

Prevention Program Overview

Program: NOT (Not on Tobacco) Youth Cessation Education

Program Objectives

NOT: An eight-week Vaping and Smoking Cessation Program for youth. Breaking free from nicotine dependency means that youth have the possibility to achieve better grades, along with higher motivation, fewer absences, better relationships with teachers and fewer school tobacco use policy violations. This program is facilitated by a certified prevention specialist that helps guide youth to a healthier smoke/vape free lifestyle.

The NOT education programs help youth:

- understand a tobacco/nicotine addiction.
- identify triggers.
- develop a personalized plan to quit vaping/smoking.
- identify supports to help teens through the process.
- discuss withdrawal symptoms and assistance for withdrawal.
- meet group members for extra support.

Program Summary

Sessions	Eight sessions
Population	Appropriate for ages 14-19 years old.
Education	<ul style="list-style-type: none">• Evidence-based tobacco dependence education.• Increases knowledge of negative health effects due to smoking/vaping use and to reduce participant intake of tobacco products.• Holistic approach with each session using different interactive learning strategies based on Social Cognitive Theory of behavior change.• Helps teens quit by addressing total health to develop and maintain positive behaviors.• Participants will talk about the importance of physical activity, nutrition, enhancing their sense of self-control, and improving life skills such as stress management, decision making, coping and interpersonal skills.
Prevention Skills	<ul style="list-style-type: none">• Place for youth to start their quitting journey: to• Learn techniques needed to change their behaviors.• Build confidence needed to quit for good.• Resources needed to break nicotine dependency and find healthier outlets.