



Facilitator Training

Reduce Teen Smoking in
Your Community or School



ABOUT N-O-T

Not On Tobacco (N-O-T) is the American Lung Association's voluntary program for teens who want to quit smoking. It is the most researched, most widely used and most successful such program in the United States.

MAJOR CHARACTERISTICS

- Allows teens to volunteer to participate: no coercion.
- Includes group activities, discussions, journaling, and role-playing.
- Has separate activities for boys and girls.
- Uses a total-health approach: offers advice on healthy behaviors, stress management, and life skills.
- Consists of 10 sessions and can be used in schools or community settings.
- Is based on more than 10 years of research and evaluation.
- Is proven effective: has a 21% quit rate, higher than any other similar program.



WHY USE N-O-T

- N-O-T really works. It has the highest success rate of any youth cessation program
- N-O-T functions as a health education course
- Designed specifically for teens who are addicted to nicotine.
- Addresses teens' problems related to mental health, stress, nutrition, physical exercise, attitude to smoking and life in general, and self esteem.
- Has separate tips for girls and boys, who often have different reasons for smoking and continuing to smoke.
- Teens quit smoking! Teens are successful in the N-O-T program because they may quit smoking, reduce smoking, or at least attempt to quit or reduce smoking.
- Teens gain a sense of accomplishment and control over smoking and they form friendships with other teens in the



TRAINING INFO

If you are a teacher, counselor, nurse, youth coordinator, or health educator and would like to become a N-O-T facilitator, please join us for this free training at the Northland Coalition's Annual Prevention Conference

■ Friday, February 24th ■

■ Kansas City Regional Police Academy ■ 6885 NE Pleasant Valley Road, KC MO 64119 ■

■ 8:30a-Keynote Presentation ■ 10a-2p- N-O-T Facilitator Training ■

■ Breakfast and lunch provided ■

■ Register by calling 816-877-0401 by February 17th ■