

Not-On-Tobacco Session Overview

* The NOT program is a 10-week curriculum with an optional 4 booster sessions. The first five weeks are associated with finding support and preparing to quit, Quit Day is after week five, and the final five weeks are continuing to educate and support as well as dealing with relapse. The booster sessions are designed to be a follow-up for students who need continuing support beyond the 10 weeks. The following is a breakdown of the sessions:

- I. Session 1: All About N-O-T – An overview of N-O-T, why males/females smoke
- II. Session 2: Getting Pumped Up – The realities of smoking, getting excited about quitting
- III. Session 3: Me without My Smokes – Exploring smoking behavior, understanding addiction
- IV. Session 4: Mind & Body (Before) – The impact of smoking on mind and body, getting support for quitting
- V. Session 5: The Big Day – The benefits of quitting, coping with urges and cravings
- VI. Session 6: Putting it out and keeping it out – Sharing the experience of quitting, avoiding slips and risky situations
- VII. Session 7: Body & Mind (After) – Physical and psychological changes associated with quitting, healthy ways to deal with stress
- VIII. Session 8: Standing up to friends and family – Ways to be assertive with family and friends, planning ahead
- IX. Session 9: Tuning in/tuning out – Understanding the impact of tobacco advertising, teens as a positive social force
- X. Session 10: Committed & connected – Staying committed to the decision to quit, staying connected to the N-O-T group
- XI. Booster Session 1: Where have I been? Where am I going?
- XII. Booster Session 2: Meeting your body's needs
- XIII. Booster Session 3: Mind games
- XIV. Booster Session 4: Taking Charge