

BRIEF PROGRAM DESCRIPTION

Project Towards No Tobacco Use (TNT) is a comprehensive, classroom-based curriculum designed to prevent or reduce tobacco use in children 10 to 13 years old in fifth through eighth grades. Upon completion of this program, students will be able to describe the course of tobacco addiction, the consequences of using tobacco and the prevalence of tobacco use among peers.

SPECIFIC OUTCOMES

The Project TNT curriculum:

- Reduced initiation of cigarette use by approximately 26 percent when one- and two-year follow-up outcomes were averaged together.
- Reduced initiation of smokeless tobacco use by approximately 30 percent.
- Reduced weekly or more frequent cigarette smoking by approximately 60 percent.
- Eliminated weekly or more frequent smokeless tobacco use.

Specific Tobacco Control Lessons and Outcomes:

- Specific Lessons
 - Each of the 10 sessions is tobacco-specific.
The Project TNT sessions are:
 - 1 – Effective Listening and Tobacco Information
 - 2 – The Course & Consequences of Tobacco Use
 - 3 – Self-Esteem
 - 4 – Being True to Yourself & Changing Negative Thoughts
 - 5 – Effective Communication
 - 6 – Assertiveness Training & Refusal Skills
 - 7 – Assertiveness Refusal Skills Practice
 - 8 – Advertising Images
 - 9 – Social Activism: Advocating for No Tobacco Use
 - 10 – Public Commitment & Videotaping

Tobacco Control Outcomes: The Project TNT curriculum:

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AUDIENCE CHARACTERISTICS

Age Range: 10 - 13

Grades: Ideally for seventh graders but has been implemented with fifth through eighth graders

Gender: Male and Female

PROGRAM DETAILS

Type of Program: Prevention

Audience Size: Minimum eight/Maximum 40

Number of Lessons: 12 (includes two boosters)

Minimum Lessons Required to Achieve Fidelity: 10

Length of Each Lesson: 40 to 50 minutes

Frequency of Implementation: 10 core lessons should be delivered over a two-week period. Two booster lessons should be delivered one year later in a two-day sequence.

Duration of Implementation: Two weeks for core and two days for booster

Recommended Intervention Site(s): School

HOW IT WORKS

Implementing Project TNT involves the Following Activities:

- A comprehensive 10-day classroom-based social influences program that examines media, celebrity and peer portrayal of tobacco use.
- Training in active listening, effective communication and general assertiveness development, along with methods for building self-esteem.
- Education on the course of tobacco-related addiction and diseases; correction of inflated tobacco- use prevalence estimates.
- Learning tobacco-specific cognitive coping skills and assertive refusal techniques.
- Practicing ways to counteract media portrayals of tobacco use, including social activism letter writing to make a public commitment to not using tobacco products.
- Use of homework assignments, a classroom competition (i.e., the “TNT Game”) and a two-lesson booster program.
- Longitudinal assessment material.

IMPLEMENTATION ESSENTIALS

To Replicate with Fidelity:

- Deliver the 10 core lessons during a two-week period, although they may be spread over four weeks as long as all lessons are taught.
- Deliver the two-lesson booster one year after the core lessons in a two-day sequence. However, the booster sessions may be taught one per week.

Program Evaluation Tools Available? Yes – pre- and post-test instrument available by request.

MATERIALS AND TRAINING

Required Materials:

- Teacher guide: \$45
- Student workbooks (set of five): \$15

Optional Materials:

- Pre- and post-test instrument available by request

Training (Preferred)

- Training Cost: One-/Two-Day Implementation Training - \$1,100 to \$2,000 (plus trainer’s travel expenses).
- Training Duration: One or two days (approximately six hours each day for two days or 12 hours for one day)
- Min/Max Number of Training Participants: Min=5; Max=15

Availability in Spanish: Yes

PROGRAM CONTACT

For training, materials and program information, contact:

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ADDITIONAL INFORMATION

Website: tnt.usc.edu

SAMHSA’s National Registry of Evidence-Based

Programs & Practices (NREPP) Review Documents:

legacy.nreppadmin.net/ViewIntervention.aspx?id=157