



## Intervening With Teen Tobacco Users (TEG)

- Increased knowledge of the risks caused by tobacco use.
- Decreased impulsivity.
- Improved social skills.

### AUDIENCE CHARACTERISTICS

<i>Age Range</i>	Youth ages 13 – 18
<i>Grade</i>	Grades 7 – 12
<i>Gender</i>	Both Male and Female

### PROGRAM DETAILS

<i>Type of Program</i>	Cessation/Reduction
<i>Audience Size</i>	Minimum 8 / Maximum 14
<i># of Lessons</i>	8 (a minimum of one per week)
<i>Length of Sessions</i>	45 – 50 minutes
<i>Duration of Implementation</i>	Varies (one session per week for eight weeks, two sessions per week for four weeks, two sessions per day for four days, four sessions per day for two days)
<i>Training</i>	Preferred

### BRIEF PROGRAM DESCRIPTION

Intervening With Teen Tobacco Users (TEG) is an eight-session educational program for tobacco-using teens (grades 7-12) who do not want to, or are not ready to, stop using cigarettes or spit tobacco. In an adult-led, peer group setting, TEG provides information on the consequences of tobacco use and motivates participants to reduce their tobacco use, quit on their own, or join a cessation program. Schools use TEG as an alternative consequence over suspension for teens that violate the tobacco use policy. Juvenile courts use TEG for diversion.

### SPECIFIC OUTCOMES

- Increased desire to quit using tobacco.
- A reduction or cessation of tobacco use.
- Less favorable attitudes toward tobacco use.

### HOW IT WORKS

Referrals to TEG typically come through school administration or law enforcement, particularly when incorporated into school or community policies and procedures as a consequence for tobacco possession or use. TEG most often takes place outside of regular school hours (after school or Saturday morning school) or is incorporated into in-school suspension. Some schools, such as alternative schools where the rate of tobacco use

is inordinately high and enforcement may be low, incorporate TEG into the health education curriculum. A Facilitator Guide provides complete information on how to implement the eight sessions and supplementary exercises including scripts, task assignment sheets, activities, exercises, discussion questions and training handouts. The guide also includes chapters on program development, cultural diversity, tobacco facts and group facilitation skills. Activities may be enhanced with videos, posters, brochures, and models. Through group interaction, activities, education, guest speakers, and a Participant Guidebook, participants learn to make healthier choices, reduce tobacco use, or move toward quitting tobacco use.

## IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Implement to students in 7th to 12th grade.
- Work with small groups of 8 to 14 participants.
- Teach all eight sessions.
- Participants must be tobacco-using teens (grades 7-12) that DO NOT want to stop using cigarettes or spit tobacco.
- Use in schools as an alternative consequence over suspension for teens that violate the tobacco use policy.
- Use in juvenile courts for diversion.
- Implement outside of regular school hours (after school or Saturday morning school) or incorporate into in-school suspension. Some schools, such as alternative schools where the rate of tobacco use is inordinately high and enforcement may be low, incorporate into the health education curriculum.

## TRAINING AND MATERIALS

### *Required Materials*

Facilitator Guide - \$39.95

Participant Guidebook - \$2.50 - \$3.95/ea.

## OPTIONAL MATERIALS

Smoking: Truth or Dare DVD - \$149.95

Inflatable Giant Cigarette - \$44.95

Hairy Tongue Poster - \$19.95

Tobacco Horror Picture Show Video - \$139.95

Marijuana Chart - \$24.95

Great Tobacco Gross Out Poster - \$17.95

Think Twice: Marijuana & Cancer DVD - \$139.95

Targeted DVD - \$139.95

The Story of a Spit Tobacco User Video - \$189.00

How I Quit Smoking & Saved My Life Video - \$139.95

Smoking Chart - \$24.95

Group Rules & Expectation Poster - \$17.95

## TRAINING

Implementation training is preferred and offered free of charge to VFHY grantees by VFHY staff.

## PROGRAM CONTACT

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## ADDITIONAL INFORMATION

Website: <http://www.communityintervention.org>

[Program Information Worksheet](#)