

READY TO QUIT VAPING?

HERE ARE SOME TIPS

KNOW WHY YOU'RE QUITTING ?

Think about why quitting is important to you. These reasons can help you stay motivated to remain vape-free.

- My health and fitness levels have declined
- Vaping is interfering with my schoolwork and grades
- Vaping is getting in between my family, friends and/or my boyfriend or girlfriend
- I don't have any money because it all goes to vaping

1

Make a list of all of the reasons that quitting vaping is important to you and keep it in a place that you will see it often, like your phone.

SET YOUR QUIT DATE

Picking a quit date will hold you accountable to stop by a deadline.

- Pick a date that isn't too far into the future; sooner is better!
- Give yourself time to prepare
- Plan something fun for the date that you quit. Give yourself something to look forward to!

2

VISUALIZE A VAPE-FREE YOU

Vape-free you is going to do great things! Keep this in mind:

- Think of all the things you will do as a vape-free person
- Develop a mantra or affirmation that you can repeat to yourself when you are doubtful of your decision to quit
- Remind yourself of the positive things that will come from your decision

3

BUILD YOUR TEAM

Quitting will be challenging enough with a good support team. Avoid people that will make things harder.

- Seek out other people who are trying to quit. Create a support network
- Let your friends know that you've made the decision to quit. Let them help!
- YOU be the support THEY need! It's a two-way street

4

CONGRATULATIONS!

Making the decision to quit is not easy but you've taken the first step!



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RESOURCES

This is Quitting

<https://www.thetruth.com/articles/hot-topic/quit-vaping>

This is Quitting is a mobile program designed by Truth Initiative to help young people quit with inspiration from others like them. Youth and young adults can access the new e-cigarette quit program by texting "DITCHJUUL" to 88709. Parents and other adults looking to help should text "QUIT" to (202) 899-7550.

BecomeAnEx

<https://www.becomeanex.org>

BecomeAnEX is a free, digital quit-smoking plan and community created by Truth Initiative in collaboration with Mayo Clinic. It offers customized quit plans and text messages for support quitting smoking or vaping, smart, interactive guides and tools for navigating a tobacco-free journey as well as expert advice and tips from the Mayo Clinic. An active, supportive "EX Community" of real tobacco users who have been through it all will help users quit.

Smokefree Teen

<https://teen.smokefree.gov>

Smokefree Teen has a variety of resources including tips and apps to help users quit vaping. To get started, text "QUIT" to 47848.



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www.madisonchathamcoalition.org