



A regular newsletter brought to you by Bismarck Burleigh Public Health.

Table of Contents

- Parenting Tips for the School Year
- Upcoming Coalition Meeting
- Bismarck Break Free Youth Board

Parenting Tips for the School Year

Parents. Happy New School Year to You! As we are getting back into the morning school runs and carpool adventures, it's important to prioritize educating youth about the harmful risks associated with underage nicotine use.

A few tips to remember when sending the kids off to school:

- 1.) Educate on refusal skills
- 2.) Educate yourself about new tobacco terms
- 3.) Prioritize open communication



Interested in learning more about available tobacco prevention conversation starters that prioritize parent and child communication?

Visit: <https://www.parentslead.org/special-topics/tobacco/talk>.

Tobacco terms and language can be found here:

<https://truthinitiative.org/research-resources/emerging-tobacco-products/vaping-lingo-dictionary>



SAVE THE DATE

Bismarck Tobacco Free Coalition Meeting

September 23rd at 6:30 pm
Bismarck Burleigh Public Health
407 S. 26th St.
RSVP skahler@bismarcknd.gov or 355-1597



Join us for the Bismarck Tobacco Free General Coalition Meeting on September 23, 2024, featuring guest speaker Jason McCoy, who will present “Here and Back Again, A Public Health Journey.” Jason will share his experience advocating for local ordinances on tobacco retail licensing and flavor restrictions, drawing from his decade of work in substance prevention.

As the Tobacco Prevention Coordinator for Clay County Public Health in Moorhead, Minnesota, and a Master of Public Health graduate from North Dakota State University, Jason has led the passage of 34 tobacco and cannabis prevention policies. His efforts also include building Positive Community Norms in the DGF school system and founding Verity Presents in 2022—a platform dedicated to educating the public about the harms of tobacco and cannabis, especially focusing on vape prevention. Jason is also working on a speculative fiction novel series centered on substance prevention themes.

To RSVP for the meeting, contact Sue Kahler at skahler@bismarcknd.gov

Bismarck Break Free Youth Board

The courage and impact of youth leaders makes such a difference. This month, the Bismarck Break Free Youth Board jumpstarted their new school year as members gathered to learn about the upcoming 2025-2026 tobacco prevention initiatives.

The Bismarck Break Free Youth Board is a high school student tobacco prevention group that prioritizes elementary school education, implementing prevention awareness activities in local area high schools, increasing youth knowledge of the harms associated with adolescent tobacco exposure, and cultivates community partnerships that ensure youth receive the resources they need for a healthy future.

Bismarck Break Free Youth Board Members will also be assisting with the facilitation of the 8th Annual Bismarck Youth Action Summit happening this October. To learn more visit: <https://tfnd.org/youth-action-summit/>.



Bismarck Break Free Youth Board Members at the 1st Team Meeting of the 2025-2026 School Year



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