

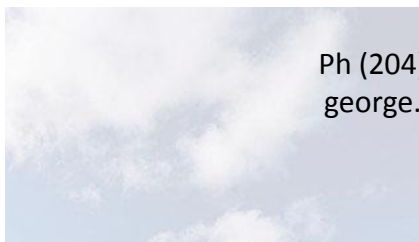
Manitoba Lung Association

Not On Tobacco (N-O-T)  
and

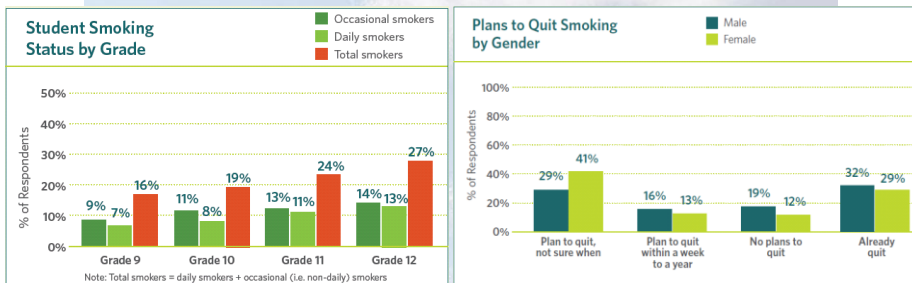
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Youth Health Survey Report 2009  
Students in Manitoba Grades 9 to 12



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## Not On Tobacco

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- Smoking cessation program for teenagers
- Facilitated by educators or community health in schools
- Challenges: teen smokers often make 5 attempts to quit smoking
- N-O-T could be their first and last endeavor
- Free N-O-T training and financial incentives

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Manitoba



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N-O-T Endeavors

at

Tec Voc Off Campus High School

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Upcoming NOT Training Thursday, April 14, 2011

Thank you for attending  
Manitoba Lung Association's  
Not On Tobacco (N-O-T)  
presentation



## Not On Tobacco

Not On Tobacco (N-O-T) smoking cessation is a process rather than an event. It is necessary for an individual addicted to tobacco to take small steps in a process to achieve eventual success. N-O-T has a place in this process.

The average smokers makes 5 quit attempts to totally quit for good.

For many teens N-O-T program may be the first attempt.

Teens who have gone through a N-O-T program have better skills to help them again in the future when they are ready, compared to people who have never had any kind of help to quit smoking. The research also indicates that each slip gets them closer to their own recovery as they learn what triggered them, what the situation was, and whatever it is that brought them to another cigarette.

