

Student Tobacco Prevention and Cessation Programs

Prevention Programs	
Program Name	Program Description
Project TNT (Gr. 5-9)	<ul style="list-style-type: none"> • Provides a 10-session curriculum that combines all known effective approaches, with two follow up booster sessions • Utilizes a highly interactive classroom instructional process • Emphasizes changing normative beliefs about tobacco and its prevalence of use, along with teaching good decision-making, communication, and refusal skills • Geared for diverse ethnic and socioeconomic groups
Teens Against Tobacco Use T.A.T.U.	<p>A prevention program for teens that also develops their skills in a wide range of adult activities. Concentrates on the following five components designed to prevent tobacco use:</p> <ol style="list-style-type: none"> 1. Develop skills to teach younger children about tobacco use and become advocates for a tobacco-free community. 2. Understand and identify the positive aspects of being tobacco free and realize that the majority of teens and adults do NOT smoke. 3. Understand how tobacco advertising and promotions deceive youth. 4. Understand how getting hooked on tobacco destroys youth's freedom and control over their personal lives. 5. Develop self-confidence.
Teens as Teachers TAT	<p>A Teens as Teacher (TAT) project can be broken into the following pieces:</p> <ol style="list-style-type: none"> 1. Teens are recruited for participation 2. Teens attend Teen Training Workshop 3. Teens completing Teen Training Workshop form small groups and prepare presentations for elementary (4th-8th grade) classrooms 4. Teen Teachers make their presentations
Michigan Model on Tobacco Prevention	<p>One specific focus of the Michigan Model, from Kindergarten through High School, is on teaching knowledge and skills that help young people avoid tobacco use. At the high School Level the focus broadens to include advocating for cessation. At the elementary level, the tobacco prevention lessons are integrated into comprehensive 40-lesson curricula at each grade level. At the middle and high school level, the tobacco lessons are organized as a module that can be used in combination with other health modules of the Michigan Model or taught as part of the core curriculum, such as in science classes.</p> <p>Activities throughout the curriculum are interactive and provide students with repeated opportunities to practice skills, increasing the likelihood that they will be able to apply the skills in real life situations. Essential skills, such as refusal skills, are taught in increasingly sophisticated and developmentally appropriate ways over several years. Beginning in the upper elementary grades, peer education becomes an increasingly important method of tobacco prevention instruction.</p>
Cessation Programs	
Tobacco Awareness Program TAP	<p>The Tobacco Awareness Program (TAP) is a voluntary eight session group program providing information, opportunities for self-assessment, and challenging weekly assignments to help students quit using any form of tobacco. TAP addresses "cold-turkey", tapering off, and nicotine replacement methods. Booster sessions can be added for continued support. An adult professional can facilitate the group once trained in the program.</p>
Not-On-Tobacco N-O-T	<p>An American Lung Association voluntary program that uses a gender sensitive 10-session curriculum focuses on life skills such as stress management and coping behavior. It can include booster sessions. An adult professional can facilitate the group once trained in the program.</p>
Get Ready, Get Set and Go For the Quit	<p>A one-on-one program individualized for teens that the American Lung Association developed in conjunction with the University of Pittsburgh. There are two core elements to the program. <i>Get Ready, Get Set</i>: 8 modules for those students who are just "thinking about quitting" and <i>Go For The Quit</i>: 5 modules for students firmly willing to quit.</p>

Alternative to Suspension Programs

Program Name	Program Description
<p>Realities of Smoking www.realitiesofsmoking.com</p>	<p>Realities of Smoking is an online tobacco education program developed to meet the education requirements of the Florida Tobacco Possession Statute for minors.</p> <p>School systems in Florida and Colorado choose Realities of Smoking as a curriculum resource for grades 8-12 in a variety of settings. From a Health Education class to a key component in an Alternatives to Suspension program, the Realities of Smoking online program uses proven strategies to help schools realize their anti-tobacco educational goals.</p> <p>The highly interactive curriculum of the ROS course is educationally sound and professionally produced for a high-quality learning experience. The course is designed for completion in two to three hours and may be taken in the classroom, the library, or even at home as a homework assignment.</p>
<p>American Lung Association Alternative to Suspension Program ATS</p>	<p>The Alternative to Suspension (ATS) program is offered as an option to students who face suspension for violation of the school tobacco use policy. The program consists of four sessions of approximately fifty minutes each that address student tobacco use, effects of tobacco use, addiction, healthy alternatives to smoking, and making the change to a non-smoker. The program can be adjusted to meet the needs of individual schools.</p>
<p>Tobacco Education Group TEG</p>	<p>The Tobacco Education Group is a positive alternative to suspension for those caught using tobacco on school property or at school-sponsored activities. It also serves as a court-diversion program and alternative to fines or other penalties for youth who violate state and local laws on the purchase and use of tobacco by minors. The program consists of eight 45-50 minute sessions involving lectures, videos, demonstrations, discussions, problem-solving, and cooperative learning strategies. Several optional sessions are also available if facilitators wish to extend the length of the program or substitute an optional session for one of the standard sessions.</p> <p>TEG motivates adolescents to move to the preparation and action stages of quitting tobacco. The program addresses both smoking and spit tobacco use. Participants are encouraged to share information learned in TEG with their friends and parents.</p>

For further information about the programs listed here and/or how to implement them in your school district contact:

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