



Tobacco/Nicotine Awareness Class FAQ

What is it?

This class is a small group discussion format where a facilitator helps teens look at their reasons for using nicotine products and challenges those reasons while exploring the benefits of not using nicotine. The topic of addiction is also discussed, and students learn how nicotine addiction works in the brain. The class also reviews statistics related to teens and nicotine use and covers both tobacco and electronic cigarettes. Students will have an opportunity to talk about what would make them ready to quit using nicotine, develop a plan for quitting, and identify their support system.

Where is the class held?

The class is held at Lakes Center for Youth and Families: 20 Lake St. N, Suite 103, Forest Lake

How long is the class?

The Tobacco/Nicotine Awareness is a one night class that is an hour and a half long and is held once or twice monthly.

How much does the class cost?

The Tobacco/Nicotine Awareness Class is \$50. Fees can be paid with a cash, card, or check.

How do I get signed up?

Contact the Lakes Center for Youth and Families at 651-464-3685 to schedule the class.

Does a parent/guardian need to attend?

No, a parent/guardian does not need to attend the Tobacco/ Nicotine Awareness class, but will need to come in to drop off youth as there may be a form they need to fill out and sign.

Looking for more information?

Give the Intervention Manager a call at 651-464-3685