



MOOD CHANGES

Nicotine can make you feel anxious, irritable, and create cravings that have the potential to control your life.



BRAIN DEVELOPMENT

Nicotine is a poison and a highly addictive drug that can harm your developing brain.

Tips to Help you Quit: You Can Take Back Control

Ask for support – If you feel comfortable, ask the people around you for support. This could be a friend, parent, teacher, coach, or counselor.

Be prepared – Pay attention to when you have a craving, and what could be your trigger. This could be stress from exams, peer pressure, or other factors.

Use all the Resources – Apps, texting, and asking for support from someone you trust will increase your chances of success.

Get Active - Studies have shown that exercise and being active can help you be successful at quitting smoking and vaping. This could be going for a walk or taking part in an after school sport.

Find a Reason - Think of your most important reason to quit. Always keep that in mind, especially if quitting gets hard.



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KNOW THE RISKS

Apps and
Resources to
Quit Vaping
and Tobacco



CHEMICALS

Vaping devices make an aerosol that can contain nicotine, metals, and other toxins known to cause cancer.



ADDICTION

Nicotine can re-wire your brain for addiction to other tobacco products and substances.

I'M READY. FREE AND ANONYMOUS SUPPORT



This is Quitting App and Text

The app has activities to help you quit vaping or using other tobacco products. You can also speak with a counselor 24/7.

www.thisisquitting.com
Text 'DITCHJUUL' to 88709



quitSTART App

An app to help you track your quitting progress. You can earn badges, get tips on how to manage tough days, and play games to help distract yourself from cravings.

teen.smokefree.gov/become-smokefree/quitstart-app



SmokefreeTXT for Teens

A resource for teens that offers advice, quit support, and motivation to remain nicotine and tobacco free.

www.teen.smokefree.gov
Text 'QUIT' to 47848



The California Smokers' Helpline

A website, telephone helpline, and app created for teens to #quitvaping.

www.novapes.org
1-844-8-NOVAPE
Text 'Quit Vaping' to 66819