

VTSF Compendium Program Information Worksheet

Program Information	
Compendium Program Title:	Helping Teens Stop Using Tobacco: The Tobacco Awareness Program (TAP)
Describe the theoretical framework of the program	This program is based on Prochaska and DiClemente's research on the Stages of Change. The program also aligns with the Cognitive Behavior approach, Social Influences model and Risk Reduction model.
Brief Program Description:	An eight-session program for tobacco-using teens (grades 7-12) that voluntarily want to stop using cigarettes or spit tobacco. In an adult-led, peer group setting, the program provides information, motivation, and cessation options to help participants design a personalized approach to quitting. Optional follow-up support sessions available.
Describe Specific Outcomes the Program Addresses:	This program is designed to help participants reduce and/or quit tobacco use; move through the stages of change to the action stage of quitting; increase awareness of short- and long-term effects of tobacco use; identify cessation methods including cold turkey, tapering, and postponing; increase healthy choices such as improved nutrition and exercise; and improve skills to manage triggers to use, withdrawal symptoms and cravings.
Describe Specific Tobacco Control Outcomes the Program Addresses:	Participants completing the program will show... (1) Increased desire to quit using tobacco (2) Increased confidence in ability to quit using tobacco (3) A reduction or cessation of tobacco use (4) Less favorable attitudes toward tobacco use (5) Increased knowledge of the risk caused by tobacco use (6) Decreased impulsivity (7) Improved social skills (8) Improved school attendance (9) Increased connection to school (10) Improved school performance
Identify the specific lesson(s) or module(s) that addresses tobacco control	<p>In Lesson One through Three, the curriculum seeks to solidify the participant's decision to want to stop tobacco use (preparation stage) and move them toward the action stage of quitting. For instance, in Lesson One, participants become aware of the effects of tar and carbon monoxide on the lungs, which results in an increase in their desire to quit using tobacco, less favorable attitudes toward tobacco use, and increased knowledge of the risk caused by tobacco use.</p> <p>Also in Lesson One, participants complete a pre-test to measure their current tobacco use behavior, attitudes toward tobacco use and tobacco knowledge. A post-test in Lesson Eight measures changes in these three areas.</p> <p>In Lesson Two, participants learn that nicotine is extremely addictive and the benefits of stopping nicotine use. Lesson Two builds on Lesson One to increase the desire to quit using tobacco, create less favorable attitudes toward tobacco use and increase the knowledge of the risk of continued tobacco use. Lesson Two teaches participants to identify why and how they use tobacco, personal reasons to quit, how to delay tobacco use, and create a quit plan, all of which results in an increased confidence in their ability to quit using tobacco.</p> <p>In Lesson Three, participants learn the risks of long-term tobacco use including lung cancer, throat cancer, emphysema, and COPD. They learn about the fiscal cost of tobacco use and consider what they could buy with the money saved if they quit tobacco use. These components combine to increase participant's desire to quit using tobacco, create less favorable attitudes toward tobacco use and increase their knowledge of the risk caused by tobacco use. Participants learn how to do something else besides using tobacco, which decreases their impulsivity to use when a trigger or craving strikes. Finally, participants receive recognition for cutting down and delaying tobacco use, which increases their confidence in their ability to quit using tobacco.</p> <p>In Lessons Four through Seven, participants actively practice reducing tobacco use by 25% each week or quitting tobacco use "cold turkey." Each week they receive support, encouragement and recognition for</p>