

E-CIGARETTES AND VAPING

CARING ADULTS CAN SUPPORT YOUNG PEOPLE IN QUITTING

how to provide support

start the conversation - provide teen quit resources - involve others

Vaping is addictive, youth become easily hooked, and the powerful effects of addiction make it very hard to stop, even if someone wants to. Caring Adults, you can help by offering support, starting a conversation, providing resources, and/or involving others.

START THE CONVERSATION

- Know the facts
- Choose the right time and place
- Compliment youth's good judgment
- Ask open-ended questions

Conversation Tips from Keep Connected

bit.ly/VapeTalkingTips

Conversation Guide with www.lung.org

www.lung.org/quit-smoking/vape-talk

TEEN QUIT RESOURCES

teen.smokefree.gov

smoke free teen is a web based program for teens

not on tobacco program

a voluntary 10-week quit program for teens ages 14-19 ; call **1-800-LUNG-USA** or email NOT@Lung.org

other resources

American Indian Commercial Tobacco Program: Call **1-855-372-0037**

Spanish Speaking Resources: Visit español.smokefree.gov or Call **877-2NO-FUME**

Chinese Telephone Counseling: Call **1-800-838-8917**

Korean Telephone Counseling: Call **1-800-556-5564**

Vietnamese Telephone Counseling: Call **1-800-778-8440**



@SmokeFreeUS



1-800-QUIT-NOW
or text **READY** to 200-400
24/7 line : text **QUIT** to 47848



download the free
QuitStart App

Involve Others

Family, friends, school counselors, family doctor, and community professionals

Call 211 or text your zip code to 898211

Find treatment at findtreatment.gov

Always Here to Help

For more information and educational resources on vaping, contact your local Extension office at counties.extension.wisc.edu

This fact sheet represents the highest quality tools and resources identified by the Vaping Workgroup of the University of Wisconsin-Madison Division of Extension.