

# N-O-T: Not On Tobacco



Proven Teen Smoking and

Vaping Cessation Program



As of 2019, 27.5% (4.11 million) high-schoolers and 10.5% (1.24 million) middle-schoolers reported using vape products. \*cdc.gov, 2019

## What is N-O-T: No-On-Tobacco?

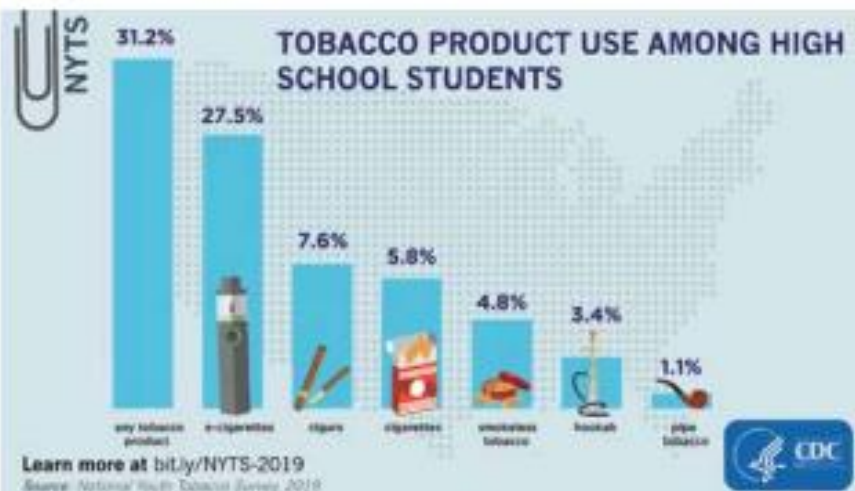
N-O-T is an evidence-based program of the American Lung Association that for over 20 years has successfully been guiding youth with information about tobacco products. Through N-O-T, youth share their experiences with tobacco use, learn more about the pitfalls of using tobacco products, and help each other avoid using tobacco by making healthier choices.

Tobacco products have highly addictive chemicals, including nicotine. Today, there are hundreds of flavors and products that attract youth. Because of this, youth using tobacco products has continued to rise over the last couple of years.

**TOBACCO PRODUCTS ARE** highly addictive, but vapes (e-cigarettes) have become the most popular due to the price of these products, the variety, the flavors, and even being able to decide what color, and design you would like.

The N-O-T program considers these products nicotine:

- Cigarettes
- Cigars, Little Cigars, Cigarillos
- Dissolvable Products
- E-Cigarettes (a.k.a. Vape Pen, e-Hookah, Hookah Pen, or Juuling)
- Traditional Smokeless Tobacco Products
- Waterpipes (a.k.a. Hookah, Shisha, Narghile, Argileh)



## Why Is This Important?

**Tobacco products can be very dangerous to anyone who uses them, especially youth.** For youth, tobacco products can be very damaging to the brain, nervous system, lungs, and more. When using products at a young age, youth become more addicted and it can be very hard to stop the use of tobacco products.

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## INDEPTH



## REFERRAL FORM

Agency completing form: \_\_\_\_\_

Agency Contact: \_\_\_\_\_

Agency Phone Number: \_\_\_\_\_

Agency Email: \_\_\_\_\_

Caregivers name(s) and relationship to youth: \_\_\_\_\_

Caregivers phone number(s): \_\_\_\_\_

Caregiver(s) email: \_\_\_\_\_

Youth's name: \_\_\_\_\_

Youth's age: \_\_\_\_\_

County of residence: \_\_\_\_\_

Additional Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# 60%

of student participants reported that they were **willing to quit using tobacco products, including e-cigarettes**, after completing the INDEPTH program.

**Most students reported that INDEPTH activities influenced them to make a plan to stop using nicotine/tobacco products:**

### Increasing Quit Readiness

"INDEPTH offers students the chance to think about how they might like to change their relationship with tobacco to reduce risks and increase the chances that they will be able to achieve the goals they have for themselves."

– INDEPTH Facilitator

Mail, E-mail or Fax completed form to Crystal George, Facilitator

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