

HELP A YOUNG PERSON QUIT VAPING

Vaping exposes users to harmful particles, chemicals, and nicotine.
Try these five approaches to help an adolescent to quit vaping.

ASK QUESTIONS

Questions might get to the reason they started vaping. For example:

- What made you want to start vaping?
- What makes you crave or want to vape?
- What can I do to help you to quit vaping?



BE PATIENT

Remember it can be difficult to quit. Withdrawal symptoms - physical or mental- can be strong. Be prepared to support them through these difficult times. Offer to go on a walk with them and don't take it personally if they are irritable.



HELP REMOVE THE TEMPATIONS

Cravings can be strong, so help them remove any vaping products or devices from their reach. The harder they are to get, the better the chance the craving will subside.



ENCOURAGE THEM TO HAVE A PLAN

Discuss with the teen how they'll handle cravings when they occur and temptation around others vaping. Help them create a list to distract themselves when cravings hit.



ENCOURAGE THEM TO REACH OUT

Research local and online resources that can help them (and you) get through the quitting process. There are a lot of resources available to help quit and provide support. Scan the QR code to access them now!



Source: <https://utswmed.org/cancer/community-outreach/join-a-conversation/beating-nicotine-together/how-to-quit-vaping-teen/>