HEALTH EFFECTS

- ■ What are some health benefits to vaping?
- ● What are some negative health consequences of vaping?
- ▲ What do you think you would miss feeling, if you took a break from vaping for a few days?
- ★ How might your body positively respond to taking a break from vaping?

MAKING YOUR MOMENTUM

	Benefits	Drawbacks
Quitting or Cutting Back on Vaping	★	▲
Continuing How Much You Vape	●	■

COST

- ■ What about purchasing or receiving your e-cigarettes/vape products do you like the most?
- ● Calculate how much you spend on vapes in a year. Make a list of three important things you could afford with this amount of money.
- ▲ What are some financial drawbacks to quitting?
- ★ How would not spending money on e-cigarettes/vapes benefit you?

YOUR PLAN

What do you see as your next step? When can you complete it by?

What do you need in order to complete that step?

What might be some barriers that keep you from completing that step? How will you manage them?

How do you think that you will feel when you complete that next step?

Who can you ask for support to complete this step?

WELLNESS

- What are some possible healthy ways to cope with stress?
- What might be some problems if you have unhealthy ways to cope with stress?
- What would be difficult about not trying healthy ways to cope with stress?
- What would be some of the benefits to using healthy coping strategies?

YOUR BRAIN

- How does vaping usually make your brain feel? (Think about how vaping affects your mood, focus, sleep, emotions, etc.)
- What do you think are some downsides to vaping, for your brain? (Think about how vaping affects your mood, focus, emotions, etc.)
- Imagine being vape-free for one week. What are some of the negative responses that your brain might have?
- Imagine being vape-free for one month. How would your brain benefit from receiving this break?

healthy FUTURES *Handbook*

Cannabis Awareness & PREVENTION TOOLKIT

Stanford MEDICINE | REACH Lab

TOBACCO PREVENTION TOOLKIT

Name: _____

NEXT STEPS

After going through the Healthy Futures Curriculum, you might be thinking about vaping differently than you did before. Cutting back or quitting vapes may or may not be something you are thinking about right now. It's your decision if/when you decide to quit, so we aren't going to pressure you to do anything you don't want to do. Instead, we're going to ask you to decide for yourself what your next steps will be when it comes to vaping.

- Quit vaping for 24 hours to see how your body feels
- Delay your first hit of the day by 15 minutes
- Limit your vaping to one or two places, and eliminate it in all other places
- If you use other nicotine products, stop using them
- Sign up for a vaping call or text line
- Talk to a trusted adult about your vaping
- Talk to someone who doesn't vape about what it's like

There are lots of other possible meaningful steps that you could take within the next 24 hours that could lead to a healthier, happier version of yourself.

Quitting Resources

Text "DITCHVAPE" to 887-09

Visit KICK IT California www.nobutts.org

Teen.smokefree.gov or 1-800-QUIT-NOW

Text "Start My Quit" to 37072

SAMHSA's Helpline 1-800-662-HELP (4357)

California Youth Crisis Line 1-800-843-5200

988 Suicide & Crisis Lifeline