

Smoking Class
Coulee Council on Addictions
Fee - \$50.00

Time: 3:45 – 5:45 (summer months class will be 2:45-4:45)
(fee needs to be in cash or check, with checks written to CCA)

****All information for the class comes from the NOT-on-Tobacco curriculum American Lung Association – Alternative to Suspension Program, Project TNT-Towards No Tobacco Use, and Enough Snuff-A Guide for Quitting Smokeless Tobacco**

When this class is complete students will be able to:

1. Identify reasons they started smoking and why they continue to smoke.
2. Understand the course of tobacco addiction and disease and identify the consequences associated with tobacco use.
3. Assess their tobacco use.
4. Identify activities that “trigger” their urge to smoke.
5. Identify strategies to cope with the urge to smoke.
6. Discuss how they can deal with peer pressure and still be liked and accepted.
7. Identify a healthy lifestyle.
8. Understand the process of change.
9. Look at the big picture of change.
10. Discuss ways to quit using tobacco.
11. Define secondhand smoke and the effects that it has on others.

The class is held on a **Thursday, once every two months from 3:45 – 5:45 (unless otherwise noted), arrive by 3:30 to get check-in and paperwork out of the way..** From the class students will take home a homework assignment that they then will be required to return to **Coulee Council on Addictions no later than the Friday (by 4 p.m.) following the class (a week and a day later)**. Students are required to score a **54 out of 72 points (75%)** in order to pass the assignment requirement; also students will be required to have a **parent signature** on the sheet provided. Without the parent signature, even if the project is complete, their assignment will not be compliant and a report will be made to the courts on whether or not all requirements were complete.

If you have any questions please feel free to contact the instructor at the contact information below.

Thanks!

Rita Von Haden, PS
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Smoking Class Instructor
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