

# Stop kids from starting ... be a Tar Wars presenter

## What is Tar Wars?



- Tar Wars® is a tobacco-free education program created by the American Academy of Family Physicians and coordinated locally by RIMS. It is presented by volunteers who visit 5th grade classrooms to talk with students about the importance of being tobacco-free.
- Classroom discussions and learning activities teach students about the short-term effects and image-based consequences of tobacco use; the cost of using tobacco products; and how to think critically about tobacco advertising.

## Who can present Tar Wars?

- Tar Wars volunteers are physicians, residents, physician assistants, medical students, nurses, school nurse teachers, and other health care professionals.

## What is the time commitment?

- Tar Wars volunteers spend an hour in the classroom presenting an easy-to-follow Tar Wars lesson plan and then return to the school to judge a 1/2 hour poster contest.
- Volunteers also need some time to prepare their Tar Wars presentations. RIMS provides lesson plans, presentation materials, and "How To" guidelines.

## How can I fit Tar Wars into my schedule?

- Make it a community service/outreach project.
- Publicize your involvement with this community service program in your office ... your patients will appreciate your commitment and understand the importance of fitting this into your busy schedule
- Make room in your schedule well in advance to allow time away from your office/patients.



Alana McGuinness, a student at St. Mary's Academy Bay View, was the first Rhode Islander to win the National Tar Wars poster competition held in Washington, DC on July 13, 2011. Alana is pictured at the event with her winning poster.

**SIGN-UP TODAY!**

**Complete the Tar Wars Volunteer form and return it to RIMS.**