

# Youth Smoking Cessation

Needs Assessment Findings and Program Recommendations

## Demographics of Participants

4 Focus Groups



35 Participants



\* 1 person did not respond

Age



59%

Smoke at least 10 cigarettes per day



## Smoking Initiation

Most youth obtain their first cigarette from friends or family.

"...parties, grade 9, the beginning of high school and trying to fit in..."



## Smoking Continuation

Youth rely on smoking for weight control, coping with stress, or to feel socially connected.

"...you try to quit - you've been done for 20 minutes or so and there will be like a void in your life."



## Cessation Techniques

Personal readiness, quit options, and unsolicited support assist cessation. A variety of options for quitting or cutting back is essential.

"...kids our age, if they are gonna quit, they are gonna quit on their own."



## Barriers to Quitting

A supportive smoking environment, tobacco availability, concurrent substance use, and side effects are barriers to quitting.

"...unconsciously you open your pack and then you're like it's already in my hand..."



## Program Design

An accessible location, supportive community, caring leader, low costs, and incentives could attract and retain youth.

"...let people know that if you are willing to quit, we're there to help you."

To see the full report, visit our website: [www.wdgppublichealth.ca](http://www.wdgppublichealth.ca)