



# 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](https://www.mdanderson.org/aspire) for more information on how to bring the ASPIRE program to your organization.

THE UNIVERSITY OF TEXAS  
**MDAnderson**  
**Cancer Center**  
Making Cancer History®

# ASPIRE has a track record of success

ASPIRE was developed with funding from the National Cancer Institute in 2002. The benefits of ASPIRE were established in two trials, one conducted in 16 schools in Houston, and one in 16 schools in Romania. The results of the trials are reported in three major journal articles [1,2,3].

ASPIRE is considered an effective educational tool for adolescents. It has been given favorable reviews by fellow researchers [4]. In addition, the National Cancer Institute includes ASPIRE in a national prevention program database [5]. ASPIRE was updated and relaunched in 2018, with notable impact.

Since the beginning of ASPIRE, **43 states and eight countries have enrolled more than 100,000 students.**



More than 90% of those students reported an **increase in knowledge of tobacco harms, a desire for a tobacco-free lifestyle and a willingness to talk about ASPIRE to others.**



Students answered test questions about health consequences of tobacco and nicotine products before (pre-test) and after (post-test) the ASPIRE program.



**The results were favorable:**  
Using ASPIRE version 1  
**from 34% before to 79% after**  
Using ASPIRE version 2  
**from 75% before to 95% after**

In a recent study among participants in the Houston Independent School District, students reported they were less likely to use tobacco and nicotine products after completing the ASPIRE program.

**The decrease in likelihood to use cigarettes, vaping products and hookah ranged from 53 to 60%.**



## Citations:

1. Prokhorov AV, Kelder SH, Shegog R, et al. Impact of A Smoking Prevention Interactive Experience (ASPIRE), an interactive, multimedia smoking prevention and cessation curriculum for culturally diverse high-school students. *Nicotine Tob Res.* 2008;10(9):1477-1485.
2. Prokhorov AV, Marani SK, Calabro KS, Ford KH. Theory and Technology-Driven Educational Curricula Addressing Tobacco Use. Proceedings of the 4<sup>th</sup> World Conference on Educational Sciences, Procedia — Social and Behavioral Sciences, Vol 46, 2012
3. Nădășan et al. (2016). The short-term effects of ASPIRA — a web-based, multimedia smoking prevention program for adolescents in Romania: A cluster randomized trial. *Nicotine & Tobacco Research.*
4. Thomas RE, McLellan J, Perera R. School-based programmes for preventing smoking. *Cochrane Database Syst Rev.* 2013(4):CD001293.
5. National Cancer Institute. Research-Tested Intervention Programs (RTIPs) A Smoking Prevention Interactive Experience (ASPIRE). <http://rtips.cancer.gov/rtips/>.