



Why N-O-T?

- Based on more than 20 years of research and evaluation
- Almost 97% of the participants said they liked the N-O-T program
- 87% agreed or strongly agreed that being in a group was helpful when trying to quit vaping or using tobacco
- N-O-T participants were twice as likely to quit using tobacco than teens who received just advice and brochures
- Most teens who quit their tobacco use, including e-cigarettes, through the N-O-T program were still tobacco- and vape-free for at least 18 months after the program ended.

Let's help teens quit together!

Quitting vaping or tobacco use isn't easy—but it's easier with the right help. The American Lung Association's N-O-T Not On Tobacco® program gives youth options, resources and support to quit for good! N-O-T is a quit vaping and tobacco use program for teens. It helps youth develop a plan that guides them on their quit journey. They'll also get the support they need to remain vape-free and tobacco-free for life!

What youth will learn:

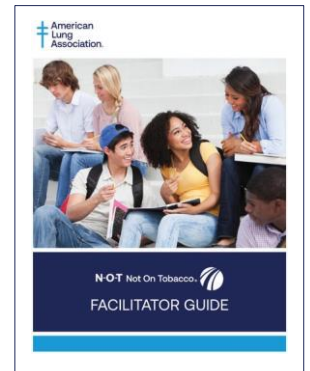
- How to stop making excuses for not quitting
- Why they vape or use tobacco and what it will be like when they quit
- How nicotine in e-cigarettes and tobacco products affects their mind and body
- How to overcome nicotine dependence
- Getting ready for their quit day
- Benefits of quitting
- What to do if they slip
- Getting support from their friends and family
- Managing stress and avoiding weight gain
- How to stay tobacco-free and vape-free for good



N-O-T Not on Tobacco® Works!

We can help youth end their addiction:

- N-O-T is a voluntary cessation program for youth who are ready to begin their quit journey.
- N-O-T is taught by a trained and certified adult in ten, 50-minute sessions.
- Effective in a small group setting format (6-10 participants)



How N-O-T is implemented:

Adults or organizations who wish to facilitate N-O-T must register to take a 6/7-hour online, on-demand, self-paced [N-O-T Facilitator Training Course](#). The registration fee is \$400 per facilitator **(training scholarships are available, contact information below)** and includes:

- 3-year facilitator certification
- Facilitator curriculum and participant workbook to print on demand
- Includes facilitator training and access to INDEPTH alternative to suspension or citation program
- Recertification training webinars for 3-year renewal for those who implement at least one program during their certification period

Contact:

American Lung Association in Wisconsin
Kim Larson | Specialist, Health Promotions
Kim.Larson@Lung.org
262-395-1276