



## TAKING DOWN TOBACCO: A Step by Step Guide



### High School Advisers:

- 1.) **Sign up online:** Use this unique [Adviser link](#) to sign up and access the online courses. You will then receive an email in your inbox with a link to set up your account and create a profile. Please complete the account profile in full and note your FCCLA affiliation and chapter so you can receive full credit for your efforts and be eligible to enter our contests!
- 2.) **Complete the Taking Down Tobacco 101 course:** Once your account is set up, click on the [Facilitate Taking Down Tobacco Trainings learning path](#), and the Taking Down Tobacco 101 course will be available.
- 3.) **Conduct the training** in your classroom and/or FCCLA chapter meetings. Use the Facilitate a Training course(s) to train your own students. The facilitated version takes about 45 minutes, including one activity for each section. You also have the option to spread this out over a few classes and add in more activities and/or discussion time.
- 4.) **Report Your Results:** Complete the Post-Training Survey module (this is available at the end of all Facilitate a Training, Guide a Training and Lead a Training courses in the online system). You will **not** be asked for the names of participants; only to submit the number of youth (and adults) that were trained.
- 5.) **Submit a Selfie:** Submit #BeTheFirst selfie/picture (this is available at the end of all Facilitate a Training, Guide a Training and Lead a Training courses in the online system). **Training rosters are also accepted.**
- 6.) **Encourage students to become trainers: (<http://bit.ly/VIPTDT>)**  
Share the VIP link (on the last screen of the facilitated training) with students. They can use that link to create their own account. This VIP link allows them to bypass Taking Down Tobacco 101, since they already completed that. Students can take a "Become a Trainer" courses. Once completed, students can conduct their own training. Students will have the option of using the facilitated version to train others, or they can use this as an opportunity to deepen their public speaking skills and deliver the training on their own. Both are terrific opportunities for public speaking and advocacy training.

Check out current [Taking Down Tobacco contests](#)