

The Quit 4 Life Guide for Educators

Quit 4 Life (Q4L) is a program that is designed to help Canadian youth quit smoking. The Q4L program helps health care professionals, educators and youth workers to assist youth with the quitting process. The goal of the program is to work together to support, encourage, and empower one another in each unique quitting experience. This program has been successfully implemented in communities across Canada.

Q4L

Cessation Program

Interested in more
information?



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/tobacco

If you require this information in an accessible format, contact 1-800-841-2729



QUIT 4 LIFE



Why use the Q4L program in schools?

Smoking is the leading preventable cause of all serious illnesses and deaths in Canada.

The teen smoking rate will continue to decrease.

Evidence shows that youth who want to quit have difficulties in doing so.

Q4L can support a youth's progress to quit smoking through your commitment and willingness to implement the program in your school.

Students who use tobacco show a decrease in grades.



How to use Q4L guide

Q4L is a program designed for adult facilitators who have experience working with youth.

The target group is youth who want to quit smoking.

The guide provides session plans with content and handout activities for each core session.

Information includes facts and figures about tobacco and youth cessation, as well as facilitation tips and ideas.

A corresponding student Q4L handbook is available for all participants.

Quit kits which include tools to assist in smoking cessation can be made available.

Contact your school's public health nurse; they are always available to work with you.

Smoking Statistics

In Durham, 11% of secondary students are current smokers.

The average age a child smokes a whole cigarette is 14 years.

72% of teens ages 15-17 have tried to quit in the past year.

66% of teens ages 18-19 have tried to quit in the past year.

Tobacco use kills more people than motor vehicle collisions, drugs, murders, suicide, AIDS and alcohol combined.

