

BRIEF PROGRAM DESCRIPTION

Helping Teens Stop Using Tobacco (TAP) is an eight-session program for tobacco-using teens (grades 7-12) who voluntarily want to stop using cigarettes or spit tobacco. In an adult-led, peer group setting, the program provides information, motivation, and cessation options to help participants design a personalized approach to quitting. Optional follow-up support sessions are available.

SPECIFIC OUTCOMES

Participants completing the program will show:

- Increased desire to quit using tobacco.
- Increased confidence in ability to quit using tobacco.
- A reduction or cessation of tobacco use.
- Less favorable attitudes toward tobacco use.
- Increased knowledge of the risk caused by tobacco use.
- Decreased impulsivity.

AUDIENCE CHARACTERISTICS

Age Range: Youth ages 13 – 18

Grade: Grades 7 – 12

Gender: Both Male and Female

PROGRAM DETAILS

Type of Program: Cessation

Audience Size: Minimum 6 / Maximum 10

of Lessons: 8 (one per week)

Length of Sessions: 45- 50 Minutes

Duration of Implementation: 8 weeks

Training: Preferred

HOW IT WORKS

Schools, parents, peers and other members of the community collaborate to identify and refer tobacco-using teens to the program. The facilitator teaches 6-10 participants about the risks of continued tobacco use and how they can move toward stopping tobacco use. The Facilitator Guide provides the facilitator with complete information on how to implement the eight sessions including scripts, task assignment sheets, information, activities, exercises, discussion questions and stories. The Facilitator Guide also includes specific chapters on staff responsibilities, program development, cultural diversity, facts about tobacco and group facilitation skills. Finally, training handouts, posters, brochures and other materials are provided to recruit participants and promote the program. Activities may be enhanced with videos, posters, brochures, and models. Through



group interaction, activities, education, guest speakers, and the Participant Guidebook, participants gain the motivation and knowledge to reduce or quit tobacco use.

IMPLEMENTATION ESSENTIALS

To replicate with fidelity:

- Participants must voluntarily want to stop using tobacco products.
- Complete all eight sessions in order to achieve model outcomes.
- Provide each participant with a student workbook.
- Provide each adult facilitator with a facilitator's guide.



MATERIALS AND TRAINING

Required Materials

Facilitator Guide - \$39.95

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

Optional Materials

Tobacco & Death DVD - \$139.95

No Ifs, Ands or Butts: Smoking Kills DVD - \$139.95

10 Reasons It's No Joke To Smoke Poster - \$10.95

Simulated Smoker's Lung - \$106.95

Stress Reducers Poster - \$17.95

Relaxation CD - \$19.95

"I Quit" Medallions (2 Sets of 5) - \$39.90

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: www.communityintervention.org

Program Information Worksheet