

WOULD YOU RECOGNIZE POPULAR VAPES?



DISPOSABLES EX. PUFF BAR - BLVK UNICORN - MOJO - TWST - POSH - STIG



POD-BASED

EX. JUUL - EONSMOKE SMOK - SUORIN iSHARE



REFILLABLES AND E-LIQUIDS



LEARN MORE: WWW.PARENTSAGAINSTVAPING.ORG





N-O-T: Not On Tobacco – Proven Teen Smoking and Vaping Cessation Program. N-O-T will be via ZOOM

Tragically, about 95 percent of today's tobacco users started using before the age of 21. E-cigarettes have escalated this problem, with over 5,700 kids starting to vape every day, according to the CDC. Not On Tobacco® (N-O-T) seeks to address this growing problem by giving all teens the resources they need to break nicotine dependency and find healthier outlets. Unlike other cessation programs which simply modify adult curriculum, N-O-T was designed with teenagers in mind and addresses issues that are specifically important to them. The program takes a holistic approach with each session using different interactive learning strategies based on Social Cognitive Theory of behavior change that can then be applied and practiced in everyday life and encourages a voluntary change for youth ages 14 to 19.

How N-O-T Works

N-O-T is taught by a trained and certified adult in ten, 50-minute sessions. It is most effective in a small group format (6-10 participants) that emphasizes teamwork. The easy-to-use method helps teens quit by addressing total health in order to develop and maintain positive behaviors. Participants will talk about the importance of physical activity, nutrition, enhancing their sense of self-control, and improving life skills such as stress management, decision making, coping and interpersonal skills. Additionally, they will learn to identify their reasons for smoking or vaping, healthy alternatives to tobacco use and finding people who will support them in their efforts to quit.

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

Proven Results for N-O-T

N-O-T is an evidence-based program with an impressive success rate, with approximately 90 percent of teens who participate in the program cutting back or quitting tobacco all together. Post program, Not On Tobacco® program youth also have been shown to have better grades, higher motivation, fewer absences, better relationships with teachers and fewer school tobacco use policy violations.

For more information contact Lillian Neuman lneuman@svwsjmc.org, 914-575-1605.