



ASPIRE™

ASPIRE (A Smoking Prevention Interactive Experience) is an online educational resource. ASPIRE delivers tobacco prevention education to teens and adolescents at a self-directed pace.

During the program, students travel through interactive modules and complete quizzes. They hear testimonials from former smokers, health care professionals, students and cancer survivors. ASPIRE aligns with TEKS and national education standards. The program is available in English and Spanish and takes approximately three hours to complete.



MODULE 1: SMOKE CITY

- Overview of tobacco products
- Health and appearance
- Financial effects of tobacco
- Environmental impact of tobacco
- Effect on relationships
- Second- and third-hand smoke



MODULE 2: TEMPTATION CAVE

- Recognizing triggers
- Peer pressure
- Saying no to tobacco
- Smoking-related diseases, including 13 smoking-related cancers



MODULE 3: GARDEN OF GROWTH

- Five steps to avoid tobacco
- How to quit tobacco



MODULE 4: CHILL PARK

- Nicotine's effects on the brain and mood
- How to manage stress and anxiety
- Communicating with tobacco users



MODULE 5: OXYGEN CITY

- Tobacco products recap
- The tobacco industry and entertainment
- New and emerging products



Visit mdanderson.org/aspire for more information on how to bring the ASPIRE program to your organization.

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 Making Cancer History®