Mission Statement:
To save lives by improving lung health and preventing lung disease.

Mission Goals:
The American Lung Association will eliminate tobacco use and tobacco-related lung disease.
The American Lung Association will improve the air we breathe so it will not cause or worsen lung disease.
The American Lung Association will reduce the burden of lung disease on patients and their families.

What is TATU?
Teens Against Tobacco Use is a peer to peer program that trains teenagers in high school, to go out into their community to present to their feeder schools (elementary and middle schools whose students will go into that high school) about the dangers of tobacco use.

Purpose of TATU
The purpose of the TATU program is to educate teens about the dangers of tobacco use. Teens are educated and then trained on how to teach younger students about the dangers of tobacco. This program provides teens with leadership opportunities, and teaches teens how to become advocates for a tobacco-free society.

Teen Presentations
During the presentations, the TATU teens present a variety of demonstrations. These activities give the student’s visuals as to how dangerous and unhealthy tobacco is for you.

BB Demonstration: BB’s are slowly dumped into a metal bucket to signify the 1,200 people who die daily from tobacco use.

Chemical Bucket: students are shown common household products which contain the same chemicals found in cigarettes.

Straw Activity: students do jumping jacks while singing the ABC’s. After the second round, they put a straw in their mouth, plug their nose, and try to breathe. This shows the students what it would feel like for someone who suffers from emphysema.

M&M Demonstration: students are either given a couple M&M’s, or we go off of their shirt colors. Each color represents a disease that you can get from being around secondhand smoke.

Tar & Phlegm Activity: the students are shown a jar of “tar” that represents the amount of tar that passes through a smoker’s lungs each year from smoking half a pack of cigarettes a day. The “phlegm” represents the amount of phlegm a smoker with COPD would cough up in about two weeks.

Pig Lungs: students get to see and touch the difference between a healthy lung, and a smoker’s lung.

Overview of TATU Program Coordinator
As the TATU Program Coordinator, I was in charge of contacting schools and scheduling presentations. As soon as I trained the teen groups, I would schedule them to go out and present to the younger students. Daily communication between Kera and the other teachers was crucial to the presentations going smoothly.

My first priority of the semester was to contact the list of schools who I had been in communication with last spring. I had to get back into the high schools to retrain teens; I went into Meridian High and Capital High. During the eight hour teen trainings, I go through a PowerPoint teaching the students the dangers of using tobacco, the chemical properties of cigarettes, smokeless tobacco, e-cigarettes, the short term and long term effects of using tobacco, how secondhand smoke can effect you, and strategies that the tobacco industries use to lure teenagers into buying tobacco. I then showed them the activities and taught them how to present them to the younger students.

To schedule each presentation, either I would contact the feeder schools or they would contact me with a potential presentation time. I would then email the high school advisor for the TATU group, and we would coordinate a time for the group to go in. For these presentations, I would join the group of 3-5 TATU teens, and bring any necessary materials. During the presentation, I would be there to answer any questions. After the presentations, the classroom coordinator and the students would fill out a survey.

Summary
Throughout this semester, I have had the chance to work with dozens of amazing students from around the Boise area. I have enjoyed being apart of such an important program, and I passionately agree with the goals of this organization.

This internship allowed me to experience the teaching side of this degree, which I greatly enjoyed. Each training that I gave, I served as a health education resource; I taught these students about the dangers of tobacco and gave them reasons to never use tobacco. As a TATU Program Coordinator, I also communicated and advocated for health and health education by going out into the schools and teaching the students the dangers of tobacco.

Healthy vs. unhealthy
http://crosstownscience.wordpress.com/2012/05/05/do-science-and-engineering-festival/