

# Youth Cessation Guide

## Resources for Educators, Parents, and Mentors to Support Youth

### Youth Resources to Quit Vaping

The Tobacco-Use Prevention Education (TUPE) Grant support youth in grades 6th-12th to get the facts about the harmful effects of vaping, tobacco and cannabis use by providing prevention, intervention, cessation and youth development in SLO County Schools.

The resources below can be used to help youth quit or reduce use with smoking, vaping or chewing tobacco/nicotine based products. All resources provided are free and confidential.



#### Kick It California

(Ages 13+ years)

California's free quit resource helps Californians kick smoking, vaping, and smokeless tobacco with the help of proven, science-based strategies. The program creates a personalized quit plan through phone call, chat, and app.

To join or learn more: Call **1-800-300-8086** or Visit [kickitca.org](http://kickitca.org)



#### Truth Initiative: This is Quitting

(Ages 13-24 years)

This is Quitting is a free and anonymous text messaging program from Truth Initiative designed to help young people quit vaping. Users sign up for the program via text message. They provide their age and quit date to receive tailored messages once per day.

To join or learn more: Text **"DITCHVAPE"** to **88709** or Visit [truthinitiative.org/thisisquitting](http://truthinitiative.org/thisisquitting)



#### NOT for Me: My Path to Quit

(Ages 14-19 years)

NOT for Me is a voluntary, online resource created by the American Lung Association to help teens who want to stop using tobacco and nicotine products. The program involves 8 self-paced sessions to help teens learn more about tobacco and develop healthy habits. NOT for Me addresses all types of tobacco use.

To join or learn more: Visit [notforme.org](http://notforme.org)



#### Smokefree Teen

(Ages 13-17 years)

Smokefree Teen was created by the National Cancer Institute. The program involves creating a personalized quit plan to help teens quit vaping or smoking. Smokefree Teen also has a text messaging program and the quitSTART app.

To join or learn more: Visit [teen.smokefree.gov](http://teen.smokefree.gov) or Download **"quitSTART"** app on a mobile device

For more local resources, visit [TeachVapeFree.org](http://TeachVapeFree.org) (for educators) and [LiveVapeFree.org](http://LiveVapeFree.org) (for students).



#### TOBACCO CONTROL PROGRAM

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