



# Tobacco Education & Cessation for Alaska



# How to Use The Manual

## Curricular Format & Content

- ✓ **Two modules (60-80 minutes each)**
- ✓ **Presentation style**
- ✓ **Pre-planned curriculum (can be modified)**
- ✓ **7<sup>th</sup> grade reading level**



# How to Use The Manual

## Curricular Format & Content

### ✓ **Module 1**

- ✓ 60 minute lecture (80 minutes including pre & post-tests)
- ✓ Designed to answer *WHY* the participant should stop using tobacco
- ✓ Intended for adult audiences, particularly those who are unconvinced that they should stop using tobacco.



# How to Use The Manual

## Curricular Format & Content

### ✓ **Module 2**

- ✓ 60 minute lecture (80 minutes including pre & post-tests)
- ✓ Should be given on a separate day from Module 1
- ✓ Focuses on *HOW* an individual can successfully stop using tobacco
- ✓ Intended for participants who are ready to stop using tobacco



# How to Use The Manual

## ✓ Characteristics of adult learners

- ✓ Self-directed
- ✓ Experienced
- ✓ Practical
- ✓ Problem-solvers

## Barriers to Adult Centered Learning

- ✓ Environment (lecture vs. interactive)
- ✓ Literacy (degree of reading/writing required)
- ✓ Class size (large vs. small)



# How to Use The Manual

- ✓ **Using the pre and post-test**
  - ✓ Same questions
  - ✓ Measures change (by group, but answer sheets can be coded to measure individual change)
  - ✓ Allow 10 minutes before starting & after completion (including after Q & A)
  - ✓ Read questions and answer choices if necessary



# How to Use The Manual

## Instructor Guide

### ✓ Learning Objectives for Module 1

- ✓ Cite annual number of tobacco-related deaths
- ✓ Name top 4 causes of death & substance linked to them all
- ✓ Understand tobacco company advertising
- ✓ Name 3 major health risks of smoking
- ✓ Identify 3 people impacted by SHS, describe risks
- ✓ State 3 reasons to stop using tobacco



# How to Use The Manual

## Instructor Guide

### ✓ Learning Objectives for Module 2

- ✓ Describe reasons for tobacco use, list strategies for quitting
- ✓ State 3 potential withdrawal symptoms, list ways to cope
- ✓ Name 1 medication that helps with withdrawal, where found
- ✓ Name a technique that can be done in case of relapse



# How to Use The Manual

- ✓ **Using PowerPoint/PDF Slides**
  - ✓ Designed to follow along with written lesson plan
  - ✓ Simple outlines of the more detailed text
  - ✓ Use with an LCD projector, or can go through on a PC or as handouts
  - ✓ CD contains all slides and PDF files for handouts - these can be reproduced as needed
  - ✓ Certificate of completion included

