



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



Use the QR code to complete our Interest Survey. An ASPIRE team member will be in touch within two days with additional information.



THE UNIVERSITY OF TEXAS
MD Anderson
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 4th 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/>.

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

Q: How much does the ASPIRE program cost?

A: The ASPIRE program is free for schools and youth-based organizations. Only a signed agreement, called a Memorandum of Understanding, is required from each organization. Once you have submitted the [ASPIRE Interest Survey](#), we will send a tailored agreement for you to sign.

Q: How long does the program take to complete?

A: The program takes approximately three hours to complete. This includes time for students to take two tests and five quizzes as part of the program.

Q: Does ASPIRE teach students about cannabis use?

A: ASPIRE focuses on tobacco education but does briefly touch on the dangers of cannabis use. For additional resources regarding cannabis use in teens, please refer to our [Additional Resources page](#).

Q: Can a student enroll in ASPIRE more than once?

A: ASPIRE is designed for students to complete once. If a student needs to complete ASPIRE more than once, they must enroll again by creating a new account using a different username and email address.

Q: Does ASPIRE have to be taught by an educator?

A: No, ASPIRE is a self-paced prevention program. Students create their own accounts and take the program using any smart device.

Q: Should ASPIRE be assigned to students as homework or does it have to be completed in class?

A: ASPIRE is designed to be flexible and fit the needs of students and educators. If students have a laptop or smart device, they can complete ASPIRE in the classroom or at home.

Q: What is considered a passing grade for ASPIRE? And can it be changed?

A: The passing grade for ASPIRE is 70% and above. This cannot be changed in the ASPIRE database.

Q: If a student fails ASPIRE, do they have to take the course again?

A: No, students who fail ASPIRE are not required to take the course again. However, educators can require students scoring score below a 70% to re-take the program. Those students will need to enroll again using a different username and email address.

Q: I'm an educator who is interested in using ASPIRE in my school/organization. How do I get started?

A: Great! The first step is to complete our [ASPIRE Interest Survey](#). Once the survey has been submitted an ASPIRE team member will contact you about next steps.

Q: Can I use ASPIRE as an alternative to suspension for students found to have used tobacco on my campus?

A: ASPIRE is a prevention program and was not designed to be used as a disciplinary tool for students who have violated campus tobacco policies. In these cases, we recommend using a program created specifically for students currently using tobacco products. Some examples can be found on our [Additional Resources page](#).

Q: I'm a parent and I want to sign my child up for the ASPIRE program. How can I do that?

A: The ASPIRE program is not available for individual use by students. If you would like your child to have access to the ASPIRE program, please share the information with your child's middle or high school administrator/teacher and the ASPIRE team will work with their educators to bring ASPIRE to their school. There are also additional educational resources listed on our [Additional Resources page](#).

Q: I'm an educator and I want to sign my student up for ASPIRE, but don't see my school listed on the ASPIRE student site. How do I set my students up to begin ASPIRE?

A: Students should not create accounts unless they are part of a school or organization that has signed an agreement to implement ASPIRE. If you would like your students to have access to the ASPIRE program, please work with leadership at your middle or high school to bring ASPIRE to your school. There are also additional educational resources listed on our [Additional Resources page](#).

Q: I want to view the ASPIRE program to see what my student/child will learn. How do I create an account?

A: If you would like to receive an unlocked student test account, complete our [ASPIRE Interest Survey](#) and select "Access to an unlocked student test account to preview ASPIRE" under requested services. Adults should not create test accounts on the student portal.

Q: My school used the ASPIRE program in the past but stopped. I would like to start using the program again with my students. Can you help me?

A: Please reach out to the ASPIRE team at Aspire@MDAnderson.org with the name of your school and we will confirm that your school has access to the program. We may need to renew our agreement with your school leadership to open access again.

Q: How do I gain access to the ASPIRE administrator portal?

A: The administrator portal is available for educators from schools or organizations that have signed an agreement to implement ASPIRE. If your school has signed an agreement, then an administrator at your school can create an account for you. If you need additional assistance, contact the ASPIRE team at Aspire@MDAnderson.org.

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



ASPIRE User Guide for Administrators

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Glossary of terms

Admin: Admin is the abbreviation for Administrator.

Admin(istrator) database: The administrator database allows ASPIRE educators to view student grades, completion rates and to monitor the progress of a student.

Blocked admins: Administrators with an expired password.

Champion: The highest level of access for an administrator. Champions can view and access all locations in the program.

Deactivated locations: Locations that have been archived.

Deactivated student: Student accounts that have been archived. Deactivated student accounts cannot be accessed again by students unless reactivated by an ASPIRE administrator.

Helpdesk: The helpdesk is a feature designed to assist administrators and students with troubleshooting.

Location: Locations are class periods or the name of a school that students enroll under when creating a student account.

Location administrator: Location Administrators are only allowed to view and access locations assigned.

Memorandum of understanding (MOU): This is the required document that schools or organizations must sign before receiving access to ASPIRE. MOUs are viable for 3 years.

Program: Programs are the names of a school, school district or organization in the ASPIRE database.

Student ID: Student IDs are automatically assigned to students once they create their account and are only visible to educators in the administrator database. Student IDs can be seen on the student report and list of students in the database.

Student report: Student reports allow educators to monitor their students' progress and to view student test and quiz grades. Student evaluation answers are also available in the student report. Reports can be downloaded from the home dashboard page.

Aspire overview

MD Anderson created ASPIRE (A Smoking Prevention Interactive Experience) in the early 2000's and it was updated and redesigned to its current version in 2018. As a behavioral prevention program, ASPIRE was created to teach youth ages 13-18 about the harms of tobacco, including e-cigarettes.

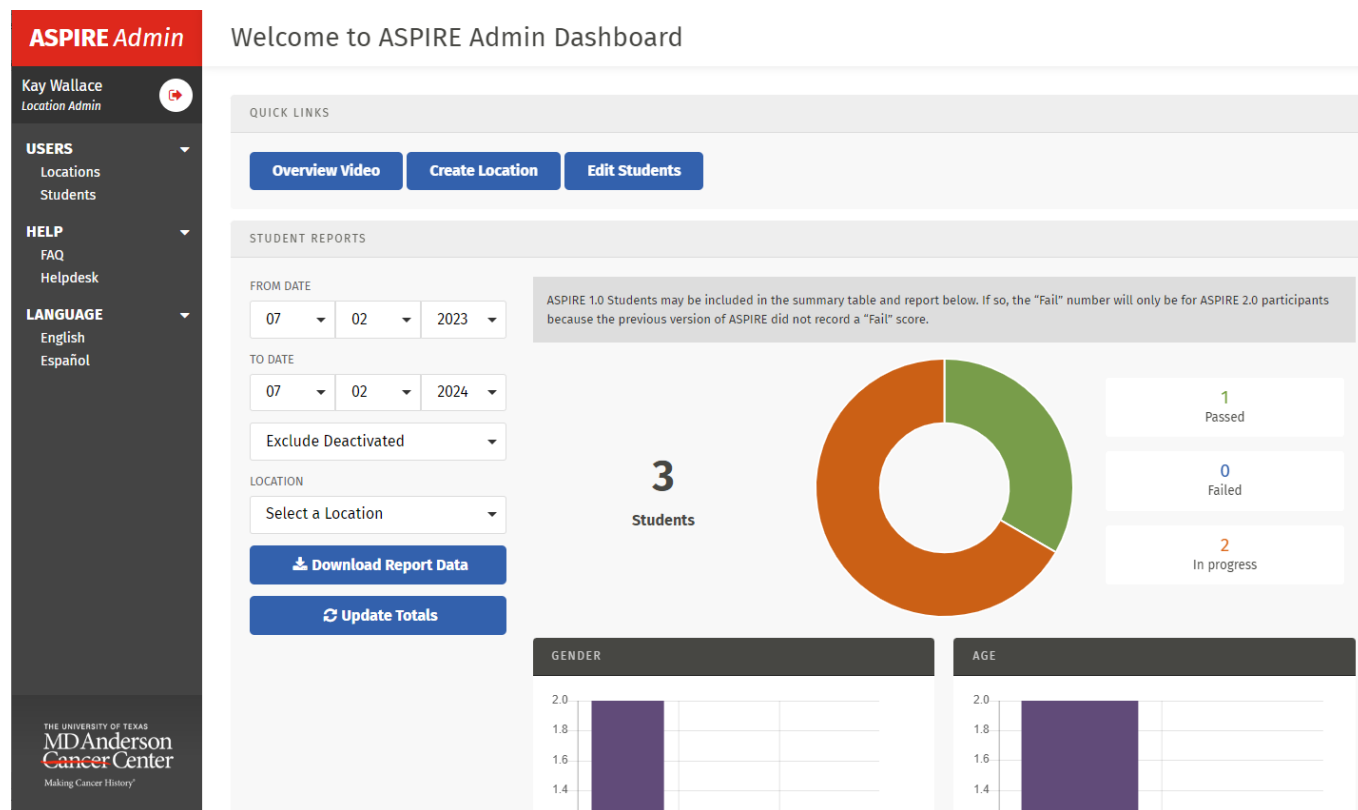
ASPIRE is a prevention program and should be used for education for students in middle and high school. The program was also designed to be experienced once, meaning students should not retake the program unless their teacher says it's needed. If students repeat the program, they must create a new account using a different username and email address.

This ASPIRE Guide was created to be a tool for teaching educators to use the ASPIRE database and help students navigate the student portal. The guide will be updated as needed by the ASPIRE team. Feedback is welcomed by all Champions and Admins. Please email ASPIRE@MDAnderson.org with your suggestions.

The dashboard

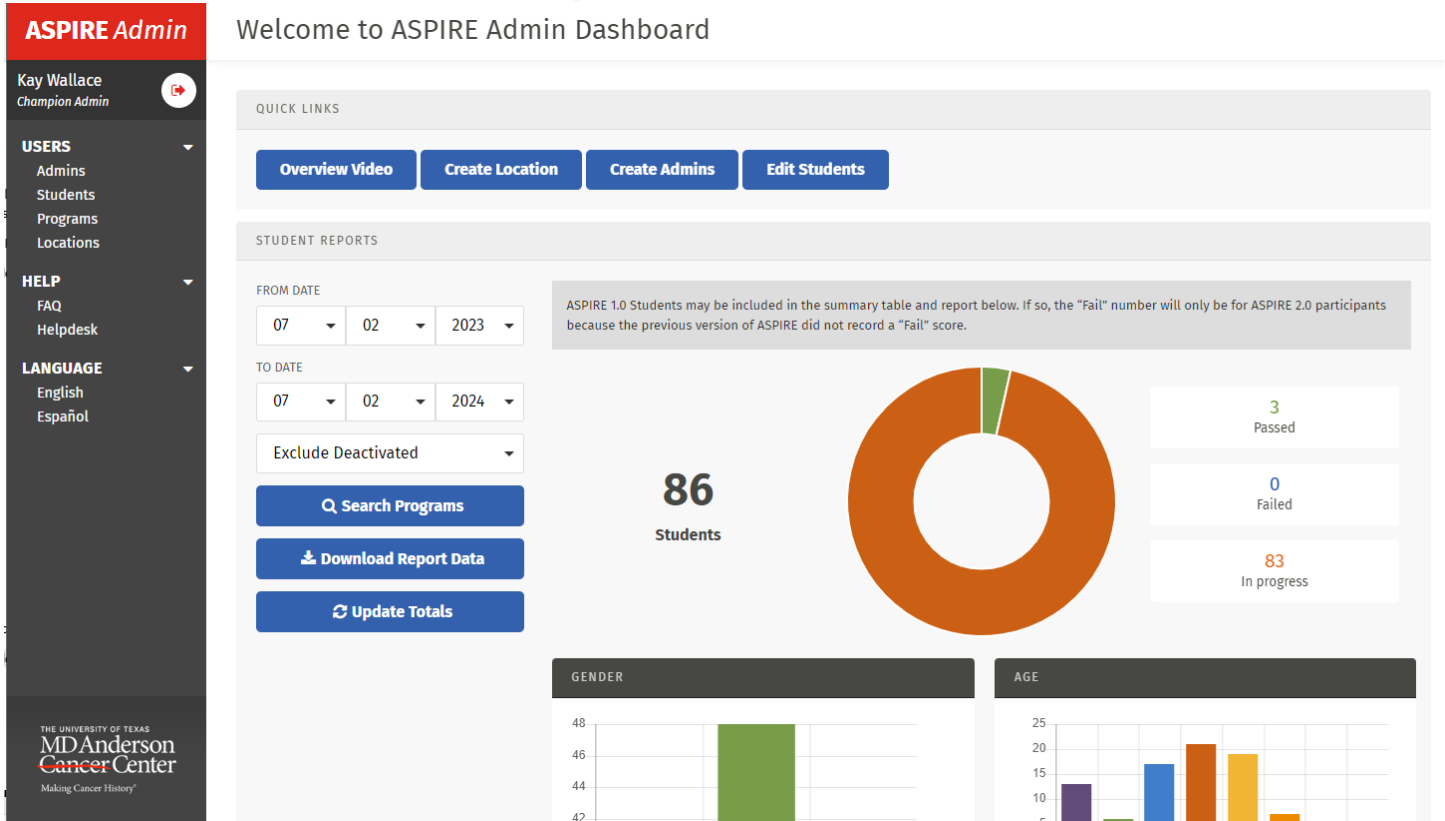
The dashboard gives an overview of all students who have enrolled in the program under your school or organization. There are also quick links available at the top of the page to assist you in navigating the database.

Location admin's dashboard



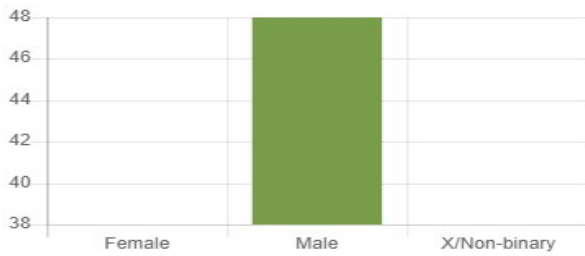
Champion admin's dashboard

Welcome to ASPIRE Admin Dashboard



On the following page is a snapshot of the demographic graphs that appear on the dashboard.

GENDER

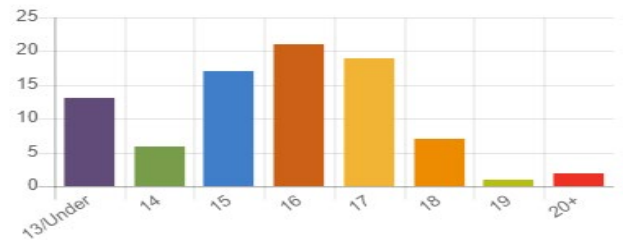


Female 38

Male 48

X/Non-binary

AGE



13/under 13

14 6

15 17

16 21

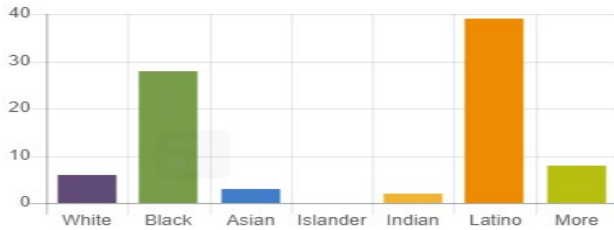
17 19

18 7

19 1

20+ 2

RACE AND ETHNICITY



Non-Hispanic White 6

Non-Hispanic Black 28

Asian American or Asian 3

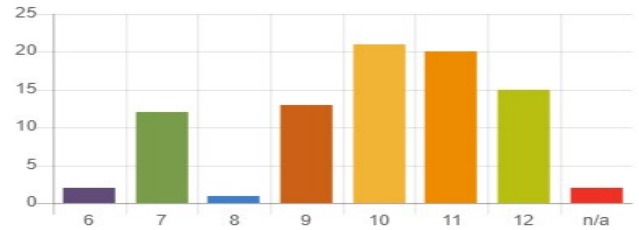
Native Hawaiian or Pacific Islander

American Indian or Alaska Native 2

Hispanic or Latino 39

More than one race 8

GRADE



6 2

7 12

8 1

9 13

10 21

11 20

12 15

n/a 2

Pulling a student report

*Microsoft Excel is the software needed to download student reports.

- A. Login [here](#) to access your champion or location admin account using your email and password.
- B. Once you have logged-in, you can view the ASPIRE Admin Dashboard.

Note: On the left you will see filters such as date ranges, include/exclude deactivated and various locations. On the right you will see various graphs.

Under **From date** select your start date and under **To date** select your end date.

1. Select **include deactivated** or **exclude deactivated**. To view which students are active or deactivated, (which includes archived students) please click **edit students**. Note: The ASPIRE team recommends deactivating former students' accounts to keep current and former students separate.
2. Select your location(s). *If you are a Champion, leave it blank to run a report for the program.
3. Click **update totals** to update all the graphs on the right side of the screen. The graphs can provide a visual summary of your classes' progress.
4. Click **download report data** and an Excel file titled **students (1)** will open.
5. A few data points might appear as pound signs; to correct this, highlight columns A-AA and go to Home>Format>AutoFit Column Width. The **format** button is on the top right section of the Excel page. Or grab the column header (letters A -AA) and drag/expand the column to the right. The student report can be saved to view later.
6. Student usernames are in column K and quiz and test grades are in columns Q-R.

AutoSave

students (12) - Excel

Koeppl-Lauren A

FileHomeInsertDrawPage LayoutFormulasDataReviewViewHelpAcrobatSearch

</

Administrator(s) (Champions only)

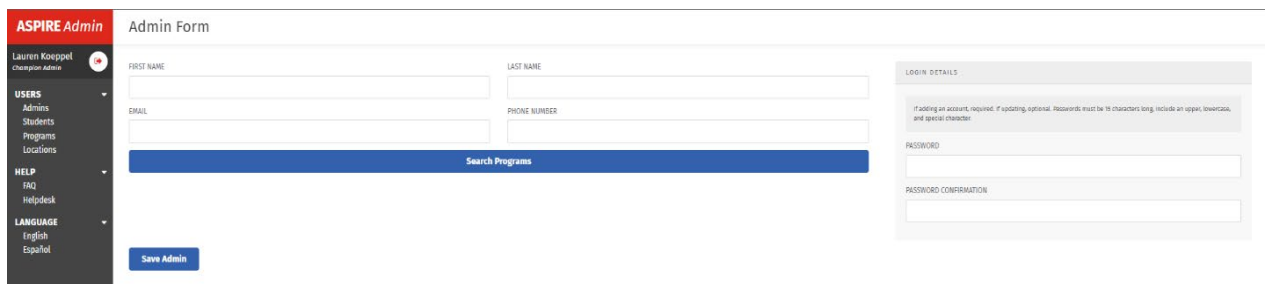
Adding administrator to the database

Only champions can add new admins to the administrator database. If a new admin needs to be added, reach out to the designated ASPIRE champion at your school/organization or an ASPIRE team member (ASPIRE@MDAnderson.org).

- a. Find the **users** column on the left-hand side of the page.

Select admins form: Click + New Admin tab.

- A. Enter First Name, Last Name and Email Address of Admin (phone numbers are not required).
- B. Enter a 15-character password (ex: Adminaspire2024!) and password confirmation (verify passwords match).
- C. Assign the role of **Location admin** from drop box.
- D. Assign Location Admin to a program by selecting the program name, clicking the check mark and return to the admin form.
- E. Assign **Location admin** to available location(s) by clicking to ✓ box under available locations. Press save. Confirm by pressing save again when prompted. Repeat the process until all admins are added to the program.



Locate the **users** column on the left-hand side of the page.

Updating blocked admins password(s)

Select admins form Blocked Admins are Admins with expired passwords.

- A. Reset password by clicking on the Admins name to open the admin form and updating the password by entering a new password, confirming new password matches and press save. New passwords must be 15 characters or more and include an uppercase letter, lowercase letter and a special character.
 - a. Note: It is necessary to report the admin's password to them as they will not be automatically notified that they have been granted access to the database.

Deleting admins Press delete button next to Admin's name and confirm.

Restoring admins Using the **filter results** feature, on the right side, select All Roles, include deleted, select **yes**, and enter Admins **last name**: and press search and select restore.

Adding a student(s) to the database

Adding student(s)

Locate the **users** column on the left-hand side of the page.

Select student form: Click + New Student tab.

- A. Select country, state and city.
- B. Click the search program button.
- C. Click the ✓ next to the program name to return to student form.
- D. Select a location from the drop box.
- E. Select students age, gender, race and ethnicity, grade and avatar.
- F. Locate and click the grey **edit login details** button at the very bottom of the page.
- G. Enter student's username, password and confirm password.
- H. Enter students email address and save student.

Relocating student(s) to a different location

Note: Anytime you change student information, you must change the students' password

Locate the **users** column on the left-hand side of the page.

Search for student(s): A list of student usernames will appear.

Under **filter results** on right hand side, enter username to narrow results and click search.

- A. Locate the student by username and open student form.
- B. Scroll to the bottom of the page and click Edit login details to expand the form.
- C. Under program details, select locations drop box and select appropriate location.
- D. Enter a new password for the student and confirm by entering password again and save.

Changing student password

Locate the **users** column on the left-hand side of the page.

Select student form: A list of student usernames will appear. Under **filter results** on right hand side, enter username to narrow results and click search.

- A. Locate and select the username of the student to open the student form.
- B. Scroll to the bottom of the page and click Edit login details to expand the form.
- C. Enter a new password for the student and confirm by entering password again and save.
- D. Provide the student with a new password.
 - a. **Recommended password:** aspire4me

Deactivating a student account

Locate the **users** column on the left-hand side of the page.

Select student form: A list of students will appear.

- A. Locate the student to be deactivated.
- B. Under the deactivate button, click to ✓ box of the student(s) to be deactivated.
Press deactivate button and press OK to confirm.

Programs (Champions only)

Locate the **users** column on the left-hand side of the page.

Select program: A list of programs that you are linked to will appear. Champions can be linked to multiple programs while location administrators can only be linked to one. Keep this in mind when creating or requesting new administrator accounts for additional educators.

Locations (Champions only)

Adding location(s) to the database

Locate the **users** column on the left-hand side of the page.

Select locations form: click + new location tab.

- A. Enter the name of the location.
- B. Search programs.
- C. Select program name and return to location form.
- D. Enter your email address in the **email program completion student information** area if you would like to be notified when your students complete the program (multiple email addresses can be entered; you may delete at any time to stop receiving notifications).
- E. Select country, state, city and enter the school's zip code.
- F. If you have location admins available for the location, their names will appear on the right-hand side of the screen.
- G. Select the location admin's name and save (if applicable).
- H. Complete this process until all locations are complete (Ex: If you have four locations; repeat this process four times).

The screenshot shows the 'ASPIRE Admin' interface. On the left is a dark sidebar with a user profile for 'Lauren Koepfel' and a menu with categories: 'USERS' (Admins, Students, Programs, Locations), 'HELP' (FAQ, Helpdesk), and 'LANGUAGE' (English, Español). The main content area is titled 'Location Form'. It contains a 'LOCATION NAME' input field, a 'Search Programs' button, and a 'LOCATION ADMINS' section. Below these is the 'EMAIL PROGRAM COMPLETION STUDENT INFORMATION' section with a text area and a 'COUNTRY' dropdown menu. At the bottom is a 'Save Location' button.

Deactivating a location

Locations can/should be deactivated when students no longer need to enroll under the location.

Locate the **users** column on the left-hand side of the page.

Select locations form: A list of locations will appear.

- A. Locate the location to be deactivated.
- B. Click the deactivate button and confirm.

Reactivating a location

Locations can be reactivated if they are deactivated by mistake or if students need to begin enrolling under the location again.

Select locations form: A list of locations will appear.

Under filter results include deactivated in the search criteria.

- A. Locate the location to be reactivated.
- B. Click the reactivate button and confirm.

Helpdesk submissions


The ASPIRE helpdesk is monitored by ASPIRE team members Monday-Friday from 7:30 am – 5:30 pm. The help desk is the **best** way for students and educators to reach out to the ASPIRE team for assistance.

Admin helpdesk submissions

Locate the **users** column on the left-hand side of the page.

Select helpdesk form: Your name and email address are automatically populated in the form.

- A. In the message area, type in an issue to receive assistance with troubleshooting.
- B. Select the reason and submit a message. Message is delivered directly to the ASPIRE team shared mailbox.
- C. An ASPIRE team member will respond within 24 hours.

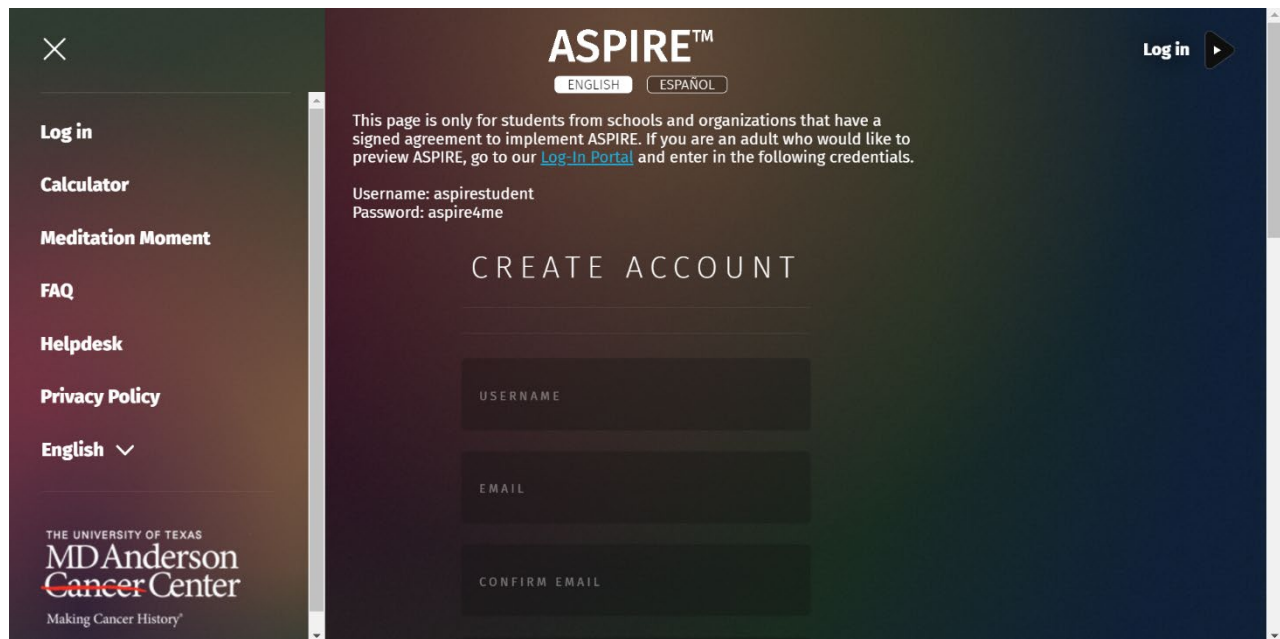
D. 

Student helpdesk requests

A student helpdesk is available to students in the student portal. Student requests are responded to within 30 minutes or less.

- A. Have students go to <https://aspire2.mdanderson.org/login> and either log in to their account or stay on the sign in page.
- B. Locate the three horizontal bars in the upper left-hand corner and click on them to expand the menu (see below).
- C. Select **Helpdesk** and the Helpdesk page will appear.

Students can use the helpdesk to ask the ASPIRE team for help logging in to their account or any problems with the ASPIRE program.



Language(s)

Locate the **users** column on the left-hand side of the page.

Select the language option below:

English-view administrator portal in English

Spanish- view administrator portal in Spanish

Frequently asked questions

Q: Why can't my students click on some of the scenes?

A: Students cannot skip ahead to another level or scene if they have not finished the current one.

Q: My student's email address is already taken in ASPIRE because they took it previously. I need to delete their account so they can retake it. How do I do that?

A: We do not delete student accounts. If your student has previously taken ASPIRE, then they must create a new account using a new email address and username. We suggest that the student use a personal or parent's email address if needed.

Q: Can I reset a student's account so they can retake the tests and quizzes?

A: We can reset a student's account however they will not be able to retake the tests and quizzes; Once a student has taken ASPIRE, their existing grades are permanent and cannot be reset even if the videos are reset. If a student needs to take the assessments again, they will need to create a new account using a new username and email address.

Q: Why does it say 100% on the student's account when they haven't started the program yet?

A: The 100% that appears for each student after creating their student account is a default grade. After the student takes their first assessment, the grade will adjust to match the student's assessment grades.

Q: I only want to see my current students in the database, not the deactivated ones. How can I do that?

A: After navigating to the **students'** page, you can use the filter on the left-hand side of the database to only see your active students. On the filter, click **include deactivated** to show the drop-down menu and select **exclude deactivated** then click the **search** button. When the page reloads only active students' accounts will be displayed.

Student Account Instructions

Please follow the instructions below to create a student account for the ASPIRE program. The ASPIRE program can be accessed from any smart device or desktop computer. We suggest using Google Chrome for the best online experience.

Go to www.mdanderson.org/aspire

On the top, left-hand side of the page under "ASPIRE Log In Portals", select "New Student Log In"

Create an account by entering:

- username (ex: first.lastname)
- email address
- password: must be at least seven characters long

Select gender, age, race and ethnicity, grade, and avatar

State:

City:

Program:

Location:

Click: **Create an Account**

PLEASE NOTE

- Write down your username and password; Google Chrome will not save your username and password correctly.
- The username that you choose should be easily identifiable by your teacher. Refrain from using emojis, and multiple special characters in your username.
- You do not have to complete the program in one session.
- When you log back on, the program starts where you left off. If this does not happen, please email aspire@mdanderson.org for assistance.
- If you cannot access your account, contact aspire@mdanderson.org.
Do not create another account.

ASPIRE™

THE UNIVERSITY OF TEXAS
MDAnderson
Cancer Center
Making Cancer History®

Instrucciones para una cuenta de estudiante

Siga las siguientes instrucciones para crear una cuenta de estudiante para el programa ASPIRE. Se puede acceder al programa ASPIRE desde cualquier dispositivo inteligente o computadora. Le sugerimos que utilice Google Chrome para obtener la mejor experiencia en línea.

Vaya al enlace www.aspire2.mdanderson.org/register

Cree una cuenta ingresando

- nombre de usuario (por ejemplo: nombre.apellido)
- dirección de correo electrónico
- contraseña: debe tener al menos siete caracteres

Seleccione el género, la edad, la raza y la etnia, el grado y el avatar

Estado:

Ciudad:

Programa:

Lugar:

Haga clic en: **Crear una cuenta**

TENGA EN CUENTA LO SIGUIENTE

- Anote su nombre de usuario y contraseña; Google Chrome no guardará su nombre de usuario y contraseña correctamente.
- El nombre de usuario que elija debe ser fácilmente identificable por su profesor/a. Absténgase de utilizar emojis y múltiples caracteres especiales en su nombre de usuario.
- No es necesario completar el programa en una sola sesión.
- Cuando vuelva a conectarse, el programa comenzará donde lo dejó.
Si esto no ocurre, envíe un correo electrónico a aspire@mdanderson.org para obtener ayuda.
- Si no puede acceder a su cuenta, póngase en contacto con aspire@mdanderson.org.
No cree otra cuenta.

ASPIRE™

THE UNIVERSITY OF TEXAS
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ASPIRE Program Opt-Out

Dear Parent/Guardian,

We are pleased to inform you about an educational opportunity for your child provided by The University of Texas MD Anderson Cancer Center.

ASPIRE (A Smoking Prevention Interactive Experience) is a free, online educational program designed to deliver tobacco and e-cigarette prevention education to adolescents at a self-directed pace. The program features interactive modules, quizzes, and testimonials from people who have quit using tobacco, health care professionals, students, and cancer survivors about the dangers of tobacco products, including e-cigarettes. The curriculum was created to align with National Education Standards and Texas Essential Knowledge and Skills (TEKS) in health, science, and technology. The program is available in English and Spanish.

Some highlights of the ASPIRE program include:

- Free/no cost to schools, students or educators
- Takes approximately 3 hours to complete (self-paced)
- Accessible on computers, laptops, tablets, and/or mobile devices
- Available in English/Spanish

Students can stop the program at any module and log in and out without losing any progress. Evaluation and knowledge checks are conducted throughout the program; upon starting, completing each module, and finishing the entire program. The administrative site of the ASPIRE program online allows teachers and administrators to prepare reports to download students' grades. These reports include grades for the pre/post knowledge assessment and grades for each of the five educational modules.

We have schools and organizations using ASPIRE in a variety of ways across the U.S.:

- Health, science, and technology classes (curriculum infusion)
- Supplementary material to curriculum in class
- Final exam grade
- Stand-alone test grade
- Homework
- Extra credit

As a parent/guardian, if you have questions, reservations or concerns about the ASPIRE program content or participation in this program, please email us at ASPIRE@MDAnderson.org. If you do not wish for your child to participate in the ASPIRE program, please complete the information below and return this form to:

School/Organization:

Deadline:

Student Name:

Grade:

Teacher Name:

Parent/Guardian Name:

Parent/Guardian Signature:

Date: