

BRIEF PROGRAM DESCRIPTION

Not on Tobacco (N-O-T) is the American Lung Association's premiere smoking cessation program for teens who want to stop smoking. N-O-T was designed specifically for teens and is offered as a gender-sensitive program by trained facilitators. The 10-session program uses a life-management skills approach so that teens learn how to reduce stress, make decisions, and communicate more effectively with family and friends. An optional four-session booster program should ideally be taught within two to four weeks of ending the 10-session program.

SPECIFIC OUTCOMES

In the experimental evaluation of the N-O-T program in Florida, at the end of the program:

- 22% of participants had quit smoking and this was chemically validated.
- 62% of participants reduced the amount of cigarettes they smoked.
- 22.4% of participants self-reported as quit, with 20% chemically validated as quit.
- 65% of participants reduced weekday smoking and 75% reduced weekend smoking. Therefore, nearly 90% of participants either quit or reduced smoking.
- 84.6% of participants agreed that N-O-T helped them change their smoking behavior. Secondary outcomes included: 55% of participants reported increased self-esteem; 55% reported stress reduction; 21% reported attending school more often; and 43% reported that they had improved other health behaviors, such as exercising more.

Specific Tobacco Control Lessons and Outcomes

- **Specific Lessons**

N-O-T contains 10 consecutive weekly sessions of 50 minutes each. The gender-sensitive program has four optional booster sessions for groups needing more support to stop smoking or remain smoke-free. To ensure adequate time for individual interaction, groups should be no larger than eight to 12 students. All sessions address tobacco control.

 - o **Sessions 1-2:** Participants compare and contrast the reasons why males and females smoke. They identify their excuses for not quitting and the realities they face as smokers.
 - o **Sessions 3-4:** Participants learn about the toxic chemicals that occur with smoking, about addiction and the triggers that reinforce the habit, as well as the health risks to their bodies.
 - o **Session 5:** Participants are asked to commit to quitting and are given behavioral alternatives to smoking.
 - o **Sessions 6-8:** Participants learn about the positive physical changes that occur with quitting, how to handle slips and



how to relax.

- o **Sessions 8-9:** Participants learn how to seek out support, to be assertive with family and friends and how to avoid the advertising traps of the tobacco companies. Session 9 teaches teens that they are a positive social force and can help create healthy societies.
 - o **The last session is a celebration and encourages self-rewards for being nonsmokers.**
- **Tobacco Control Outcomes:** Pre- and post-test evaluations are scientifically analyzed and results consistently meet program goals. Not On Tobacco was designed to help teens quit smoking altogether or to help them reduce the number of cigarettes smoked. Other important outcomes that have been identified as a result of N-O-T include increased self-esteem, reduced stress, better relationships with parents and others, improved school attendance and improved health behaviors.

AUDIENCE CHARACTERISTICS

Age Range: 14 to 18

Grades: 9 -12

Gender: Male and Female

PROGRAM DETAILS

Type of Program: Cessation/Reduction

Audience Size: Minimum eight/Maximum 12

Number of Lessons: 10 (one per week)

Minimum Lessons Required to Achieve Fidelity: 10

Length of Each Lesson: 50 minutes

Frequency of Implementation: One per week

Duration of Implementation: 10 weeks

Recommended Intervention Site(s): Schools and Communities

HOW IT WORKS

N-O-T helps teens beat their smoking addiction by: identifying the reasons why they smoke; pinpointing the social influences that affect smoking behavior; combating social pressure from friends and family who smoke; understanding the immediate benefits of quitting; setting realistic and attainable goals for change; and developing life management skills that go beyond giving up smoking. An American Lung Association-certified trainer trains facilitators in program implementation. Participant recruitment materials and handouts are provided for facilitators. The certified facilitator works with the core curriculum, which consists of 10 sessions and four optional follow-up or booster sessions to reinforce what the group has learned and achieved. Teens are more likely to share their feelings about smoking and other issues in a same-gender group so, to the extent possible, male facilitators lead boys' groups and female facilitators lead girls' groups. The program does not "teach" the students; rather it draws them in as active participants through small group discussions, hands-on activities and journal writing and drawing.

IMPLEMENTATION ESSENTIALS

To replicate with Fidelity:

All 10 sessions must be completed using the full scope and sequence of the curriculum.

- Facilitators must complete a one-day training program provided by the American Lung Association.
- Facilitators must lead smoke-free lifestyles.
- Each implementation site should have one male and one female facilitator.

Program Evaluation Tools Available: Yes, provided as part of training and on CD.

MATERIALS AND TRAINING

Required Materials:

Facilitator Manual and CD of materials and handouts to be printed out (included in training cost)

Training (Required)

- Training Cost: \$300 per person, includes Facilitator Manual and CD of materials and handouts to be printed out)
- Training Duration: Approximately six hours

Min/Max Number of Training Participants: Min=five; Max=15

Availability in Spanish: Yes

PROGRAM REPLICATIONS CONTACT INFORMATION

Jody Enoch
Chesterfield Health Department
School Health Services
9501 Lucy Corr Circle
P.O. Box 100
Chesterfield, VA 23832
(804) 748-1705
Jody.Enoch@vdh.virginia.gov

Patti Mumpower
Highlands Juvenile Detention Center
2105 Shakesville Road
Bristol, VA 24201
(276) 466-7813
pmumpower@hjdjdc.org

Kathleen Marx
Appleton East High School
2121 Emmers Drive
Appleton, WI 54915
(920) 997-1399 ext. 2777 or (920) 832-6201
MARXKATHLEEN@aasd.k12.wi.us

PROGRAM CONTACT

For training, materials and program information, contact:

Kira Koon
American Lung Association of the Mid-Atlantic
9702 Gayton Road, Number110
Richmond, VA 23238
(804) 302-5740, ext. 260
kkoon@lunginfo.org

ADDITIONAL INFORMATION

Website: lung.org

SAMHSA's National Registry of Evidence-Based

Programs & Practices (NREPP) Review Documents:

nrepp.samhsa.gov/ProgramProfile.aspx?id=1254