

PROJECT EX

CLASSROOM

TEEN TOBACCO USE CESSATION PROGRAM

University of
Southern California

Institute for Health Promotion
and Disease Prevention Research

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INTRODUCTION

Forward

Most adolescent tobacco users are likely to continue using tobacco into adulthood. They are at risk for physical consequences of tobacco use, and some of these consequences may begin their course in adolescence. Adolescent tobacco use cessation efforts are needed to stop the habit before addiction and physical consequences accumulate.

This manual provides detailed information on strategies of quitting that minimize withdrawal, such as tapering or nicotine substitutes, and skills for cessation maintenance such as coping with post-cessation urges by “waiting it out” or exercise, which are important to facilitate successful quit attempts.

In addition, this manual provides important information for nonusers to assist tobacco users in quitting by serving as “listening ears”. Further, some prevention is provided to help nonusers to not begin tobacco use.

The theory behind Project EX is described and information about its implementation and evaluation are provided. Student Workbook sheets are placed at the end of each session and session summaries are included before each session. The interactive teaching methods utilized by this program (the Socratic Method and the Psychodrama-type approach) are discussed in the back of the manual. Some main ingredients of cigarettes are listed as well as other tobacco products. There is also information on marijuana use consequences (in case some youth contemplate marijuana as a suitable alternative), followed by relevant references. If you are well prepared, this program WILL have a positive impact on your students.

INTRODUCTION TO THE PROJECT EX PROGRAM

Awards and Recognition

Project EX is an effective tobacco use cessation program that targets high school-aged youth.

It is considered a “Model” program by the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, and also by the Office of Juvenile Justice and Delinquency Prevention.