

Giving Teens the Tools and Knowledge
They Need to Make Healthy

PROJECT CONNECT®



With Caron's Project CONNECT®, teens learn skills and gain tools to motivate them to quit their use of nicotine and make more positive choices.



The **Project CONNECT® Teen Nicotine Cessation Program** helps participants better understand the consequences of using nicotine and develop a plan to quit.

Participants meet for one 45-minute session per week for eight weeks to discuss and work on the following topics:

- Cycle of addiction
- Health consequences of nicotine products
- Peer pressure
- Resiliency
- Goal-setting
- Stress management
- Decision making
- Social skills
- Self-image

Sessions are exercises in discovery and include open discussion, demonstrations, role-plays, short lectures, audiovisuals, and hands-on skill-building activities.

Using a Stages of Change model, participants support each other through the cessation process, developing personalized plans for success as they progress through the program.

To bring Project CONNECT® programming to your school or agency, contact Caron's Education Alliance.

Project CONNECT® Results 2024

- 36.6% of those who completed the program quit.
- 53.6% of participants reduced their nicotine use on a weekly basis.
- 87.3% reported a positive change in behavior.
- 95.2% of participants would recommend the Project CONNECT® program to others.

Digital Learning

CONNECT 5 – Find the NicoTEEN-Free You is a digital experience based on the Project CONNECT® curriculum that is designed to make a positive impact on participants' health. This course motivates youth towards change and assists in developing a personalized plan for success that is unique to their needs and situation as they work to quit their nicotine use.

