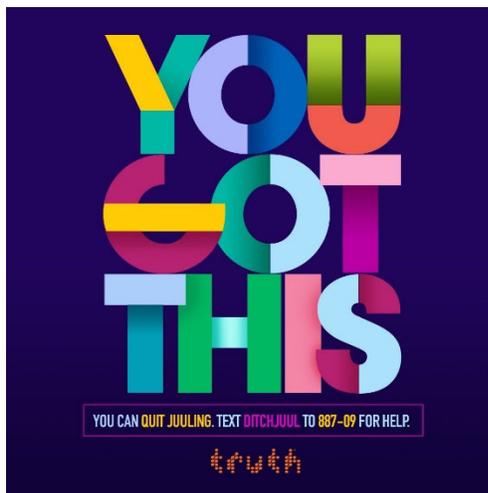


Youth Cessation Services

An important resource for schools to have access to is information about teen cessation. Nicotine is an extremely addictive substance and a large number of youth who are using e-cigarettes are addicted.

Here are a few cessation services that have been designed to specifically help teens.

This Is Quitting



Truth Initiatives' mobile text message program was created with input from teens, college students and young adults who have attempted to, or successfully quit, e-cigarettes. The program is tailored by age group to provide appropriate recommendations about quitting and also serves as a resource for parents looking to help their children who now vape.

To access the program, users can text "DITCHJUUL" to **88709** or enroll online at <https://www.thetruth.com/articles/hot-topic/quit-vaping> to get started right away.

SmokeFree Teen

SmokeFree Teen offers a mobile text messaging service called quitSTART which is designed for youth and young adults who are trying to quit. This mobile app helps the user to create their own quit plan, check their progress, manage cravings, and find encouragement when they need it the most.

Users can text "QUIT" to **47848**, download the quitSTART app from the Apple Store or Google Play, or sign up on line at <https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>.

