

KNOW VAPE

KNOW the dangers of YOUTH vaping.

WANT TO QUIT VAPING? Get free help

MY LIFE MY QUIT

WHAT IS IT? In this **FREE** and confidential program through phone, chat or text, specially trained coaches help youth up to age 18 to quit vaping, smoking or chewing. mylifemyquit.com.



HOW DOES IT WORK? BY ENROLLING ONLINE, TEEN PARTICIPANTS RECEIVE:

- ⇒ 5 one-on-one coaching sessions scheduled every 7-10 days.
- ⇒ Coaching to develop a quit plan, identify triggers, practice refusal skills and receive ongoing support for changing behaviors.



- ⇒ Coaches available by phone, by text message or by online chat.
- ⇒ Self-help and educational materials designed for teens, with input from teens.

WHY MY LIFE, MY QUIT™? This is an Idaho-based program that was developed by National Jewish Health, the nation's number one respiratory hospital that operates tobacco quitlines in numerous states around the country. Tobacco cessation coaches have completed extensive training on adolescent cognitive and psychosocial development from a psychologist and professor at Stanford University who specializes in adolescent tobacco prevention.



THIS IS QUITTING

WHAT IS IT? A **FREE** and anonymous text program to help teens and young adults quit vaping.



HOW DOES IT WORK? Join **FREE** by **texting DITCHVAPE to 88709**. The program combines age-appropriate advice, cognitive and behavioral coping strategies and social support to help young people "feel motivated, inspired and supported through their quit journey."

WHY THIS IS QUITTING? This program comes from the Truth Initiative, a Washington DC-based national public health organization that is the longest-running and one of the most successful national tobacco prevention campaigns for youth and young adults, having helped a half million teens to quit vaping.

