

# Help young people quit vapes and other tobacco products



Family members and friends, does a young person you care about vape or use other tobacco products? Ultimately, only the young person can make the decision to quit, but friends and family members can help support their quit journey!

## How you can support

- 1. Learn More:** Rather than giving advice first, try asking questions and listening to their perspective, concerns, and struggles, and why they started using vapes and tobacco products.
- 2. Create a Safe Space:** Take an open and calm approach, lead with empathy instead of judgement, and work to build trust, so that young people feel safe to initiate future conversations about quitting vapes and tobacco products.
- 3. Be Supportive:** Quitting tobacco at any age is a challenge. It may take several conversations before the choice to quit is made, but don't give up. A young person is most successful at quitting when they have support from friends and family!
- 4. Set a Good Example:** Make your home tobacco and smoke-free, and offer healthy substitutes when cravings happen, like crunchy fruit, trail mix, gum, mints, or toothpicks.
- 5. Be Patient:** Do your best to be patient, and consistent with your support. Quitting tobacco is possible, but it doesn't happen overnight. It may take several attempts for someone to quit, but it's worth it!
- 6. Show Compassion:** Mood swings, slips, and setbacks when quitting are all common. Be sure to praise any effort to quit vapes and tobacco products, even during setbacks.



## Free cessation support

Effective resources can help someone decide to quit and support their long-term success! Explore these resources and share with the person you're trying to help when they are ready.

### **This is Quitting**

A text program for ages 13 – 24 that offers messages from other young people who have attempted or successfully quit smoking and vaping.

**Text:** "DITCHVAPE" to 88709

**Visit:** [This is Quitting Website](#)

### **QuitSTART**

A smartphone app for ages 13+ that offers personalized tips, support to manage tough days, and encouragement after relapse.

**Download:** QuitSTART App

**Visit:** [QuitSTART Website](#)

### **Kick It California**

A(n) text program, online chat, smartphone app, website, and phone hotline for ages 13+ that offers personalized support from a live coach on how to quit smoking, vaping, and using smokeless tobacco.

**Text:** "KICK VAPES" to 66819

**Visit:** [Kick It California Chat Online](#)

**Download:** No Butts App or No Vape App

**Visit:** [YouTube Videos](https://bit.ly/Yvape) (https://bit.ly/Yvape)

**Call:** (800) 300-8086

### **NOT for Me**

A website for ages 14 – 19 that offers videos on how to quit smoking and vaping.

**Visit:** [NOT for Me Website](#)

### **SmokefreeTXT for Teens**

A text program that provides advice, quit support, and motivation to youth and teens ages 13 – 17 that smoke or vape.

**Text:** "QUIT" to 47848

**Visit:** [SmokefreeTXT for Teens Website](#)

## Free family and friend support

Review this resource for additional guidance on how to help someone quit tobacco.

### **Become An EX**

A text program for family and friends who want to help a young person quit vaping and smoking.

**Text:** "QUIT" to 202-899-7550

**Visit:** [Become An Ex Website](#)

## Free mental health support

People that vape or smoke, may be using products to cope with a mental health condition. If that's the case with a someone you're trying to help, share these resources as you support them.

### **California Youth Crisis Line**

A 24/7 text program, online chat, and phone hotline for ages 12 – 24 that provides prevention and crisis resources.

**Text:** Any Message to (800) 843-5200

**Visit:** [California Youth Crisis Line Chat Online](#)

**Call:** (800) 843-5200

### **988 Suicide and Crisis Lifeline**

A 24/7 text program, online chat, and phone hotline, support service for people in the United States in distress that provides prevention and crisis resources.

**Text:** Any Message to 988

**Visit:** [988 Suicide and Crisis Lifeline Online Chat](#)

**Call:** 988