



bjcschooloutreach.org

314-286-0460

- Health Promotion and Disease Prevention
- Health Influences
- Health Information, Products and Services
- Using Communication Skills to Promote Health
- Reducing Health Risks
- Setting Goals for Good Health
- Health Advocacy

National Health Education Standards addressed in **STOPSM**

STOPSM



Smoke-free Teens On Purpose





BJC HealthCare's **Smoke-free Teens On Purpose (STOP)** program is designed to help high school students STOP one of the most addictive and harmful habits – using tobacco. The program is voluntary and is facilitated by a BJC health educator or trained STOP instructor. Sessions meet during school hours and a faculty member must sponsor and lend support to the STOP program when needed. Upon completion of the eight week program, STOP participants continue to meet monthly for follow-up and support.

Topics include:

- Short and long-term health effects of tobacco use
- Addressing weight concerns
- Learning about healthy lifestyle choices
- Learning stress management techniques
- Facts and tips for stopping tobacco use
- Setting a smoke-free/tobacco-free date
- Ways to handle cravings and triggers
- Unveiling the truth in tobacco advertising
- Dealing with relapse
- Handling high-risk situations

A Smokerlyzer® is an instrument that you blow into to measure the level of carbon monoxide as a result of tobacco use. The carbon monoxide measurement helps students see first hand the immediate impact tobacco use has in the body and is used as part of their quit plan in the STOP program. After successfully completing the STOP program, students may design and lead an advocacy program in which they relate their stories about the dangers of tobacco use and the challenges faced when trying to STOP.



For more information, contact BJC School Outreach and Youth Development program line at **314-286-0460** or go to **bjcschooloutreach.org**.

BJC School Outreach and Youth Development's mission is to empower K-12th grade youth to make the best possible decisions regarding personal health, safety and health care career exploration.