



## Adolescent Cessation/Reduction Program

Project CONNECT is a tobacco cessation and reduction program developed specifically to meet the unique needs of adolescents. Participants plan, prepare and develop skills that will help them find their own success through the quitting process. This innovative, eight-session program will be implemented at Nazareth Area High School.

Project CONNECT utilizes the stages of change model, and looks to identify the stages participants are in upon entrance into the program, assess their readiness to change, then help them move through this process with support and encouragement. Students meet once a week for eight weeks to discuss and work on the following topics to help them make better decisions regarding their use of tobacco:

- Peer pressure
- Resiliency
- Goal-setting
- Stress management
- Decision making
- Social skills
- Self-image

This is a supportive service designed to empower students with the tools necessary to make positive choices.

**Students:** If you are a student thinking about changing your use of tobacco, Project CONNECT may be for you! Through the Project CONNECT program, participants plan, prepare and develop skills that will help them find their own success through the quitting process. If you are interested in participating or would just like more information please see Mrs. Hoch in the nurse's office.

**Parents:** If you feel this program would be beneficial for your child, please contact Mrs. Hoch in the Nurse's office at 610-759-1730 ext. 2356 or via e-mail at [jhoch@nazarethasd.org](mailto:jhoch@nazarethasd.org)