

## **N-O-T: Not On Tobacco®** **Teen Smoking and Vaping Cessation Program**

### **What is N-O-T?**

N-O-T is a smoking and vaping cessation program created by the American Lung Association. It is most effective in a small group format (6-10 participants). N-O-T helps teens quit by addressing their total health – including but not limited to tobacco and vape use – to develop and maintain positive health behaviors.

### **Why Was N-O-T Created?**

Youth vaping is an epidemic. E-cigarettes are the most commonly used tobacco product among youth since 2014. Roughly 95% of today's tobacco users start using before the age of 21 and e-cigarettes have escalated this problem, with over 5,700 kids starting to vape every day. N-O-T seeks to address this growing problem by giving all teens the resources they need to break nicotine dependency and live healthier lives.

### **Who is N-O-T For?**

N-O-T is for teens aged 14-19.

### **Who Teaches N-O-T?**

N-O-T is taught by a trained and certified adult facilitator. Facilitators are required to attend a seven-hour training, they are provided with a guide to delivering the structured curriculum in a school or community-based small group setting.

### **What is the Curriculum?**

N-O-T is taught in ten, 50-minute sessions, covering the topics below:

**Session 1:** Reasons for Quitting

**Session 2:** Why I Smoke/Vape

**Session 3:** Nicotine Addiction and Triggers

**Session 4:** Effects of Smoking/Vaping

**Session 5:** Physical, Psychological and Social Benefits of Quitting

**Session 6:** Quitting Nicotine Use

**Session 7:** Overcoming Obstacles to Quitting

**Session 8:** How to Deal with Stress

**Session 9:** Myths of Big Tobacco

**Session 10:** Staying Committed to Quitting

### **When Should Teens Join N-O-T?**

Teens should join N-O-T anytime they are ready to consider quitting. There is an evolving library of content with activities specifically designed for teens that are quick, easy and powerful.

### **How Do Teens Join N-O-T?**

Teens can sign up for the N-O-T program using the link below to get started with their vape-free journey:

- <https://notforme.org/>

### **Interested in Becoming a N-O-T Facilitator?**

If you are interested in becoming a N-O-T facilitator, find out how at the link below:

- <https://lung.training/courses/not-on-tobacco.html>

## Additional Resources to Quit Vaping of Help Youth Quit Vaping

- **Youth Vaping Prevention & Resources to Quit | Truth Initiative**
  - This self-led, interactive curriculum provided by the Truth Initiative encourages youth to live vape-free lives.
  - For more information follow this link: <https://truthinitiative.org/curriculum>
- **Truth Initiative's This is Quitting Program**
  - This free mobile program is designed to help young people quit e-cigarettes. Resources are available for teens and young adults as well as parents.
  - Teens and young adults can join for free by texting DITCHVAPE to 88709.
  - For more information follow this link: <https://truthinitiative.org/thisisquitting>
- **Teens.smokefree.gov**
  - This program provides information to help teens who want to quit using e-cigarettes.
  - For more information follow this link: <https://teen.smokefree.gov/>
- **CATCH My Breath | Evidence-Based Vaping Prevention Program**
  - This is peer-led teaching approach empowers students with the knowledge and skills needed to make informed decisions about e-cigarettes and resist social pressures to vape.
  - For more information follow this link: <https://catch.org/program/vaping-prevention/>
- **The Real Cost of Vaping | SCHOLASTIC**
  - This program is for students from grades 6-12. It provides cross-curricular resources from Scholastic and the FDA. Students will analyze informational text, collect and present data, and evaluate marketing messages. For independent student work, there are options to assign videos, student reading, and a digital tool.
  - For more information follow this link: <https://www.scholastic.com/youthvapingrisks/index.html>
- **INDEPTH: An Alternative to Suspension or Citation**
  - This program is an Intervention for Nicotine Dependence using Education, Prevention, Tobacco and Health (INDEPTH) helps schools and communities address the teen vaping problem in a supportive way.
  - For more information follow the link: <https://www.lung.org/quit-smoking/helping-teens-quit/indepth>
- **Behavioral Cessation Supports for Youth and Young Adults | American Academy of Pediatrics**
  - This program provides behavioral resources that can assist youth quit smoking, vaping, and/or using other tobacco products.
  - For more information follow this link: <https://www.aap.org/en/patient-care/tobacco-control-and-prevention/youth-tobacco-cessation/behavioral-cessation-supports-for-youth/>
- **Don't Blow It: Anti-Vaping Campaign | Essentia Health**
  - This program provides educational material on vaping and the related health risks. Additionally, this program provides a teacher toolkit for teachers and community groups to assist with increasing awareness on the dangers of vaping.
  - For more information follow this link: <https://www.essentiahealth.org/services/tobacco-cessation/dont-blow-it-anti-vaping-campaign/>