



## TAKING DOWN TOBACCO: A Step by Step Guide



### Individual Students

Ask your Adviser to consider facilitating a training in your classroom or FCCLA chapter. Or, if you'd like to do it on your own (or encourage your friends to train with you!) we encourage you to do so! Here's how to get started.

- 1.) **Sign up online.** Go to [www.takingdowntobacco.org](http://www.takingdowntobacco.org) to sign up. You will then receive an email that allows you to set up your account profile. Please fill it out completely and note your FCCLA affiliation and chapter, so you can receive recognition for your efforts!
- 2.) **Complete the Taking Down Tobacco 101 course.** This is the first course to get you started - there are lots of others that allow you to deepen your knowledge of this important issue and take action in your school and community.
- 3.) **Become a Trainer.** Students who are interested can take "Become a Trainer" courses. Once completed, students can conduct their own training. You will have the option of using a guided version to train others, or use this as an opportunity to deepen your public speaking skills and lead the training on your own. Both are terrific opportunities for public speaking and advocacy training.
- 4.) **Report your training.** Be sure to report your trainings through your online account to get credit for your efforts and to be entered into our contests! To report your training, complete the Post-Training Survey found after every Guide a Training or Lead a Training course.
- 5.) **Submit a selfie:** After completing the Post-Training Survey, submit a #BeTheFirst selfie with all of the participants of your training.

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