Big Tobacco!
- Enhance your resume with leadership and team experience.
- Earn volunteer hours.
- Enhances scholarship & future opportunities!
- Connect with like-minded individuals who share your passion for public health and advocacy.
- Participate in workshops and training sessions to deepen your understanding of tobacco control policies.
- Engage in community outreach programs to educate others about the dangers of commercial tobacco.