

CDC
IDENTIFIED AS A
PROGRAM THAT WORKS

Project

T.N.T.

Towards No Tobacco Use

Preview Copy
Teacher's Guide

Institute for Health Promotion and Disease Prevention Research
University of Southern California

ETR
Associates

Contents

Project TNT Staff.....	v
Introduction	1
The TNT Game	7
Session Preview	13
Session 1: Effective Listening & Tobacco Information	15
Session 2: The Course and Consequences of Tobacco Use	31
Session 3: Self-Esteem.....	55
Session 4: Being True to Yourself & Changing Negative Thoughts.....	71
Session 5: Effective Communication	87
Session 6: Assertiveness Training & Refusal Skills	99
Session 7: Assertive Refusal Skills Practice	117
Session 8: Advertising Images	129
Session 9: Social Activism: Advocating for No Tobacco Use.....	143
Session 10: Public Commitment and Videotaping.....	159
The Booster Program	167
Booster Session 1: TNT Jeopardy Review	169
Booster Session 2: Skills Practice.....	187
Appendix A: Teacher Background Material	199
Appendix B: Tobacco Facts and Definitions.....	205
Appendix C: Commonly Asked Questions About Tobacco	207
Appendix D: Acknowledgments	215
Appendix E: References	217

Introduction

Tobacco use is the primary cause of preventable death in the United States. It accounts for more than 430,000 deaths per year — more than alcohol, cocaine, crack, heroin, homicide, suicide, car crashes, fire and AIDS *combined*. At least 3,000 children and adolescents in the U.S. begin tobacco use each day. Of these 3,000, nearly 750 will die from tobacco-related diseases, primarily heart disease and atherosclerosis, cancers and chronic obstructive lung diseases.

Welcome to Project TNT

Prevention of tobacco use among teens is not a casual business or fruitless endeavor — we **can** prevent deaths from occurring. *Project Towards No Tobacco Use* (Project TNT) is a prevention program that works.

Risk behaviors increase dramatically when children are 12 to 13 years old. This age range is a “critical period” in which to achieve successful preventive effects. Project TNT was specifically developed for middle/junior high school youth (grades 5-8).

Ten core sessions lasting 45 to 50 minutes each are provided. These core sessions were written to be delivered over ten consecutive school days, although they could be spread over as many as four weeks. (*Note: All ten lessons must be taught, and spacing the lessons out too much could compromise the program’s effectiveness.*)

A two-session booster program is implemented the next year to summarize previously learned material and discuss how this material has been or might be utilized in students’ daily lives. The booster sessions could be taught on consecutive days or one day per week over two weeks.

What Students Learn

The curriculum provides information about the consequences of tobacco use; however, long-term effects are not emphasized. Research shows that by the time they reach junior high school, youth understand the dangers. The program’s main emphasis, therefore, is on changing normative beliefs and perceptions of prevalence of use, and on teaching decision-making, effective communication and refusal assertion skills to increase self-efficacy to not begin use.

Session Preview

Session	Title	Description	Page
1	Effective Listening & Tobacco Information	Students are introduced to Project TNT and discuss importance of being active listeners.	15
2	The Course and Consequences of Tobacco Use	Students learn about the course of tobacco addiction and disease and identify the consequences associated with tobacco use.	31
3	Self-Esteem	Students practice techniques to improve self-esteem by learning to acknowledge their own positive characteristics.	55
4	Being True to Yourself & Changing Negative Thoughts	Students discuss how they can deal with peer pressure and still be liked and accepted. They also learn about thought-changing processes in order to realize that situations are not always as threatening as they initially appear.	71
5	Effective Communication	Students are introduced to the importance of effective communication. They practice good communication skills, initiating conversations, and effectively using open-ended questions.	87
6	Assertiveness Training & Refusal Skills	Students learn the importance of being assertive and are introduced to various ways of saying "no."	99
7	Assertive Refusal Skills Practice	Students view a video depicting the different ways to say no and then practice various techniques to refuse tobacco offers.	117
8	Advertising Images	Students discuss ways media portrays "social images" that influence individuals to use tobacco, and view a video about tobacco advertising.	129
9	Social Activism: Advocating for No Tobacco Use	Students discuss what it means to be a social activist and practice by writing letters advocating no tobacco use.	143
10	Public Commitment and Videotaping	Each class makes a video, using a news program format, to summarize what students have learned in Project TNT. Students answer questions and share the commitment they have made regarding tobacco use.	159