

# No Limits Youth Board 2018–2019

## Description, Responsibilities, and Important Dates

### No Limits

No Limits is Nebraska's first youth-led movement that exposes and opposes the tobacco industry's manipulative marketing tactics. We are teens joining forces to change the influence Big Tobacco has on our state.

### No Limits Youth Board

The Youth Board is the guiding body for the entire movement. Board members plan, implement, and participate in statewide events, activities, and marketing strategies for No Limits. They will also engage in local activism, serve as youth leaders, educate teens on tobacco issues, and empower Nebraska youth to take action.

Applicants must be 14–18 years old, entering grades 9–12 in the fall of 2018.

### What to Expect

Youth Board members will meet new friends, travel, build their resume, gain leadership skills, develop cool projects, fight Big Tobacco, and have a lot of fun. Members will serve from June 1, 2018 to May 31, 2019.

Some responsibilities include:

- Participation in conference calls on the second Sunday of every month.
- Attendance at quarterly Board meetings (June, September, January, March)
- Assistance in planning and leading two additional activism events in November and May
- Serve on one Youth Board committee
- Observance of the Youth Board Code of Conduct
- Fulfillment of Youth Board expectations as agreed upon at the June meeting

### Board Meetings

Attendance at Board meetings and participation in conference calls is essential. These meetings need to be a priority in Board members' schedules. Attendance at the following dates and 80 percent of all conference calls is mandatory for each Youth Board member. Failing to meet these requirements may result in dismissal from the board. Transportation, lodging, and meals are provided for all youth board meetings and events.

### Important Dates

- June meeting: June 10–13, 2018
- September meeting: August 25–26, 2018\*
- Fall event: TBD\*
- January meeting: January 12–13, 2019
- Kick Butts Day Rally: March 14–16, 2019
- Spring event: TBD\*
- Conference calls: second Sunday of each month

\*These dates will be decided at the June Youth Board meeting on June 10-13, 2018.

### Deadline: Wednesday, May 9, 2018

All applications **must be received** by this date to be considered. Telephone interviews, if necessary, will be conducted May 14–15, 2018. Announcements will be made May 18, 2018.

### Application Checklist

- 1) Youth information
- 2) One letter of recommendation or a creative project
- 3) Responses to questions
- 4) Signatures

**Send completed applications to:** No Limits  
Attn: Molly Kincaid  
1201 Infinity Court  
Lincoln, NE 68512

**Questions? Contact us at:** 1.866.394.8336 or [info@NoLimitsNebraska.com](mailto:info@NoLimitsNebraska.com)

# No Limits Youth Board 2018–2019 Application

Applications must be received by May 9, 2018

## 1) Youth Information

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expected Grad Year: \_\_\_\_\_

School: \_\_\_\_\_

Home phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Cell phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ T-shirt size: \_\_\_\_\_

Email address: \_\_\_\_\_

### Ethnicity (Optional)

- |   |   |
|---|---|
| <input type="checkbox"/> White/Caucasian        | <input type="checkbox"/> Asian/Pacific Islander         |
| <input type="checkbox"/> Black/African American | <input type="checkbox"/> American Indian/Native Alaskan |
| <input type="checkbox"/> Hispanic/Latino        | <input type="checkbox"/> Other: _____                   |

### How did you hear about the No Limits Youth Board?

- |  |  |
|--|--|
| <input type="checkbox"/> Adult Contact: _____          | <input type="checkbox"/> No Limits Website       |
| <input type="checkbox"/> Email from No Limits          | <input type="checkbox"/> Other: _____            |
| <input type="checkbox"/> Facebook                      | <input type="checkbox"/> Postcard from No Limits |
| <input type="checkbox"/> Friend/Family Member          | <input type="checkbox"/> Posters at school       |
| <input type="checkbox"/> Instagram                     | <input type="checkbox"/> School Newspaper        |
| <input type="checkbox"/> Local Newspaper               | <input type="checkbox"/> Snapchat                |
| <input type="checkbox"/> No Limits Beat (E-newsletter) | <input type="checkbox"/> Twitter                 |

## 2) Letter of Recommendation OR Creative Project

Please provide one letter of recommendation OR submit a creative project.

- Letter of recommendation – This should come from a community, school, or organization leader who knows you well. Letters should be printed on proper letterhead, sealed and signed envelope if mailed. It is preferred that the letters be mailed directly to the No Limits staff, but will also be accepted if turned in with the rest of the Youth Board Application. Signed letters on proper letterhead may also be emailed to [Molly@NoLimitsNebraska.com](mailto:Molly@NoLimitsNebraska.com).
- Creative project – A poem, video, sketch, collage, etc. This is about creative expression on any topic you choose. If you have any questions about this please do not hesitate to reach out to the No Limits staff!

## 3) Question/Answer

This is the fun part of the application. Please answer these questions completely and honestly because your answers will help us to get to know you and your dreams, passions, and talents. Tell us anything and everything! Please type or handwrite your answers to these questions on a separate piece of paper.

- 1) What is No Limits? Why do you want to be a part of it?
- 2) What has been your involvement in tobacco prevention, activism, or youth leadership? Please provide examples. What extracurricular activities are you involved in at school? What activities are you involved in outside of school (work, church, etc.)?
- 3) What is your relationship with tobacco or e-cigarettes? Have you or your friends ever used, or currently use, tobacco, cigarettes, e-cigarettes or smokeless tobacco products? If so, which brands? (Answering yes will NOT hurt your chances of being accepted. No Limits is against the tobacco industry, not the tobacco user.)
- 4) No Limits is about youth leadership, taking action, having fun, and spreading the word about Big Tobacco. Please answer the following questions:
  - a. If you could speak to an executive from a Big Tobacco company, what would you want to tell them?
  - b. If you had unlimited funds/resources to expose Big Tobacco by sharing No Limits and its messages, what would you do? (Think big. Think change. Get creative with this; you could inspire it to happen next year!)
- 5) During your most recent group project, how did you participate in the planning of the project? Describe your role in accomplishing the action steps needed to complete the project. How did you measure the success of the project?
- 6) What makes a good leader? What makes an ineffective leader?
- 7) What ideas do you have to improve or grow the No Limits movement if accepted to the Youth Board? What strengths do you have that will help you accomplish this goal? What is a skill you would like to develop while on the Youth Board?
- 8) Pick an experience from your own life and explain how it has influenced your development as a leader.
- 9) If you could pick five words to describe yourself, what would they be and why?
- 10) If you had to be shipwrecked on a deserted island, but all your human needs -- such as food and water -- were taken care of, what two items would you want to have with you?

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## 4) Signatures

As a member of the No Limits Youth Board, I, \_\_\_\_\_, agree to the following:  
(Insert Name)

- I will be an active member of the No Limits Youth Board and help my fellow Board members with event planning and activism activities by communicating in a timely manner, sharing facts and resources, and providing advice and suggestions when asked.
- I will represent No Limits in the media, at my school, and at public events.
- I will encourage other youth to participate in No Limits events.
- I will assist with No Limits events, trainings, and initiatives within my community and state.
- I will be respectful of other Board members.
- I understand that serving on the No Limits Youth Board requires a significant time commitment and am willing to make it a priority in my schedule.
- I understand that the Youth Board is the guiding body for No Limits and, as a Youth Board member, it is important for me to be at the following events:
  - June meeting: June 10–13, 2018
  - September meeting: September 22–23, 2018
  - Fall event: TBD\*
  - January meeting: January 12–13, 2019
  - Kick Butts Day Rally: March 19–20, 2019
  - Spring event: TBD\*
  - Conference calls: second Sunday of each month

*\*These dates will be decided at the June Youth Board meeting on June 10-13, 2018.*

All of these I agree to willingly as I serve on the No Limits Youth Board for the 2018–2019 year.

### Signatures

I have read the No Limits Youth Board requirements and responsibilities and am willing to fulfill them to the best of my abilities. I am interested in learning the truth about Big Tobacco and empowering youth across the state to spread No Limits' messages through activism. I am willing to be a leader, a team player, and an activist as part of the No Limits Youth Board.

\_\_\_\_\_  
**Youth Signature**

\_\_\_\_\_  
**Parent/Guardian Signature**

\_\_\_\_\_  
**Youth Name (Printed)**

\_\_\_\_\_  
**Parent/Guardian Name (Printed)**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Date**