

VAPING 101: TIPS FOR STAYING VAPE-FREE

Vaping continues to be a public health crisis among teens. More than 1.6 million U.S. youth currently use e-cigarettes. Many kids think vaping is harmless, but it can have serious health consequences. Study these pages to keep you and your family safe.

IS IT TIME TO GET HELP QUITTING?

Teens may not know the signs of nicotine addiction. Ask for support from others. Remember: it's never too late to get help.

If you or someone you know shows any of the below signs of addiction, it may be time to get help.

- Cravings to use e-cigarettes or other tobacco products
- Feeling anxious or irritable
- Continuing to vape despite negative consequences
- Going out of one's way to get e-cigarettes

VAPING RESOURCES FOR TEENS & FAMILIES

- Talk to your family doctor about treatment options
- Visit teen.smokefree.gov and teen.smokefree.gov/quit-vaping
- CDC Quitline: **1-800-QUIT-NOW**
- For Young People: Text **DITCHVAPE** to **88709**
- For Families Helping Young People: Text **QUIT** to **202-899-7550**

WAYS TO SAY NO

Some teens say they vape because their friends do—either to feel cool or because they're afraid to say no. Here are four ways to handle the pressure.

- Say a simple **"No, thanks,"** or **"Nah, that's not my thing."**
- Change the topic (**"Hey, are you going to band practice today?"**).
- **Walk away** and do something else.
- **Talk** with a friend, parent, or trusted adult.

PARENT TIPS: HEALTHY HABITS AT HOME

The environment in your home plays a big role in your child's decisions. Keep it healthy to help kids avoid harmful habits.

- **If you smoke or vape, try quitting.** Teens report that one of the top reasons they try e-cigarettes is because a friend or family member uses them. Share the reasons why you want to quit and ask your family for their support as you start your journey.
- **Establish a tobacco-free home.** Don't allow smoking or vaping in your home. Make sure to ban smoking and vaping in your car too.

- **Steer clear of smoking and vaping in public places.** Avoid restaurants, parks, and other locations that allow people to smoke or vape.
- **Set family health goals each week.** Take a walk together around the neighborhood, try a new vegetable each week at dinner, do one-minute yoga stretches together, or challenge everyone to drink more water. Working as a team keeps it fun!