

# Tobacco Prevention Education Curricula

## **Botvin's Life Skills**

1-800-293-4969

Grades 3-9

[www.lifeskillstraining.com](http://www.lifeskillstraining.com)

The Life Skills program consists of three major components that cover the critical domains to prevent drug use. (1) Drug resistance skills enable young people to recognize and challenge common misconceptions about tobacco, alcohol and other drug use; (2) Personal self-management skills teach students how to examine their self-esteem and its effects on behavior; and (3) General social skills to teach students the necessary skills to overcome various interpersonal difficulties.

## **Eglin Longhorn of Nightshade County**

1-800-343-0686

Grades 3-5

[www.rockyriver.com](http://www.rockyriver.com)

This storybook, with its teacher's guide, teaches youth about the dangers of tobacco and about choosing a tobacco-free lifestyle in a fun and interesting way. It is correlated with the Oklahoma Priority Academic Student Skills (PASS). Eglin, the lead character in the storybook, is a wonderful little grasshopper who learns and teaches valuable lessons while youth learn science, health, language arts, and mathematics.

## **Face Reality**

1-888-686-2100

Grades 7-12

[www.i4learning.com](http://www.i4learning.com)

## **Science, Tobacco & You**

1-888-686-2100

Grades 4-6

[www.science.fsu.edu](http://www.science.fsu.edu)

This interactive supplemental instructional program was formulated from national science standards. Through the use of a teacher's guide, multi-sensory classroom activities, program Web site activities, and CD-ROM youth knowledge and skills are impacted. All subject areas were included in its design and it is correlated to the Oklahoma PASS skills.

## **The Quintessential You: Understanding Yourself Through Science**

1-866-532-7640

Grades 7-10

[www.i4learning.com/qu](http://www.i4learning.com/qu)

## **Project TNT (Towards No Tobacco Use)**

1-800-321-4407

Grades 5-8

[www.etr.org](http://www.etr.org)

Project TNT teaches youth to resist tobacco use by teaching them to (1) be aware of misleading social information that facilitates tobacco use (e.g. advertising, inflating prevalence estimates); (2) having skills that counteract the social pressures to achieve approval by using tobacco; and (3) appreciating the physical consequences that tobacco use may have on their lives.

**Tobacco Education Group (TEG)**

1-800-328-0417

Grades 6-12

[www.youthtobacco.com](http://www.youthtobacco.com)

Use this eight-session program as an alternative to suspension for teens that have been caught using tobacco. The proven techniques and activities in this support group curriculum motivate young people to decrease their tobacco use, quit on their own, or join a voluntary cessation program.

**Tobacco Awareness Program (TAP)**

1-800-328-0417

Grades 6-12

[www.youthtobacco.com](http://www.youthtobacco.com)

Help young people who want to quit using cigarettes or chewing tobacco. This eight-session program gently guides tobacco users to their personally selected cessation date and helps them remain tobacco-free. Facilitators provide options, guidance, and support as participants design their own approach to staying tobacco-free.

**Not On Tobacco (N-O-T)**

1-800-586-4872

Grades 6-12

[www.oklung.org](http://www.oklung.org)

Not On Tobacco is a state of the art program designed specifically for teenagers who want to stop smoking. The core curriculum consists of ten sessions and four follow-up sessions to reinforce what the group has learned and achieved. The program is gender sensitive, since teens are more likely to share their true feelings about smoking and other issues in a same sex group.

**Alternative to Suspension (ATS)**

1-800-586-4872

Grades 6-12

[www.oklung.org](http://www.oklung.org)

This program consists of four sessions. This program is taught in mixed gender groups.

**For more information about tobacco policies and research-based programs:****[www.health.state.ok.us/program/tobac/schoolprog.htm](http://www.health.state.ok.us/program/tobac/schoolprog.htm)**