Teens Against Tobacco Use

The American Lung Association's Teens Against Tobacco Use (T.A.T.U.) program employs a peer teaching model that is three-tiered:

* Training Adult Facilitators
* Training Teens
* Teens Teaching Younger Children

Using the peer education model, teens are able to educate younger students about tobacco use issues they face when growing up. Teens are changed from consumers to consumer advocates who take a stand against the tobacco companies' that target them as the next generation of tobacco addicts.

Teen participants will attend a 6-8 hour training workshop, learning about tobacco and its harmful effects. The teens are trained to work in pairs or small groups to design a presentation for a younger audience. Teens use a basic outline along with their creative ideas to convey healthy messages to the classrooms they visit.

Smokers start smoking as children. Seventy-five percent of adults smokers start before age 18. If a teen has not started smoking by age 18, it is unlikely that he/she will become addicted to nicotine.

T.A.T.U.

AMERICAN LUNG ASSOCIATION®
of Washington

When You Can't Breathe,
Nothing Else Matters®

For more information on T.A.T.U., or any other lung health program contact:

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T.A.T.U.

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Adult Trainings...

When you volunteer to be a T.A.T.U facilitator you will attend a 6-8 hour training for adults. During the training workshop, you will:

- ☑ Meet other adults interested in teens and tobacco issues.
- ☑ Learn how to organize a teen training workshop, including marketing, recruiting, coordination, advocacy, support materials, and evaluation.
- ☑ Become familiar with the training manual, training activities, and support materials.
- ☑ Demonstrate effective teaching skills, such as leading discussion, presentation pointers, and working in small groups.
- ☑ Empower youth to be agents of change, advocating for tobacco control in their communities.
- ☑ Learn about nicotine addiction and the latest tobacco information.

After the training, the facilitator will be responsible for conducting at least one teen training.

Teen Trainings Include:

- ✓ Developing presentation skills
- ✓ Analyzing tobacco advertising
- ✓ Developing self-confidence
- ✓ Identifying tobacco myths
- ✓ Becoming advocates for Tobacco Free Youth

T.A.T.U. is a 3-phase program:

>Training Adult Facilitators

>Training Teens

>Teens Training Younger Children

...Some Perspective...

- In two years, we have trained over 4,000 adults who, in turn, trained over 30,000 teens who have potentially impacted the lives of 400,000 elementary school children.
- 1200 Deaths occur each day nationwide from a tobacco related illness.
- 65 Youth start smoking each day in Washington State.
- 3000 Youth start smoking each day in the United States.