

TEENS: HOW TO QUIT VAPING



Quitting is hard, so make it easier by having a plan. Follow these steps and get ready to quit vaping!

KNOW WHY YOU'RE QUITTING.

There are many good reasons to stop vaping. Do you want to feel healthier? Get your parents to stop nagging you? Save money? Have more free time to spend with friends? Knowing why you want to quit vaping helps you stay motivated and focused on being vape-free.

SET YOUR QUIT DATE.

The first step is choosing a date to quit. Give yourself time to get ready. Use this time to get pumped up about being vape-free. Find the skills and confidence you know you have to put the vape down for good. Set a date no more than a week or two away. Putting it off for too long gives you too much time to change your mind. Stick with your plan. Pick a date that sets you up for success.

CHALLENGES:

KNOW WHAT TO EXPECT.

- ▶ **Learn your triggers.** Certain people, feelings or situations could cause you to want to vape. Try to avoid them. They

can trigger you to vape when you're just getting started on quitting for good.

▶ **Prepare for the urge to vape.**

You already know cravings and withdrawal can happen. Be ready. Think about how you'll fight cravings and deal with withdrawal symptoms.

Knowing what to expect and having strategies for handling thoughts about vaping or feelings that are uncomfortable will help you choose not to vape in those tough moments.

▶ **Resist temptations.** Avoid places and situations where

others are vaping and plan for how you'll handle it when you can't avoid them. Plan what you'll say if somebody offers you a vape. Maybe that means you take a temporary break from friends who vape.

IMAGINE IT.

Picture yourself vape-free. Do you like what see? Like how you feel?

Pull from the confidence you had when you first made the decision to put your vape down. It might be hard to imagine your life without e-cigarettes, especially if vaping

is something you do a lot throughout the day. You might feel like something is missing at first. It can take time to get used to the new vape-free you. But know over time you will have a new

normal. Here are some strategies to help:

- ▶ **Make the mental shift.** Start thinking of yourself as someone who doesn't vape. This will help separate you from vaping and give you the confidence to quit and stay vape-free.

- ▶ **Share that you're quitting.** Post on social media about how you quit. Share your experience and have your friends motivate you to stay vape-free. #VapesDown

- ▶ **Focus on the positive.** Make a list of all the positive things about yourself that don't involve vaping. Put it somewhere you can see. It'll remind you that vaping does not define who you are.

TAKE BACK CONTROL.

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.

SWITCH IT UP.

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

TURN
OVER
PLEASE



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CONTINUED

VAPES
DOWN

▶ **Picture the future.** Think about who you want to be in the future. Compare that with who you are now. Ask yourself: How are they different? How does vaping get in the way of what you want for your future? The answer can help motivate you to stick with your decision to quit.

BUILD YOUR TEAM.

By surrounding yourself with supportive people, you can make it easier to quit vaping. Friends, family, coworkers and others can be there to listen, boost your mood and distract you from thinking about vaping.

ASK FOR HELP.

You don't have to do it alone. If you feel comfortable, tell your friends and family that you're quitting vaping and that you'll need their support. Be specific about what kind of support you need.

SAY THANK YOU.

Tell your friends and family you appreciate them.

SUPPORT OTHERS.

Check in with your friends and ask what you can do to help them quit too.

DEAL WITH PEOPLE WHO DON'T GET IT.

Some important people in your life may not understand your decision

to quit. It can be frustrating. It's discouraging when someone in your life isn't as supportive as you'd like.

Try one of these strategies:

- ▶ **Distance yourself.** You may need to take a break from unsupportive people when you first quit. Let them know that you need to make quitting vaping a priority.
- ▶ **Recommit to quitting.** Do this every day if needed. Remind yourself why you're quitting and why being vape-free is important to you.
- ▶ **Ask them to respect your decision.** Not everyone will know how to be supportive, and that's okay. Ask them not to vape around you or offer you to use their vape.

WANT MORE INSPIRATION?

teen.smokefree.gov/quit-vaping has more information on these topics:

- ▶ How to Quit Vaping
- ▶ Your First Day Without Vaping
- ▶ Dealing with Vape Cravings
- ▶ Understanding Your Vaping Triggers

- ▶ Vaping Addiction and Nicotine Withdrawal

LEAVE IT ALL BEHIND—QUIT ALL TOBACCO.

If you smoke cigarettes or use other products containing tobacco

or nicotine such as lozenges, now is a good time to quit. Becoming tobacco-free is one of the best things you can do for your health.

TOOLS YOU CAN USE

Call the Texas Tobacco Quitline at **1-877-YES-QUIT** or visit YesQuit.org. You'll receive free and confidential counseling services, support, and information from trained professionals. Research shows that the support provided by a quitline can double your chances of successfully quitting.

Enroll in the Truth Initiative's *This is Quitting* program, a free mobile text messaging program for teens and young adults, at truthinitiative.org/thisisquitting.

COMMIT TO QUIT VAPING.

Set a date to quit vaping and make a plan that works for you. You'll be healthier and happier in the long run.