

**YES**

Yes, I am ready to quit



**MAYBE**

I am thinking about quitting



**NO**

No, I am not ready to quit



**STRESS**

I smoke because of stress



## THE CHATT PROGRAM

CHATT is a fun, interactive computer program. CHATT was developed with input from APS students, like you. Student smokers have given us feedback that stress is one of the main reasons for the use of tobacco. Because of this, the CHATT program has a stress management component.

You will have 4 appointments with a trained tobacco cessation counselor to assist you with the program. During your first session you will enter your personal information and feelings about smoking. You will then plan how you are going to quit smoking or chewing tobacco. Each appointment will be about 20 to 40 minutes. You will be seen in a private area or office so you won't be interrupted. The sessions will be confidential between you and the counselor.

Your appointments will consist of the following:

1. Input into the computer your personal smoking or chewing history
2. Receive feedback and a personal profile of your tobacco use
3. Develop your plan for quitting
4. Evaluate your progress

Funding for CHATT provided through American Legacy Foundation – Kellogg Community Voices, REF #P0060131 and the National Cancer Institute R03-CA83352-02. Design/layout: Paul Akmajian, UNM Center for Community Partnerships. Artwork by APS students.

For more information, e-mail **Paula Le Sueur** at [plesueur@salud.unm.edu](mailto:plesueur@salud.unm.edu); **Debra Klecan** at [dklecan@unm.edu](mailto:dklecan@unm.edu); or **Monica Patten** at [mpatten@nmtr.unm.edu](mailto:mpatten@nmtr.unm.edu)

Reprint of brochure made possible by NM DOH, TUPAC, contract # 02/665.4200.0365.

# Are You Ready to Quit Smoking?



Thinking about quitting?  
Use a computer to learn how.

**C**omputers  
**H**elping  
**A**dolescents  
**T**alk  
**T**obacco



Leon

## ARE YOU READY TO QUIT?

What are your triggers to smoking? Do you smoke with friends or when you're stressed? Do you have a cigarette when you wake up in the morning? Do you feel you are addicted?

## LET'S LOOK AT THE FACTS

Tobacco companies target you, the customer, to buy more cigarettes. They make smoking look cool; that only beautiful, popular people smoke. You'll have more fun and will be able to relax if you smoke. The tobacco companies

make billions of dollars selling you those ideas. What price do you pay? \$1400 a year!! That's about what you spend if you smoke a pack a day. Of course, your body pays a price too.

We know for a fact that tobacco is addicting and causes lung diseases and cancer. Many people think that they can quit anytime, but the social aspects and the nicotine addiction of tobacco use starts working right away and before you know it, you're hooked.

## A PERSONAL DECISION

Deciding to quit is your own personal decision. Most smokers know the health risks from smoking. It is getting harder to find a place to smoke without breaking rules, offending non-smokers or affecting those who have allergies or asthma. Despite the risks, smoking still gives the smoker pleasure. Quitting might not seem worth it. Think about it. Make a list of the pros (+) and cons (-). Your list might look something like this.

### Pros (+)

- Helps me concentrate
- Calms me down
- Gives me something to do
- Keeps my weight down

### Cons (-)

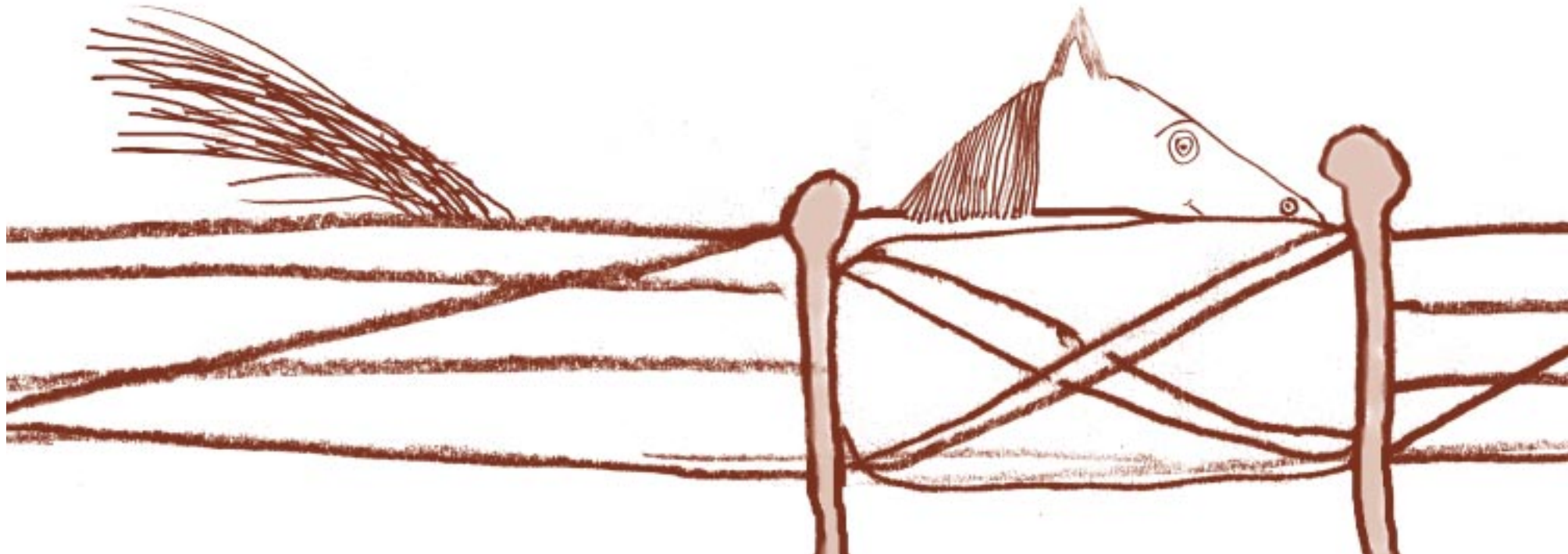
- It's bad for my health
- Makes my breath stink
- It bothers people around me
- It's expensive

What are your top 3 reasons for **quitting smoking**?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are your top 3 reasons for **smoking**?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



My Name \_\_\_\_\_

My Student ID# \_\_\_\_\_

The best time to contact me or to schedule an appointment is:

\_\_\_\_\_