

# Are Your Teens Hooked?



## The Hooked On Nicotine Checklist (HONC)\* A Ten-Question Screening Tool to Assess Your Dependence on Tobacco

The development of one symptom indicates a loss of autonomy over tobacco, which is a strong predictor of continued tobacco use.

1. Have you ever tried to quit, but couldn't?
2. Do you smoke now because it is really hard to quit?
3. Have you ever felt like you were addicted to tobacco?
4. Do you ever have strong cravings to smoke?
5. Have you ever felt like you really needed a cigarette?
6. Is it hard to keep from smoking in places where you are not supposed to, like school?

When you tried to stop smoking...  
or when you haven't used tobacco for a while...

7. Did you find it hard to concentrate because you couldn't smoke?
8. Did you feel more irritable because you couldn't smoke?
9. Did you feel a strong need or urge to smoke?
10. Did you feel nervous, restless, or anxious because you couldn't smoke?



\*DiFranza, Savageau, Fletcher et al. Measuring the loss of autonomy over nicotine in adolescents. Arch Pediatr Adolesc Med 2002; 156: 397-403.



Not On Tobacco is designed to help 14- to 19-year-old smokers:

- Quit smoking completely or reduce the number of cigarettes smoked
- Increase healthy lifestyle behaviors
- Improve life skills

Comments from N-O-T participants:

"I didn't think it was gonna help like it did, but it actually helped me quit."

"Too many people around me smoked, so I couldn't quit on my own."

"The N-O-T program gives you the confidence to quit smoking."



N-O-T is a 10-session curriculum implemented by teachers, counselors, nurses and other health educators that:

- is specifically designed and tested for the teen population
- emphasizes stress management
- includes a mental health referral protocol
- supports youth involvement

# Help For Vermont Teens Who Want To Stop Smoking



Vermont offers three free programs for Vermont teen smokers:

- Quit online at [vtquitnetwork.org](http://vtquitnetwork.org)
- Quit by phone: 1-800-QUIT-NOW
- Quit in person: 1-800-LUNG-USA to find out how N-O-T can be implemented in your school!



## DID YOU KNOW?

A new study<sup>1</sup> finds that parents who enforce a no-smoking ban at home are less likely to have teens who experiment with cigarettes. Youths who lived in towns with strict bans were 40% less likely to become regular smokers than those in communities with no bans or weak ones<sup>2</sup>.

1. American Journal of Public Health, Oct 2008
2. Archives of Pediatrics & Adolescent Medicine

## N-O-T in Vermont

At the end of 10 weeks, 69% of participants reported that N-O-T was moderately to extremely important in helping them quit smoking.

### It was also found that:

- 39% exercised more
- 16% got better grades
- 32% ate better
- 24% made new friends
- 43% felt better about themselves
- 52% dealt better with stress
- 32% dealt better with family and friends
- 83% were confident that they could continue to smoke less or remain a non-smoker

The Center for Health & Learning is under contract with the American Lung Association to provide training, recruiting, technical assistance and support services to the supervisory unions, school districts and public or private entities that implement N-O-T in Vermont.



For N-O-T facilitation training opportunities visit [healthandlearning.org](http://healthandlearning.org)



The American Lung Association's Not On Tobacco (N-O-T) program is a voluntary program specifically designed for teens who want to stop smoking. N-O-T is the only smoking cessation program to have been named a Model Program by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Providing N-O-T to students is a proactive way to provide long-term healthy lifestyle behaviors and to support a school's tobacco free policy. N-O-T was developed by researchers at West Virginia University in collaboration with the American Lung Association. Extensive evaluation has proven that N-O-T helps many teens quit smoking entirely. Even those that don't quit greatly reduce the number of cigarettes they smoke, often the first step to quitting. N-O-T is offered free in Vermont, thanks to a grant from the Vermont Department of Health. To find out more about N-O-T, call 802-876-6862.

"We need to offer programs like N-O-T and be more proactive about helping kids. Let's not wait until they get caught smoking."

*School Administrator*

"If we can get one kid to quit smoking, the program is worth it."

*School Administrator*

"N-O-T has provided me with a huge resource. I have real tools I can use. I feel prepared."

*N-O-T Facilitator*

"Last spring our N-O-T group at Champlain Valley Union (CVU) High School decided to use some of the money received from the program for a ropes course. I was so impressed with the level of support and camaraderie the students offered each other. Every student participated more and accomplished more than they thought they ever would. For those who feel like they can never quit smoking these activities reinforce the message that you can accomplish anything you set your mind to when you have the resources, knowledge and support."

*N-O-T Facilitator*

# Resources to Help Vermont Youth Stop Smoking



A Total Health Approach to Smoking Cessation for Teens

