



A tobacco-free education program for kids from  
the American Academy of Family Physicians

**Dear Fourth-and Fifth-Grade Teachers and/or School Nurses:**

This letter will introduce the **2023 Tar Wars tobacco-free education program**. We begin this year with hopes of keeping more children tobacco-free than ever before. We target fourth-and fifth-grade students because they are the age group most likely to START SMOKING, and we want to provide tools to allow them to SAY NO TO TOBACCO.

For those of you who are not familiar with Tar Wars, it is a program that involves a one-hour class session and a follow-up poster contest. The first part is a lively, interactive lesson in which students learn why people smoke, the consequences of tobacco use, and the truth about tobacco advertising. A physician or health care provider presents the curriculum to the students in their classroom.

In the days following the presentation, the children are encouraged to create posters focusing on the positive effects of not using tobacco. The schools choose a winning poster to submit to the Family Health Foundation of Missouri (FHFM) **before April 24, 2023**. Please attach the contest entry form and poster authorization release. FHFM commends your school's ongoing commitment to youth tobacco prevention.

A panel of judges will choose the top three posters. The three-state poster winners will receive special prizes during the school's annual awards ceremony/event. Each winner will be recognized in the Missouri Academy of Family Physicians quarterly magazine. Prizes for the top three posters are as follows:

**First Place - \$100 gift card**

**Second Place - \$50 gift card**

**Third Place - \$25 gift card**

**Please respond by emailing [tarwars@mo-afp.org](mailto:tarwars@mo-afp.org) to request scheduling presentations at your school.**

Our goal is to match each classroom with a presenter, and the presentation will take place from **January-April 2023, or a convenient time coordinated between the presenter and school**. This program is presented in your school at *no cost*. We'll respond to your request by mailing you a Tar Wars Curriculum Tool Kit.

**If we cannot locate a presenter in your area, a School Nurse, Teacher, or Administrator may present the program. You may download and print the program guide from the website at**

**<https://www.aafp.org/family-physician/patient-care/care-resources/tobacco-and-nicotine/tar-wars.html>.** Other great information is also available on this website.

If you have additional questions regarding the Tar Wars program after visiting the website, *contact our office at (573)635-0830 or [tarwars@mo-afp.org](mailto:tarwars@mo-afp.org)*. Please help the fight against youth tobacco addiction.

Kathy Pabst, MBA, CAE  
Executive Director