



## Not On Tobacco

### A Total Health Approach to Helping Teens Stop Smoking

#### DESCRIPTION OF N-O-T

- **N-O-T** is the American Lung Association of Hawaii's new school-based program designed to help high school students: (1) stop smoking or (2) reduce the number of cigarettes smoked; (3) increase health lifestyle behaviors; and (4) improve life skills
- Includes a 10-session curriculum and booster sessions
- Uses a set of selection criteria for identifying facilitators
- Emphasizes facilitator training in nicotine addiction, curriculum content and implementation, and group process
- Is gender sensitive and separates participants by gender
- Uses content and delivery tailored to the adolescent population
- Incorporates awards and incentives
- Emphasizes stress management and daily life management skills
- Includes evaluation materials
- Includes guidance for making mental health referrals
- First 3 or 4 lessons can be used for alternative to suspensions

**NOTE:** Curriculum developed involved collaboration among the American Lung Association (ALA), West Virginia University (Prevention Research Center), WV Department of Education, ALA Gulf Coast, FL., and the Pasco County, FL Department of Education. **For more information, contact Debbie Odo, Director of Tobacco Control, American Lung Association of Hawaii, 808-537-5966 ext. 305.**

#### HOW IS N-O-T IMPLEMENTED

- By teachers, counselors, nurses or health educators
- Through non-punitive recruitment and self referral from youth
- Using 10,1-hour sessions plus boosters
- In small private groups
- Boys and girls separately (preferred)
- By same-gender facilitators

#### N-O-T EVALUATION PROTOCOL

Evaluation is designed to address:

- Program objectives
- Curriculum content
- Staff and facilitator reactions
- School sites
- Recruitment
- Implementation
- Outcomes

#### EFFICACY STUDY

Using the evaluation protocol, a recent efficacy study in WV and FL examined:

- Recruitment procedures
- Program content, outcomes, and implementation
- Procedures used to train facilitators
- Future program needs
- Gender-relevant issues for adolescent smoking cessation