

# WHAT IS ASPIRE™ ?

ASPIRE is an online, bilingual multimedia program developed by The University of Texas MD Anderson Cancer Center. It is a fun and interactive tobacco prevention and cessation curriculum for teens.

## HOW DOES IT WORK?

### THE PROGRAM AIMS TO MOTIVATE TEENS TO BE TOBACCO-FREE BY OFFERING:

Videos, animations, and interactive activities

Testimonials from peers, doctors, smokers and non-smokers

Information on short- and long-term health consequences of tobacco/nicotine use

Content on new and emerging products (e-cigs, hookah, synthetic marijuana)

Tips and resources to avoid the temptation to smoke or to stop smoking

### THE ASPIRE STUDENT PROGRAM INCLUDES:

English and Spanish languages

Closed captioning

8 Educational modules

Pre- and post-tests

Quizzes along the way

Certificate of completion

Reporting system with grades

THE UNIVERSITY OF TEXAS  
**MD Anderson  
Cancer Center**  
Making Cancer History®

ASPIRE can be completed on any device (desktop, tablet, or smartphone) with internet connection. The curriculum aligns with subject area standards in health, science, mathematics, social studies, and technology application. Educators have administrative access to track student progress.

This program is available for **FREE** to all NJ schools.  
Please contact [TobaccoFreeNJ@njpn.org](mailto:TobaccoFreeNJ@njpn.org) to learn more!