



To the parent(s)/guardian(s) of SLHS students:

The Southern Lehigh School District is proud to offer the Caron Foundation's Nicotine Cessation Program, Project Connect as a component of the continuum of services in our Student Assistance Program (SAP). Each session will be completed under the direction of a behavioral health professional from the Caron Foundation in a private setting at your students school building. There is **NO COST** to the students or families to participate.

Project Connect is a nicotine cessation and reduction program developed specifically for adolescents. This program was developed through a review of numerous adolescent tobacco cessation programs, research on behavior change theory and positive youth development approaches, and by utilizing prevention and intervention models intended to address other risk behaviors. Participants meet for approximately 45 minutes, once a week for eight weeks, and discuss and work on topics such as the health effects of nicotine use, goal setting, decision making, healthy lifestyle choices, resilience, stress management, and social skills.

To participate in the Caron Foundation's Project Connect Nicotine Cessation Program, please complete the bottom portion of this letter and return it to your students Guidance Office. If you have any questions please feel free to contact your students School Counselor.

Sincerely,
The Southern Lehigh School District Admin Team

_____ I **GIVE** permission to proceed with the Caron Foundation's Nicotine Cessation Program

_____ I **DO NOT GIVE** permission to proceed with the Caron Foundation's Nicotine Cessation Program

Student Name (Printed)

Signature of Parent(s)/Guardian(s)

Date