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TOBACCO FREE ADAGIO HEALTH PRESENTS

HOW TO QUIT:

A GUIDE FOR TEENS

1. PREPARE

CONGRATULATIONS!

You have made the first step in quitting tobacco and nicotine products which is possibly the most difficult.

Now, this guide will walk you through:

- Picking a quit date
- Affirming your reasons
- Identifying triggers
- Fighting cravings
- Techniques for SUCCESS
- Resources and support

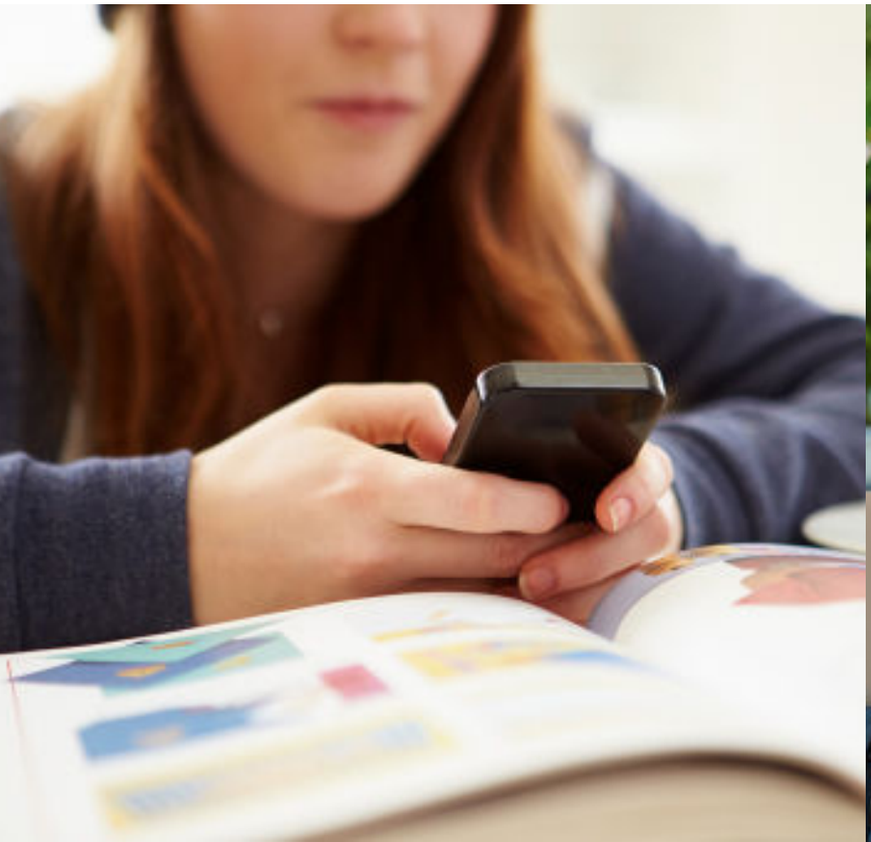




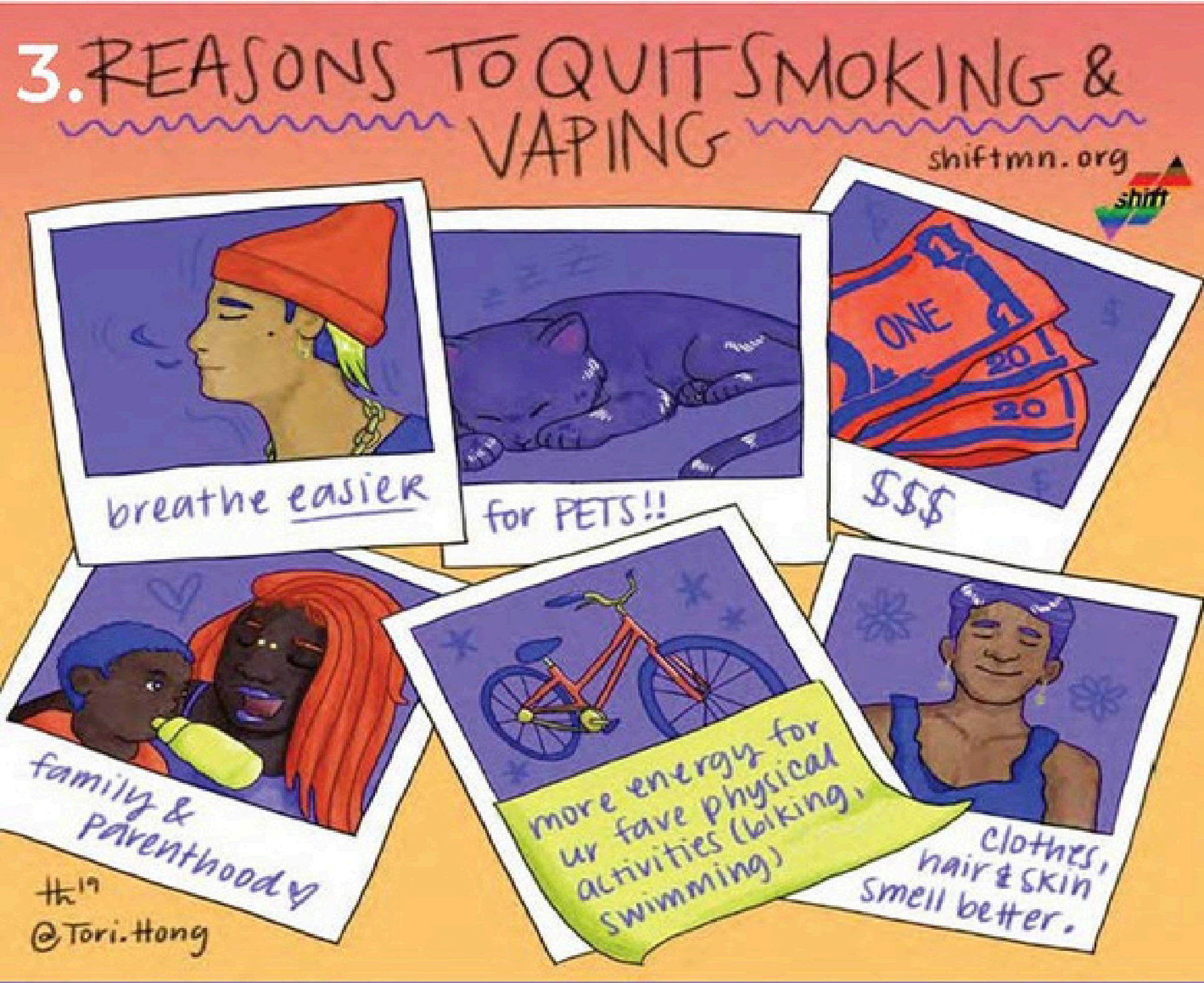


2. PICK A DATE

- Look a week or two ahead
- Reach out for support from friends, family, the PA Free Quitline (1-800-QUIT-NOW) or MyLifeMyQuit.org
- Track your quitting journey with an app like: Quit
- Vaping, Aeris, Flamy, Livestrong MyQuit Coach
- Try to cut down before you officially quit







Write down the reasons you are quitting — and refer back to them if you slip up or you're struggling.

Identify the things, situations, or even people that make you want to use tobacco products – then do your best to avoid these triggers, especially during your first couple weeks of quitting.

Find replacements for triggers you can't avoid, for example, if you are used to having a cigarette after a meal, try replacing it with a piece of sugar-free gum.



4. IDENTIFY TRIGGERS

5. FIGHT CRAVINGS



Try to choose healthy alternatives when you are craving nicotine.

Your options include:

- Drinking water
- Exercising
- Having a healthy snack Calling a friend Meditating
- Reaffirming your reasons for quitting







On your QUIT DAY, make sure you are set up for success:

- Throw away all tobacco products, lighters, and ashtrays
- Wash any clothes that smell like smoke
- Use your Quit apps
- Avoid triggers
- Begin nicotine replacement therapy (if over 18 years of age or prescribed by a doctor)
- Make a plan for the day with friends and family to support you!
- Keep a water bottle on you and drink when you have cravings
- Reaffirm your reasons when you are feeling unmotivated!

6. SET-UP FOR SUCCESS

7. RESOURCES & SUPPORT

Live online classes, in-person support and phone support:
Tobacco Free Adagio Health
adagiohealth.org/tobaccofree/quit
1-800-215-7494

Phone, Online, & Text Support:
My Life, My Quit
www.mylifemyquit.com
855-891-9989

OVER 18 years of age:
1-800-QUIT-NOW
pa.quitlogix.org

Phone App Support:
quitSTARTapp from
smokefree.gov

Online & Text Support:
Smokefree Teen from
Smokefree.gov
teen.smokefree.gov





WHAT ABOUT E-CIGARETTES AND VAPES?





The vapor is NOT just water: the"vapor" from an e-cigarette contains nicotine, heavy metals, and other harmful chemicals. Vape creators also add toxic chemicals for better taste, more smoke produc- tion, and for a worse "throat burn". These chemicals can lead to serious lung problems and have been known to cause cancer.

- Nicotine is very addictive and can harm a persons blood vessels and increase their risk of heart disease. Nicotine can also harm the develop- ment of a teen brain.
- Liquid nicotine is poisonous if swallowed or absorbed through the skin. This puts children and pets at risk!
- Some people turn to e-cigarettes and vaping products to reduce their smoking, but the high and varying levels of nicotine in each product often keep people addicted. Seek advice from a medical professional or even online if you are ready to quit!

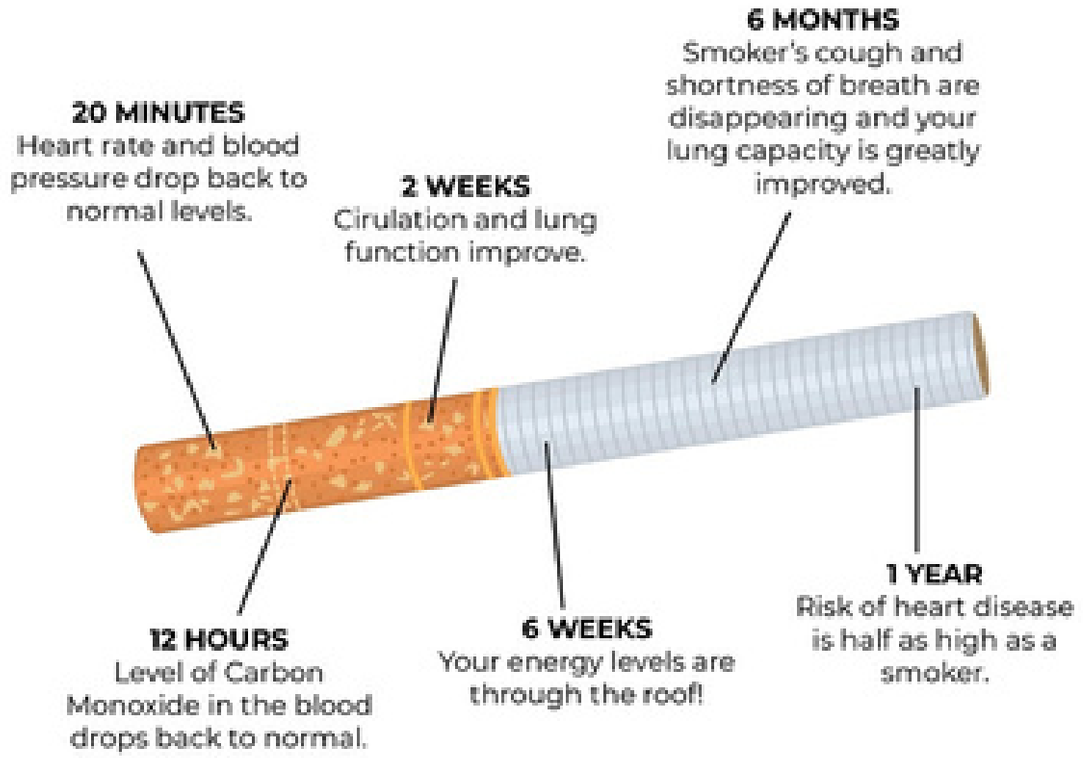
DON'T FORGET THE 5 D'S!





YOU GOT THIS!

THE STAGES OF QUITTING



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You're welcome here

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