

# HOW TO HELP YOUR TEEN QUIT VAPING



When teens start vaping, many believe it's safer than smoking cigarettes. But it's habit-forming, and quitting isn't easy. We have resources to guide you step by step through encouraging your teen to quit.

Visit [YesQuit.org](https://www.yesquit.org) for tips on how to quit vaping, or call the Texas Tobacco Quitline at 1-877-YES-QUIT to talk to a Quit Coach for advice and strategies for quitting tobacco.

## TALKING WITH YOUR TEEN ABOUT QUITTING

For most people, it takes practice to quit for good. You can help your teen make the decision to quit and encourage them to stick with it when it gets

tough. Remember to be patient and positive if they don't quit on the first try.

Research shows that following these steps can help your teen quit vaping for good.

## PARENTS, WE MEAN YOU TOO!

If you smoke or vape, take steps to quit. Being the example is the best message you can send your teen. Even if you have tried to quit in the past, you can demonstrate the importance of trying again. You can use [YesQuit.org](https://www.yesquit.org) and the Texas Tobacco Quitline (1-877-YES-QUIT), they are not just for teens.

## STEPS TO HELP YOUR TEEN QUIT ■ STEPS TO HELP YOUR TEEN QUIT ■ STEPS TO HELP YOUR TEEN QUIT

### 1. PREPARE TO QUIT

- ▶ Think about the benefits of quitting, such as healthier lungs and less risk for disease or injury.
- ▶ Give yourself time to get ready. Then pick a date and stick to it.
- ▶ Get rid of all of your vapes and accessories.
- ▶ Ask people not to vape around you and avoid situations where you know people will be vaping.

### 2. BUILD A SUPPORT SYSTEM

- ▶ Ask for help. The people who care about you want you to succeed and will help when times get tough. You don't have to do it alone.
- ▶ Find resources that can help you quit for good at [YesQuit.org](https://www.yesquit.org) or

call the Texas Tobacco Quitline at 1-877-YES-QUIT.

### 3. CHANGE YOUR HABITS

- ▶ Try changing your daily routine to avoid triggers that cause you to want to vape. It may be best to avoid certain situations in the early stages of quitting.
- ▶ Prepare for cravings and withdrawal symptoms.
- ▶ Learn simple ways to reduce stress, such as deep breathing or brisk walks.
- ▶ Keep a water bottle or gum handy for times you feel tempted to vape.
- ▶ Start thinking of yourself as someone who isn't defined by vaping.

- ▶ Think about what you'll say if somebody offers you a vape.
- ▶ Focus on the positive aspects of quitting.
- ▶ Make a list of positive things about yourself that don't involve vaping and keep it where you can see it often. Remind yourself that quitting is worth it for the long run.
- ▶ Spend time with people who make you feel good about your decision and who want you to quit.

### READY TO QUIT?

- ▶ Visit [YesQuit.org](https://www.yesquit.org)
- ▶ Call the Texas Tobacco Quitline at 1-877-YES-QUIT

Please contact [Tobacco.Free@dshs.texas.gov](mailto:Tobacco.Free@dshs.texas.gov) for sources.