



Become a Trained Facilitator to Help Teens Quit Smoking

Not-on-Tobacco (N-O-T) is a program specifically designed to help teens who want to quit smoking. This program teaches teens how to quit smoking using a life management skills approach so young people learn how to reduce stress, make decisions and communicate effectively with family and friends.

N-O-T is designed to:

- Help adolescents **quit** smoking
- **Reduce** cigarette use by adolescents who are unable to quit
- **Increase** healthy lifestyle behaviors

N-O-T Facilitator Training:

This training is for adults who are interested in helping teens by becoming facilitators for the N-O-T program. N-O-T facilitators must be skilled and sensitive, with the ability to relate to teens, listen supportively to their concerns, and refer them to the extra help they may need.

Through this training, facilitators will be given the entire 10-week curriculum to conduct the N-O-T program in a school or community setting. Facilitators will also receive a CD which includes the participant handouts and certificates for the students in both English and Spanish.

Additional Facilitator Training Details:

When:	October 11, 2013
Time:	9am-3pm
Where:	American Lung Association in Oregon 7420 SW Bridgeport Rd., Ste 200 Tigard, Oregon 97224
Cost:	\$250.00 (includes training, entire curriculum, lunch and certificate of completion)
Contact:	Tiffany Belser 503-718-6141 tbelser@lungoregon.org