

Project EX



SPECIFIC OUTCOMES

At the completion of this program, youth will be able to:

- Stop or reduce cigarette smoking.
- State accurate information about the environmental, social, physiological and emotional consequences of tobacco use.

AUDIENCE CHARACTERISTICS

<i>Age Range</i>	High School Youth ages 14 – 18
<i>Grade</i>	Grades 9 – 12
<i>Gender</i>	Both Male and Female

PROGRAM DETAILS

<i>Type of Program</i>	Cessation
<i>Audience Size</i>	Minimum 5 / Maximum 30
<i># of Lessons</i>	8
<i>Length of Sessions</i>	40 – 50 minutes
<i>Duration of Implementation</i>	Six weeks
<i>Training</i>	Strongly Recommended

HOW IT WORKS

The curriculum involves eight sessions delivered over a 6-week period. The first four sessions are held in a two-week period. During that period, students are not asked or required to quit immediately, but rather are prepared to strengthen their attempt to quit between Session 4 and Session 6. The latter four sessions are held once per week during the following month and are focused on maintaining their cessation attempt.

BRIEF PROGRAM DESCRIPTION

Project EX is an eight-session teen school-based clinic tobacco use cessation program that involves enjoyable, motivating activities (games, talk shows, alternative medicine-type). Seventeen percent of the smokers enrolled in the clinics report having quit smoking for at least the last 30 days at 3 month follow-up (five months after the program quit day), compared to only 8% of the control condition smokers over the same time period. The Project EX clinic component appears to be an effective means of tobacco use cessation among teens.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Requires completion of a minimum of all 8 lessons.
- Implement two sessions per week during the first two weeks and the latter four lessons once per week during the following month.

MATERIALS AND TRAINING

Required Materials

Facilitator's Guide - \$60

Student Workbooks (set of 5) - \$35

Optional Materials

Articles - \$2.50 each

Post Test Instrument - \$3 each

Training (Optional)

One/Two Day Implementation Training - \$1,100 – \$2,000 (Contact developer for more detailed training information).

PROGRAM CONTACT

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ADDITIONAL INFORMATION

Web site: <http://tnd.usc.edu/ex/>

[Program Information Worksheet](#)

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

[Review Documents](#)

