

## Not On Tobacco (N-O-T)



- 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% reduced their stress, 21% reported attending school more often, and 43% reported that they had changed other health behaviors, such as exercising more.

### 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 – 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.

In the 6 month follow-up study:

- 22.4% of participants self-reported as quit, with 20% chemically validated as quit.

### AUDIENCE CHARACTERISTICS

<i>Age Range</i>	Youth ages 14 – 19
<i>Grade</i>	Grades 9 – 12
<i>Gender</i>	Single sex groups are encouraged (either all girl or all boy groups)

### PROGRAM DETAILS

<i>Type of Program</i>	Cessation/Reduction
<i>Audience Size</i>	Minimum 8/Maximum 12
<i># of Lessons</i>	10 (one per week)
<i>Length of Sessions</i>	50 minutes each
<i>Duration of Implementation</i>	10 weeks
<i>Training</i>	Required

### 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, handouts and incentive items are provided for facilitators. The certified facilitator works with the core curriculum which consists of ten sessions and four 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 that to the extent possible, male facilitators lead the boys' groups and female facilitators lead the 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 ALA.
- Facilitators must lead smoke-free lifestyles.
- Each implementation site should have one male and one female facilitator.

#### MATERIALS AND TRAINING

##### *Required Materials*

Two Facilitator Manuals - \$270

Teen Participant Materials - \$250/10 students

##### *Training (Required)*

Implementation Training - \$250 per person

#### PROGRAM CONTACT

For Training and Implementation Information Contact:

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#### ADDITIONAL INFORMATION

Web site: [www.notontobacco.com](http://www.notontobacco.com)

[Program Information Worksheet](#)

[SAMHSA's National Registry of Evidence-Based Program & Practices \(NREPP\) Review Documents](#)