



Help Teens Stop Using Tobacco

Learn to use two research-based programs that work: **TAP and TEG**

- **Intervening With Teen Tobacco Users (TEG)** is for teens who don't want to stop using tobacco. Through this eight-session program, teenage tobacco users learn the negative consequences of tobacco use and are motivated to want to quit. Schools use this program as an alternative to suspension and juvenile courts for diversion.
- **Helping Teens Stop Using Tobacco (TAP)** is an 8-session, voluntary cessation program for teen tobacco users who want to learn how to quit using tobacco.

Major Points of TAP and TEG

- Research based: Prochaska and DiClemente's stages of change.
- Evaluated. April 2001, Prevention Researcher and October 1999, Journal of School Health showed 12% of **TEG** and 16% of **TAP** participants quit using tobacco. **TEG** participants reduced their daily use of tobacco by 18% and **TAP** by 24%.
- Meet the seven "Guidelines for School Health Programs to Prevent Tobacco Use and Addiction" established by the Centers for Disease Control (CDC).
- Comprehensive, easy-to-use, scripted sessions.
- Address cigarette, cigar and spit tobacco use.
- Culturally sensitive and appropriate for diverse populations.

Cost: \$395 per person. This includes your own copy of the curricula, morning and afternoon refreshments, on-line and toll free technical assistance for your groups, a Community Intervention completion certificate. **Save \$70** (\$325 tuition) when you register and pay four weeks before your seminar begins. **Save \$95** (\$300 tuition) if you send three or more people from your organization.

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