



BECOME A TRAINED FACILITATOR TO HELP TEENS QUIT SMOKING **FREE TRAINING & FACILITATOR CERTIFICATION**

The American Lung Association's **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 to help 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 interested in helping teens quit smoking. 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 resources to support their efforts to stay quit.

The training provides facilitators with the full 10-week N-O-T curriculum and the materials necessary to conduct the program in a school or community setting.

Training Date: June 15, 2018 9:00 am - 4:00 pm

Location: Puget Sound Educational Service District
800 Oakdale Avenue SW, Renton, WA 98057

Cost: FREE for WA residents (with discount code), \$250.00 for non-residents
(Includes facilitator guide, curriculum, lunch and certificate of completion)

For access to registration and discount code, please contact:
Lora Mednick, Lung Health Coordinator at Lora.Mednick@lung.org or 206-512-3291

Requirements: It is the policy of the American Lung Association that Not On Tobacco® Facilitators be tobacco free including use of electronic cigarettes for at least 12 months in order to conduct the program.

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