

Taking Down Tobacco Podcast Co-Host, Co-Producer, Co-Editor (11, 12)

Alongside another high school student, I have created and produced a podcast that serves to educate youth on Big Tobacco's manipulative marketing tactics that take advantage of young people and minorities, and highlight the critical and diverse work that professionals are doing to mitigate the industry's influence over society. We have interviewed 20+ guests, including medical professionals, lawyers, and policy directors who have worked with the UN, WHO, and more. We have partnered with organizations including ASH, American Cancer Society, and Campaign for Tobacco Free Kids. From this experience, I have gained insight into health advocacy, the various levels of government lobbying, and the importance of data in policy work.

Nicotine Free Generation Advocate (10, 11, 12)

I have advocated for the Nicotine Free Generation policy in multiple Massachusetts municipalities, working with Boards of Health and Selectmen's Boards. I have mobilized 20+ other youth and was asked to train a youth coalition with 18 members in the City of Somerville to advocate for the policy in their city. For this training, I was awarded the City of Somerville Appreciation Award. I created an FAQ for other youth interested in getting involved, which was shared with adult advisors across the state. I also testified to the Massachusetts Senate and House Joint Committee on Public Health for the policy. My testimony was quoted in 30+ media outlets, including USA Today, Yahoo News, and NBC Boston. I was invited to the Massachusetts Public Health Alliance Spring Awards Banquet as recognition for my advocacy work.

SALSA (Students Advocating for Life Without Substance Abuse), member (9, 10, 11, 12), advisory committee (10), leadership committee (11, 12)

I co-lead my high school's largest club that has 200+ students on a committee of seven students. With SALSA, I advocate for substance and mental health education to community members, especially younger students. I trained 120+ incoming SALSA members and collected 140+ pounds of prescription drugs for disposal. I have also led and participated in field trips in substance prevention to my town's middle school. I individually applied for and was awarded a \$3,000 tobacco retailer density grant from Health Resources in Action for the club. I then led a team of SALSA students to do research on the proximity of tobacco retailers and schools in my town, which I presented to my town's Board of Health. For my work with SALSA, I was invited to present to the MetroWest Adolescent Health Survey group, which surveys 40,000+ students biennially, on how to better collect youth substance use data.

The 84 Movement, member (9, 10, 11, 12), Statewide Leadership Team (10, 11, 12)

The 84 Movement is a program of the Massachusetts Department of Public Health's Tobacco Cessation and Prevention Program that centers around youth advocacy and tobacco prevention. As a three time selected leadership team member for The 84, I have organized and emceed statewide events including an annual Youth Power Summit with 100+ youth, with past venues including the Massachusetts Minor League Stadium, and an annual statehouse trip with 200+ youth. During these events and outside of them, I educate students on how to speak with legislators and other stakeholders. I've worked with and introduced public health and political

figures, including the Massachusetts Commissioner of Public Health Robbie Goldstein, and the Massachusetts Attorney General Andrea Campbell. Additionally, I facilitate virtual statewide youth workshops on topics like mental health and substance prevention. Furthermore, I aid in delegating tobacco prevention grant recipients in underprivileged communities and nominating youth leaders for advocacy awards.