

THIRD EDITION

# MSPP

**MODEL SMOKING PREVENTION PROGRAM**



A Curriculum for Grades 5–8





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# Overview of Model Smoking Prevention Program

**MSPP**

Throughout the curriculum, the word *tobacco* is used to represent all forms of products that contain nicotine, including alternative products such as e-cigarettes.

The *Model Smoking Prevention Program (MSPP)* is a comprehensive tobacco prevention program that also addresses alternative tobacco products such as e-cigarettes. It includes the following:

- A curriculum designed for students in grades 5–8 (includes a CD-ROM)
- A community action manual that provides ideas about how to address tobacco prevention community-wide through the involvement of parents/guardians, students, and other community members (available on the CD-ROM included with this manual)
- A parent pamphlet (available separately) that motivates students' family members to be involved in this important issue (the parent pamphlet is included in Spanish on the CD-ROM)

The *MSPP* curriculum consists of six developmentally appropriate classroom sessions for grades 5–8.

Each session is forty-five to fifty minutes in length, fitting well into a normal class period. Educational strategies include cooperative learning groups, group discussions, role-plays, reports, and goal setting. Rather than providing lecture-style lessons, all activities are designed to actively engage the students.

The program is appropriate for students in all regions of the United States, including urban and rural, in all socioeconomic groups, and across ethnicities. The peer-led component of *MSPP*, which uses same-age group leaders to facilitate many of the classroom activities, increases the appropriateness of the program for any group of students, since students respond well to their peers. Same-age peers are more likely than teachers or outsiders to speak the same language and have the same perspective as the students.

## CURRICULUM GOALS AND RATIONALE

### Goals

The overall goal of *MSPP* is to prevent tobacco use among adolescents. The program is specifically designed to help adolescents

- identify reasons people start using tobacco
- discover that nonuse of tobacco is normal behavior for adolescents
- practice skills for resisting peer pressure to use tobacco
- recognize the subtle and not-so-subtle messages in tobacco advertising
- decide on their personal reasons for not using tobacco
- provide social support for no tobacco use