



## Group Overview

*Project CONNECT is an eight session adolescent tobacco cessation and reduction program developed specifically to meet the unique needs of adolescents. Project CONNECT is a wonderful opportunity to enhance current health and safety efforts for students at your school.*

### **SESSION 1: MAKING THE CONNECTION**

Session 1 introduces participants to the Project CONNECT program. Activities and assessments in this session will increase a participant's awareness of their personal tobacco use, assist with information-gathering and provide a baseline for measuring learning outcomes as well as attitude and behavior changes throughout the program.

### **SESSION 2: THE HEALTH CONNECTION**

Session 2 of Project CONNECT will focus on the health consequences related to tobacco use and the benefits associated with quitting.

### **SESSION 3: THE ADDICTION CONNECTION**

Session 3 of Project CONNECT will help participants develop a deeper awareness of their own tobacco use attitudes and behaviors. The session will delve into the concept of addiction and where participants fit along this continuum.

### **SESSION 4: CONNECTING WITH CHANGE**

Session 4 of Project CONNECT focuses on making a change. It will help participants identify the changes they have already made while in the program and introduce them to a variety of quitting methods. This session will help participants to identify those triggers that may hinder their progress, including boredom.

### **SESSION 5: CONNECT WITH HEALTHY CHOICES**

Session 5 of Project CONNECT focuses on making healthy choices. The connection between stress and tobacco use will be explored and participants will examine the concept of stress management. It will also expose participants to the recovery symptoms that they may experience when they make changes to their use of tobacco and help them to recognize those assets that make them more stress resistant, including healthy eating and physical activity.

### **SESSION 6: THE PREPARATION CONNECTION**

Session 6 of Project CONNECT emphasizes the importance of planning and preparation in making a change. It examines the role that effective communication plays in the decisions to change one's tobacco habits. The session assists participants in identifying difficult situations and effective problem-solving techniques. Finally, session 6 explores the importance of identifying and utilizing a support network throughout the quitting process.

### **SESSION 7: THE REFLECTION CONNECTION**

Session 7 will review participant's experiences throughout the program and how their attitudes, beliefs and goals regarding their tobacco use may have changed since the beginning of the group. This session will introduce the concept of resilience and also help participants plan ahead and ultimately overcome any challenges or roadblocks that may be in their future.

### **SESSION 8: KEEPING THE CONNECTION**

Session 8 is the final session of the Project CONNECT program core curriculum. In this session, participants will review the topics discussed throughout the program and look back at where they were when they began the program, where they are now and where they would like to be in the future. Session 8 is intended to identify changes that participants have made throughout the course of the program, celebrate individual and group successes and to prepare for the challenges that may lie ahead.