



## TAKING DOWN TOBACCO: A Step by Step Guide



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### Complete Taking Down Tobacco 101 and/or The Rise of Vaping Online

Your FCCLA Chapter will receive credit for the current Taking Down Tobacco contest for any students at your school that complete Taking Down Tobacco 101 and/or The Rise of Vaping online courses.

- 1.) Sign up online.** Sign up for a [Taking Down Tobacco account](#). You will then receive an email that allows you to set up your account profile. Please fill it out completely and either note your FCCLA affiliation and chapter, or if you're not a member of FCCLA, make sure to include your school name, so your FCCLA chapter receives credit for your course completion.
- 2.) Complete the Taking Down Tobacco 101 AND/OR The Rise of Vaping courses.** These two courses are available to you as soon as you complete your account profile. Complete one or both of the courses.
- 3.) Take Additional Courses** Students who are interested can take additional courses to deepen your knowledge of and skills for this important issue. You can complete "Become a Trainer" courses and deliver the Taking Down Tobacco 101 training to others, or check out the Core 4 advanced training courses that can help you take your advocacy skills to the next level. (Pro tip: You must complete Taking Down Tobacco 101 to have access to additional courses)
- 4.) Take Action.** Once you've completed any of the Core 4 courses, you'll have an opportunity to put what you've learned into action in your school and community, and earn points for some pretty cool [Swag](#).

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