



Help Young Adults Live Tobacco Free: A Cessation Curriculum

This curriculum is designed for use in agencies serving high-risk young adults ages 18-24. The curriculum is now in use in Job Corps, Conservation Corps and other workforce development programs to reach young adults of low SES. The four curriculum modules in the Guide include the following: health consequences and risks associated with tobacco use; recognizing why participants smoke and designing a quit plan; developing individual strategies that will help in the quitting process; and staying motivated to create a healthy lifestyle without the use of tobacco.

The curriculum also contains: easy-to-follow instructions for facilitators, reproducible handouts, recruitment materials, a CD-Rom PowerPoint presentation, an educational short movie, and a resource section with additional information and materials.

\$50 – includes manual, CD-ROM, reproducible handouts, and shipping
