



**AMERICAN  
LUNG  
ASSOCIATION®**

Fighting for Air  
www.Lung.org

# N-O-T

NOT ON TOBACCO®

# Don't Be a Loser... Be a Quitter.

Quitting smoking isn't easy – but it's easier with the right help. The American Lung Association's **N-O-T on Tobacco®** program gives you options, resources and support to quit for good!

N-O-T on Tobacco® is a smoking cessation program for teens who want to quit smoking. It helps you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smokefree for life!

## What You'll Learn:

- How to stop making excuses for not quitting
- Why you smoke – and what it will be like when you quit
- How smoking affects your mind and body
- How to overcome nicotine addiction
- Getting ready for your quit day
- Benefits of quitting
- What to do if you slip
- Getting support from your friends and family
- Managing stress and avoiding weight gain
- How to stay smokefree for good



## Why Quit? Why N-O-T?

1. Your health – you'll be healthier by quitting or reducing smoking, but you'll also learn about exercising more, eating better and being less stressed
2. You save money – you'll be surprised how much you spend on cigarettes
3. You control smoking – it doesn't have to control you
4. You make friends who are going through the same things you are – learn to lean on them for support
5. You can do it

## Sign Up Today:

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# N-O-T on Tobacco® Works!

You're not wasting your time – N-O-T on Tobacco® really does work:

- Among the highest quit rates of programs designed to help teens quit smoking
- Based on more than 10 years of research and testing
- Almost 97% of the participants said they liked the N-O-T program
- 87% agreed or strongly agreed that being in a group was helpful in trying to quit smoking
- N-O-T participants were twice as likely to quit smoking that teens who received just advice and brochures
- Teens who quit smoking through the N-O-T program still weren't smoking for at least 18 months after the program ended



***“It does not help you relax,  
you’re still uncool, you’re not sexy.”***

Sisters Mary and Morgan Spearen of Fayetteville, WV, share their experience with the N-O-T on Tobacco® program:

*"It (smoking) was a sign to the world, 'I'm a deep person and I have issues. I need a cigarette.' The thing I learned the most from N-O-T was the self-talk. If you tell yourself, 'I can do this, I can stop smoking,' then you can. If we'd say, we smoke because we're stressed out, we'd think of ways to not be stressed out."*

—Morgan

*"We started to see we weren't doing it for our teachers or our parents, we were doing it for our health. It was empowering. We learned not only could we quit smoking, we didn't have to have sex with a guy. Once you get past that addiction, what is it in your head that makes you need that toxic smoke in your lungs? It does not help you relax, you're still uncool, you're not sexy."*

—Mary

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