Adolescent Counseling Technology for Nicotine & Tobacco (ACT-NT) is an interactive, evidence-based health assessment & counseling system that uses innovative technology shown to increase positive behavior change.

“Nicotine exposure during adolescence can impact learning, memory, and attention. Using nicotine in adolescence can also increase risk for future addiction to other drugs. In 2018, more than 3.6 million U.S. youth, including 1 in 5 high school students and 1 in 20 middle school students, currently use e-cigarettes.”

- Surgeon General’s Advisory on E-cigarette Use Among Youth, 2018

ACT-NT is an Effective Intervention for Reducing Youth Nicotine and Tobacco Use

Youth using ACT-NT show:

- 34% decrease in the use of nicotine products after 1 month and 44% reduction after 3 months
- 50% of youth reporting vaping took steps to reduce or quit using

ACT-NT Includes 3 Critical Components:

1. Assessment of Risk & Behaviors
2. Tailored Risk Coaching & Action Plan
3. Continued Engagement via Text

ACT-NT is an Interactive, Evidence-Based Health Assessment & Counseling System that Uses Innovative Technology Shown to Increase Positive Behavior Change.
ACT-NT identifies which nicotine products a youth is using, how often - and why.

Identifying what triggers nicotine usage (peer influence, stress, addiction) and what might motivate them to make a change is critical in providing a tailored, effective action plan to quit.

ACT-NT Gets Results!

Developed with funding from the National Institutes of Health (NIH), ACT-NT was created to provide an engaging platform for youth while also ensuring quality, evidence-based cessation coaching that works with professionals, optimizing their time to properly address nicotine and tobacco risk.

Student Interface

Comprehensive History of Nicotine Use and Personalized Action Plan to Quit

Nicotine and Tobacco Health History Summary

Top item identified based on frequency of use and potential harm:

VAPE

Reported Use:

Vape used 6-9 days in the last 30 days, on average 1 time per day, beginning at the age of 17 years old

Respiratory symptoms or illness:

None

Liquids obtained:

From the Internet

Last tried to quit using vape:

Last month

Time since last use of vape:

9-12 hours ago

Most likely to use vape:

When at school

Stage of change for reducing or quitting vape is Precontemplation.

Feels it would be hard to stop using completely.

Thank you!
Here are your personalized messages

ACT-NT Action Card for: Sally Student

This is your personalized action plan from ACT-NT. We'll be here when you need us, just refer to this card any time you need a willpower boost or refresher!

Your Motivational Boost

Drained of will power, remember the reasons you are committing to quitting or reducing your use:

You want to save money.

Keeping on Track

Feeling a craving? Remember some of things you thought could help:

Keeping yourself busy
Avoiding people who are vaping

ACT-NT Messages

It sounds like you’re not really ready to quit and that’s okay. We’re not going to force you. Instead, we’d like to share what we’ve heard from you and give you a few things to think about.

"Now is the time to take action. We need to protect our young people from all tobacco products, including e-cigarettes."

- U.S. Surgeon General Jerome Adams

*The ACT for Nicotine & Tobacco module can be used independently or with the Rapid Adolescent Prevention Screening (RAAPS). More information can be found at: PossibilitiesforChange.org or by emailing: info@pos4chg.org