



## BECOME A TRAINED FACILITATOR TO HELP TEENS QUIT SMOKING

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 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

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## 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:** August 28, 2017 9am – 4pm

**Location:** Spokane, WA

**Registration** <http://action.lung.org/washingtonnot>

**Cost:** **FREE for Washington residents**, \$250.00 for non-residents  
(Includes facilitator guide, curriculum, lunch and certificate of completion)

To request your Free Registration code or if you have questions, contact:  
Lora Mednick at [Lora.Mednick@lung.org](mailto:Lora.Mednick@lung.org) or 206-512-3291

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**Requirements:** It is the policy of the American Lung Association that Facilitators be tobacco free (including use of electronic cigarettes) in order to conduct the N-O-T program.

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