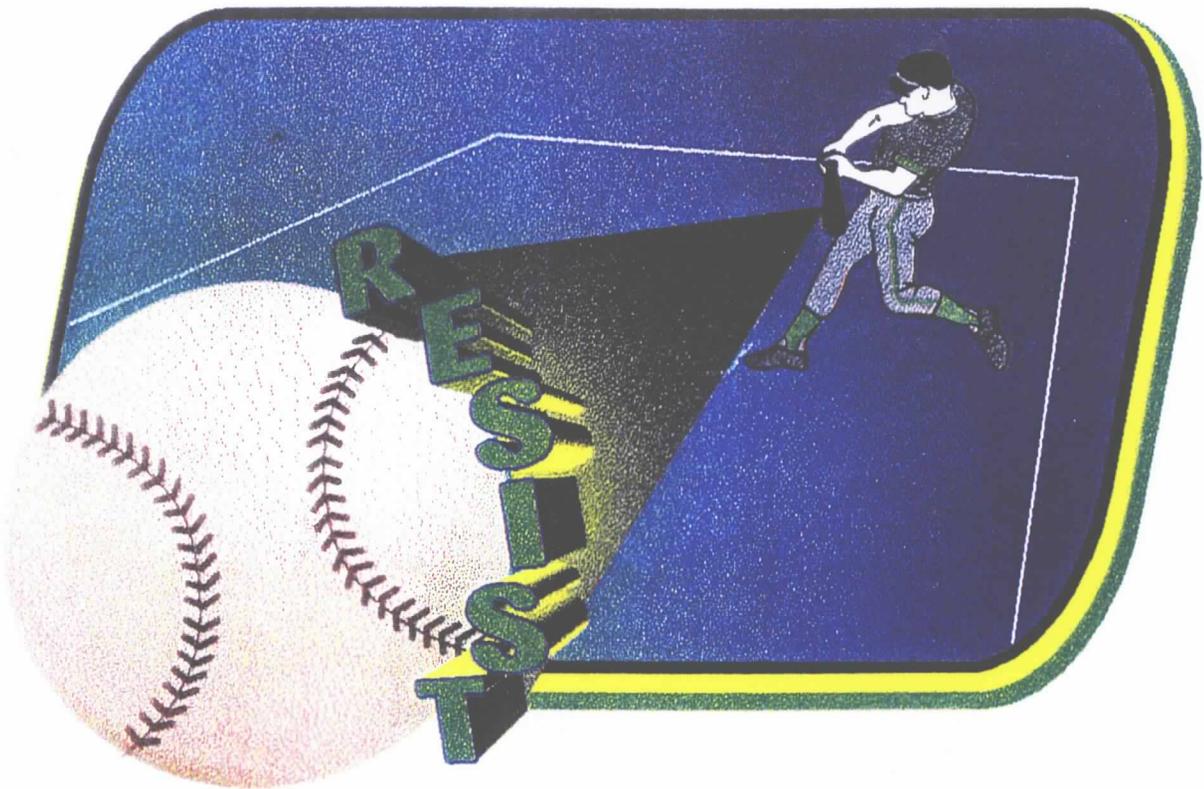


# RESIST

Research Education Solutions In  
Spit Tobacco



**PEER LEADER  
TRAINING GUIDE**

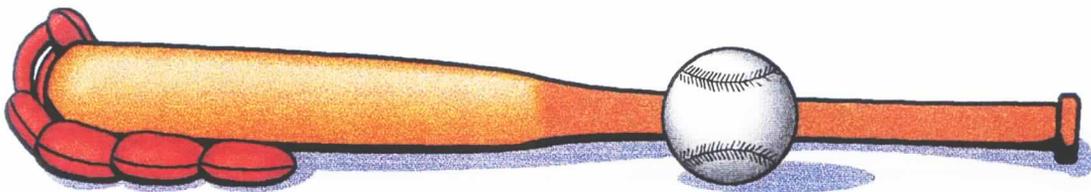
# Welcome to Project RESIST

Congratulations!

Peer leaders are the heart of Project RESIST. Because you have been chosen by your teammates as someone they look up to, we have selected you as a peer leader in Project RESIST. Your peers hold you in very high esteem, and what you say and do is very important in influencing their behavior. Without your help, this program would not be possible. We look forward to working with you in what we hope will be an exciting and worthwhile experience for you.

As a peer leader, your goals will be to help your teammates to:

1. understand the negative effects spit tobacco has on health
2. resist social pressure to use spit tobacco
3. recognize and resist the marketing strategies that the tobacco industry uses to try to get teens to use spit tobacco.



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## FOREWORD

RESIST stands for **R**esearch **E**ducation **S**olutions **I**n **S**pit **T**obacco.

Project RESIST is a program dedicated to the prevention of oral cancer and other negative health effects associated with spit (smokeless) tobacco use among high school baseball athletes. This project is designed specifically to prevent athletes from starting to use spit tobacco (ST). For those who use ST to help quit their use and remain tobacco free.

## ACKNOWLEDGMENTS

This training guide is supported by funds received from the National Cancer Institute and adapted from training manuals associate with Project Path (Oregon Research Institute), Teens As Teachers (The American Nonsmokers' Rights Foundation).

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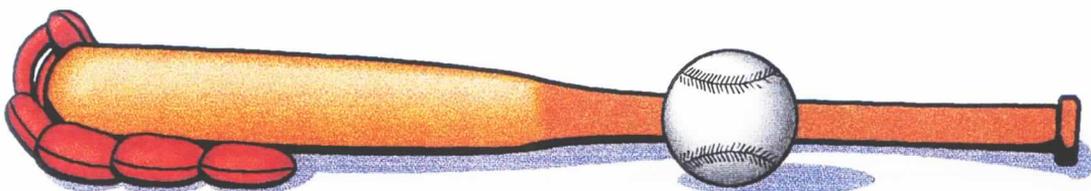
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# PRESENTING THE ONE HOUR TEAM SESSION

## OBJECTIVE

As a peer leader  
you will lead a 1 hour team  
meeting using the following  
lesson plan and script as a  
guide

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## LESSON PLAN FOR PEER LEADERS

TIME	CONTENT	ACTIVITY
I. 2 Min.	I. Introduction	
II. 8 Min.	II Show the Video Tape: <i><b>Dangerous Game</b></i>	II. Questions
III. 15 Min.	III. Present Slide Presentation: ST use, ingredients, & refusal skills	III. Group discussion
IV. 20 Min.	IV. Discuss Smokeless Tobacco Advertisement	IV. Small group activity with ST ads
V. 2 min.	V. Conclusion	V. Develop an anti- tobacco activity with your team