



## Start a TRU Group: A Step-By-Step Guide

*Looking to support TRU's tobacco-free movement? Are you over 21 years old?  
Become a TRU Advisor, today!*

### STEP 1: RECRUIT TRU MEMBERS

- TRU members must be ages 12 – 18 and must be passionate about being smoke- and tobacco-free!
- Once you have found youth who are interested, collect the students' names, grades, and the organizations or schools they are affiliated with

### STEP 2: REGISTER YOUR TRU GROUP

- Create a fun name for your group
- Register the students as a TRU group at [TRUinPA.org/become-an-advisor](http://TRUinPA.org/become-an-advisor)
- You will receive an automated e-mail notification confirming your registration.
- The TRU Coordinator will contact you with any pertinent updates and information.

### STEP 3: SUBMIT YOUR TRU ADVISOR CLEARANCES

- The American Lung Association in Pennsylvania records TRU Advisor clearances to ensure all Pennsylvania background documentation is current. All TRU Advisors must submit the following three clearances within the school year:
  - PA State Police Criminal Record Background Check (Act 34 Criminal Record Check)
    - *Valid 5 years from date of issue*
  - PA Child Abuse History Clearance
    - *Valid 5 years from date of issue*
  - PA Act 31 Mandated Reporter Training Online Certification
    - *Valid 2 years from date of issue*
    - *Renew with 2 hours of approved training*
- Submit your clearances at [TRUinPA.org/become-an-advisor](http://TRUinPA.org/become-an-advisor)
- E-mail [Lauren.Chappel@Lung.org](mailto:Lauren.Chappel@Lung.org) with any questions





#### STEP 4: GET INVOLVED!

- Meet with your TRU Group at least once per school year
- Host tobacco-free holiday TRU Storms! Advisors are encouraged to plan fun tobacco-free related activities around the following holidays:
  - The Great American Smokeout
  - Through with Chew Week
  - Take Down Tobacco (formerly Kick Butts Day)
  - World No Tobacco Day

For more information on when these holidays take place, visit [TRUinPA.org](https://TRUinPA.org)

- Request TRU gear free of charge at [TRUinPA.org/request-TRU-gear](https://TRUinPA.org/request-TRU-gear) to use as an incentive to encourage your members to participate in group activities!
- Encourage everyone in your group to sign-up for the TRU Newsletter at [TRUinPA.org/newsletter-sign-up](https://TRUinPA.org/newsletter-sign-up)
- TRU advisors and members are encouraged to follow TRU on social media! You can find us @TRUinPA on [Facebook](#), [Twitter](#), and [Instagram](#).

#### STEP 5: NEED HELP?

- Find activity ideas in our [TRU Storm Toolkit](#)
- Use our [Advocacy Toolkit](#) to teach your TRU members how to become an advocate
- Find recruitment resources at the bottom of [Current Advisors](#) webpage.

Questions? Email [Lauren.Chappel@Lung.org](mailto:Lauren.Chappel@Lung.org)

