

Tobacco Website Resource Guide

Sites for Teens to Use

www.qweb.org	Self-help smoking cessation site for teens and young adults. Includes links to information, facts, quizzes, and real time chatting.
www.mdanderson.org/departments/aspire	Self-paced learning experience offers interactive activities, videos, support strategies and fun animations to help you reach your goal of staying tobacco free or quitting.
www.teens.drugabuse.gov	Site delivers science-based facts about how drugs affect the brain and body so that youth will be armed with better information to make healthy decisions. Elements such as animated illustrations, quizzes, and games are used throughout the site to clarify concepts, test the visitor's knowledge, and make learning fun through interaction.
www.smokingzine.org	Smoking Zine is an online resource to assist students in quitting smoking.
www.teenquit.com	Teen Quit is an online tool to help teens quit on their own. Affiliated with ASCENT program.
www.thetruth.com	Information from the Truth campaign. Very interactive.
www.homepage.mac.com/craigstotts/patchproject/	Program Against Teen Chewing provides information on how to quit using spit tobacco as well as the potential dangers of spit tobacco.
www.joechemo.org/	An interactive web site that allows visitors to test their "Tobacco IQ," get a personalized "Smoke-o-Scope," and send free Joe Chemo E-Cards. There is also extensive information for teachers, anti-smoking activists, health care providers, journalists, and smokers who wish to quit.
www.quit4life.com	Quit4Life is organized around 4 central steps: Get Psyched, Get Smart, Get Support, Get On With It. The site is an interactive and personalized 4 week web program.
www.dogbreath.org	Created just for kids, it's a safe, secure website that you can visit anytime you want and get real facts, answers to your questions about tobacco.

General Tobacco Resources	
www.nysmokefree.com	NYS Smokers' Quitline provides free support for smokers as well as healthcare providers.
www.health.state.ny.us/nysdoh/smoking/	Provides state reports, brochures, fact sheets and contact information for partners across the state.
www.cancer.org	American Cancer Society
www.lungusa.org	American Lung Association
www.tobaccofreekids.org	Up to date information on tobacco initiatives across the country. Contains advocacy information, fact sheets, tobacco ad gallery, special reports and research and Kick Butts Day information.
www.tobacco.org	Provides current tobacco-related news from all over the world, archive of tobacco ads, tobacco quotes and other resources and links.
www.mdanderson.org/topics/smoking/	Articles, information, fact sheets, and cessation programs are all on this website.
www.cdc.gov/tobacco/	Reports, fact sheets, free resources and materials
www.treattobacco.net	An essential resource for those working on the treatment of tobacco dependence throughout the world. It presents authoritative evidence-based information about the treatment of tobacco dependence.
www.tobaccodependence.org	NYS Tobacco Dependence Resource Center - Resources and Support for Integrating tobacco dependence interventions into chemical dependency treatment
Research Sites on Teen Tobacco Use	
www.hysq.org/	Addresses the critical need to disseminate effective, developmentally appropriate cessation programs for adolescent smokers. Provides research database, facts, and resources.
www.youthtobaccocessation.org/	Youth Tobacco Cessation Collaborative - Addresses the gap in knowledge about what cessation strategies are most effective in assisting youth to quit smoking. Established to accelerate progress in helping young people quit tobacco use.
http://www.notobacco.org/	This site offers educational videos, K-12 assembly programs, speakers, quit smoking info, anti-tobacco news, and a great anti-smoking links guide for teen smoking prevention.

