



**COMMIT
TO QUIT
VAPING**

***VAPES ARE EASY TO PICK UP
AND HARD TO PUT DOWN.
DON'T MISS OUT ON LIFE.***

NICOTINE ADDICTION CAN MAKE YOU FEEL LIKE YOU CAN'T GO A MINUTE WITHOUT VAPING. QUITTING CAN HELP YOU FEEL MORE IN CONTROL OF YOUR LIFE.

HOW TO QUIT VAPING

Quitting vaping can be easier when you prepare in advance and have a plan. Follow these steps and get ready to quit vaping. You are especially sensitive to nicotine's addictive effects because your brain is still developing. This makes it easier to get hooked. Using nicotine at a young age can also rewire brains to become more easily addicted to other drugs.



**VAPES
DOWN**

USE TOOLS TO HELP YOU QUIT

Quitting tobacco is easier when you have support. Live Vape Free is a confidential interactive texting service that will guide you through your quit journey. If you need more support or advice, you can also connect with a quit coach over text.

Text VAPEFREE to 873373 to enroll today!

TEXT
VAPEFREE TO
873373

SET YOUR QUIT DATE.

THE FIRST STEP TO GIVING UP VAPING IS TO CHOOSE A DATE TO QUIT.

HERE ARE SOME TIPS:

- Give yourself time to get ready. Getting ready can help you feel confident and give you the skills you need to stay quit.
- Don't put it off for too long. Picking a date too far away gives you time to change your mind or become less interested in quitting. Choose a date that is no more than a week or two away.
- Set yourself up for success. Try not to pick a quit date that will be stressful, like the day before a big test.

KNOW WHY YOU'RE QUITTING

There are many good reasons to stop vaping. Do you want to feel healthier? Save money? Knowing why you want to quit vaping can help you stay motivated and focused on your goal to become vape-free.

QUIT TOBACCO COMPLETELY

If you smoke cigarettes or use other tobacco products, now is a good time to quit those too. Becoming completely tobacco-free is the best thing you can do for your health.

KNOW WHAT CHALLENGES TO EXPECT

Learn your triggers. Certain people, feelings, or situations can cause you to want to vape. Try to avoid situations that can trigger you to vape when you're in the early stages of quitting.

SWITCH IT UP

Avoid reminders of vaping by changing your routine. Small changes—like taking a different route to school—can help.



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