



What is the Vermont Tobacco Control Youth Leadership Council? This is a youth leadership opportunity designed to bring youth and youth voice to the forefront of tobacco prevention and education efforts in Vermont.

What will the youth leadership council do? Members of the youth leadership council will meet monthly to make important decisions on youth engagement strategies, areas of focus and statewide activities for the Our Voices Xposed (OVX) youth tobacco and nicotine prevention initiative program. Council members will also work alongside the Vermont Department of Health and Healthy Lamoille Valley staff to envision and help oversee the Annual OVX Youth Leadership Summit and Annual Youth Statehouse Rally.

Who can apply be on the youth leadership council? This opportunity is open to youth involved and actively engaged in OVX activities within their school and community. Youth must be entering grades 7-11 in the fall and be interested in public health and wellness, youth leadership and using their voice to create positive change in their schools and communities.

How many open seats will there be on the youth leadership council this year? Six will be open, and current youth leadership council members will fill the remaining six.

How long will I serve on the council? Members are asked to commit to at least one year on the council. For members who are interested, there is an opportunity to continue past year one.

Will I be compensated for my time? Yes! All council members receive a stipend to compensate them for their time, energy and participation in the required youth leadership council activities. **The stipend amount for year-one members is listed below.**

\$25- Stipend for each online council meeting attended = Up to \$275 total

\$200- Stipend for each in-person council event attended = Up to \$600 total



What are my obligations as a council member?

- Attend and actively participate in monthly online youth leadership meetings. These meetings will be held on Zoom on the first Thursday of the month from 6:00 p.m. to 7:00 p.m.
- Attend and participate in the three in-person youth engagement events from June 2025 through May 2026. *Members will receive a stipend for each in-person event attended in addition to mileage reimbursement.*
 - **June 24, 2025**| Council Retreat & Team Building Day| 9:00am – 4:00pm | Waterbury State Complex
 - **November 2025**| Youth Leadership Summit |Typically the first week in November| 9:00am – 2:00pm |Burlington
 - **February 10, 2026-** Youth Statehouse Rally| 9:00am-noon |Montpelier

Do I need my parent's or guardians' permission to participate? Yes. It is very important that your parent or guardian understands your commitment and supports you in this process. Please review, discuss, and sign the Letter of Agreement that is part of the application process.

How do I apply?

- Fill out the attached application and answer a few questions to help current youth leadership council members get to know you better.
- Include a letter of recommendation from your OVX advisor.
- A signed Letter of Agreement. Please ensure this is signed by both yourself and your parent/guardian.

Please submit your completed application packet to Carrie Patterson at carrie@healthylamoillevalley.org by April 25, 2025. Current council members will review applicants in early May. You should expect a response on the status of your application by the week of May 23rd.



Applicant Information:

Name: _____ School: _____

E-mail: _____ Name of OVX advisor: _____

What is your current grade in school (as of April 2025): _____

How many years have you been involved in OVX or substance use prevention activities in your school or community: _____

Home Mailing Address:

Parent/Guardian Information:

Parent/Guardian Name _____

Phone: _____ E-mail: _____

Is your parent/guardian aware of and supportive of your application to the Vermont Tobacco Control Youth Leadership Council? Yes ____ No ____

Have you both reviewed, discussed and signed the Youth Council Letter of Agreement? Yes ____ No ____

Application Questions:

Please answer the following questions in complete sentences.

- 1. What does prevention mean to you?**



2. What or who inspired you to apply for this seat on the Vermont Tobacco Control Youth Leadership Council?

3. How has tobacco and nicotine misuse impacted your life, your school, or your community?

4. What challenges might you face when working as a group, and how can you overcome them?

5. What are some strategies you use to cope with unexpected changes?



6. How much time are you willing to commit to the council? For example, are you willing to miss a school or sports event to attend a meeting or in-person event?

Please submit your application, a letter of recommendation from your school OVX advisor, and a signed Letter of Agreement (found on page 6) to Carrie Patterson at carrie@healthylamoillevalley.org by April 25, 2025.

Applications will not be considered complete if they do not include the documents mentioned above.

Current council members will review applicants in early May. You should expect a response on the status of your application by the week of May 23rd.



Letter of Agreement

As a youth leadership council member, you will learn to:

- Assist in bringing youth and youth voice to the forefront of tobacco prevention efforts in Vermont.
- Use your communication and leadership skills to create positive change in your school, community and on a statewide level.
- Work effectively with youth from unique perspectives and backgrounds.
- Engage youth and your peers effectively.

As part of this group, you will:

- Attend and actively participate in monthly online youth leadership meetings. These meetings will be held on Zoom on the first Thursday of the month from 6:00 p.m. to 7:00 p.m.
 - To qualify for the meeting stipend:
 - Cameras must be on, and members must be actively engaged and participate in meetings.
 - Members must attend (and participate) in at least 45 minutes to qualify for the meeting stipend.
- Attend and participate in the three in-person youth engagement events from June 2025 through May 2026. *Mileage will be reimbursed to those who submit proper documentation to Carrie (Healthy Lamoille Valley Youth Advisor) within 30 days of the event. A signed W-9 must be on file for checks to be issued.*
 - **June 24, 2025** | Council Retreat & Team Building Day | 9:00am – 4:00pm | Waterbury State Complex
 - **November 2025** | Youth Leadership Summit | Typically the first week in November | 9:00am – 2:00pm | Burlington
 - **February 10, 2026**- Youth Statehouse Rally | 9:00am-noon | Montpelier
- Assist in making important decisions on youth engagement strategies, areas of focus, and statewide activities for the Our Voices Xposed (OVX) youth tobacco and nicotine prevention initiative program.
- Work alongside the Vermont Department of Health and Healthy Lamoille Valley staff to envision and co-facilitate the Annual Youth Leadership Summit and Youth Statehouse Rally.
- Provide feedback on prevention program efficacy and media campaigns designed for youth.
- Serve as an ambassador of Vermont's tobacco prevention efforts.

This youth leadership council operates on an at-will basis. Participants are encouraged to contact one of the program's advisors (Liza, Carrie or Jared) for support and guidance if questions or concerns arise. Advisors seek to be responsive to and support the needs of all.



Participants may be dismissed for failing to meet their responsibilities. These responsibilities include but are not limited to:

- Lack of participation and engagement in council activities
- Missing more than three council meetings during the school year.
 - If you are unable to attend a meeting or in-person event, notify an advisor as soon as you become aware of the conflict.
 - If you participate in sports, band, or other extracurricular activities, review your schedule for potential conflicts and inform an advisor at the start of the semester.
 - For other commitments, such as community events or parent-teacher conferences, please provide at least **48 hours' notice** when possible.
 - If you are ill and unable to attend, kindly inform us if you are able to do so.
- Lack of communication with fellow council members and advisors
- Not following through on assigned tasks
- Participating in activities that could be considered lobbying (more information on this will be provided at your initial training)

By signing below, you and your guardian confirm that you have read and understood the expectations and guidelines outlined above. You agree to uphold these responsibilities and strive to meet these expectations if selected as a Council member.

Applicant Printed Name

Date

Applicant Signature

Date

Guardian Printed Name

Date

Guardian Signature

Date