

KEEP THE CONVERSATION GOING

Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen's attention. And, you can easily share pages of the website (E-cigarettes.SurgeonGeneral.gov) with your teen.



Look for this symbol, click it, type in the message you want or use the message provided, and share with your teen via Facebook, Twitter, or email.

Connect and encourage.

- You always liked science. Check out the science about e-cigarettes and young people: E-cigarettes.SurgeonGeneral.gov
- Getting off nicotine is hard but I'm so happy I quit. Don't make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

Remind and repeat.

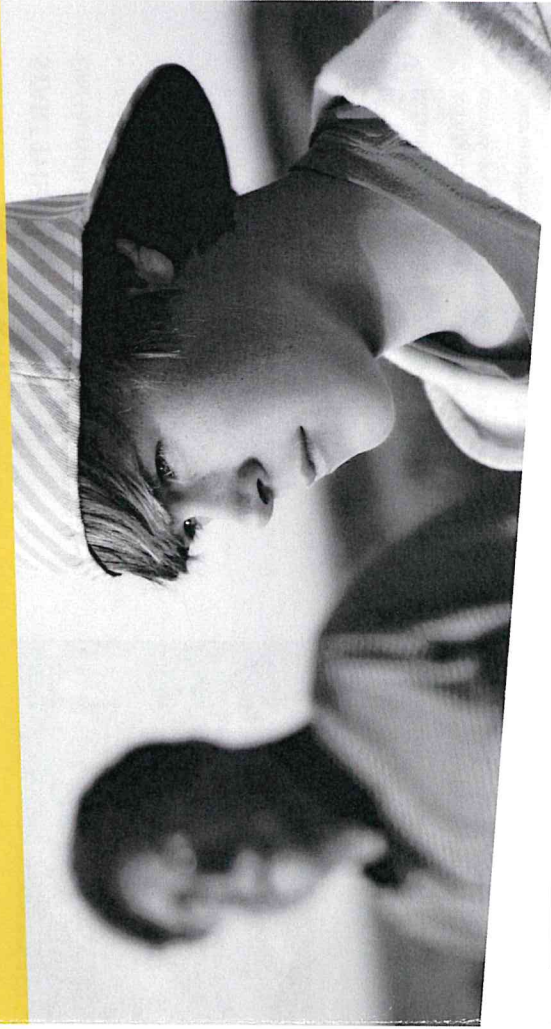
- Most teenagers don't use e-cigarettes. E-cigarettes with nicotine can mess with your brain, and your brain is still developing until you are at least 25.
- You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes can be harmful.

Share facts and resources.

- Just learned that many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.
- Just saw a report from the Surgeon General that e-cigarettes can mess with how your brain develops and might even affect your mood and focus. Please don't use any products that contain nicotine.
- Hope none of your friends use e-cigarettes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that can be dangerous to your health.



Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents



BEFORE THE TALK

Know the facts.

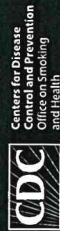
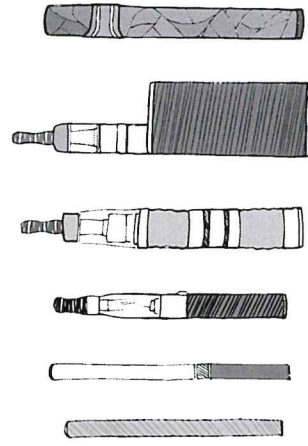
- Get credible information about e-cigarettes and young people at E-cigarettes.SurgeonGeneral.gov.

Be patient and ready to listen.

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

Set a positive example by being tobacco-free.

- If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call **+800-QUIT-NOW**.



Centers for Disease Control and Prevention
Office on Smoking and Health



START THE CONVERSATION

Find the right moment.

- A more natural discussion will increase the likelihood that your teen will listen. Rather than saying "we need to talk," you might ask your teen what he or she thinks about a situation you witness together, such as:
 - » Seeing someone use an e-cigarette in person or in a video.
 - » Passing an e-cigarette shop when you are walking or driving.
 - » Seeing an e-cigarette advertisement in a store or magazine or on the internet.



Ask for support.

- Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
- These supportive adults can help reinforce your message as a parent.

ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

Why don't you want me to use e-cigarettes?

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

What's the big deal about nicotine?

- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.
- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.

- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

Aren't e-cigarettes safer than conventional cigarettes?

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- Some e-cigarette batteries have even exploded and hurt people.
- I thought e-cigarettes didn't have nicotine — just water and flavoring?
 - I used to think that, too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- Let's look at the Surgeon General's website on e-cigarettes (E-cigarettes.SurgeonGeneral.gov) together so you can see for yourself.

I (or my friends) have tried e-cigarettes and it was no big deal.

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

You used tobacco, so why shouldn't I?

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
- Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.



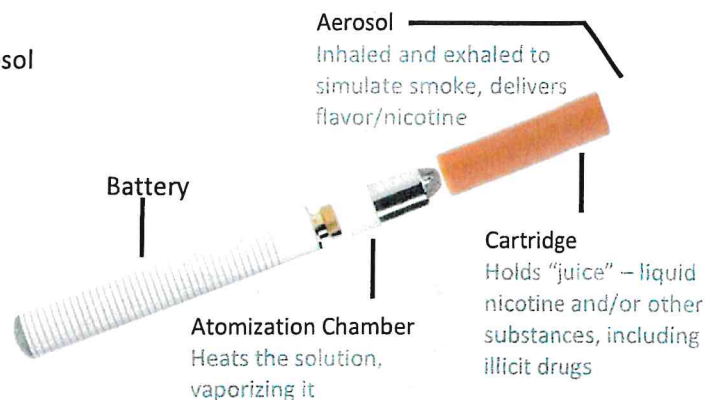
E-CIGARETTES A GROWING CONCERN

WHAT ARE E-CIGARETTES?

An electronic cigarette is an oral device that can be used to simulate smoking and that produces an aerosol of nicotine and/or other substances.

THEY TAKE MANY FORMS

E-cigarettes are also known as e-hookahs, hookah pens, vape pens, vaporizers, e-cigars, and e-pipes.



4 REASONS TO BE CONCERNED ABOUT E-CIGARETTES

They produce more than just water vapor

- Secondhand aerosol can contain nicotine, ultrafine particles, heavy metals, and cancer-causing chemicals.¹
- Communities have come to expect clean indoor air; e-cigarette use threatens this standard and makes enforcement confusing.

They haven't been proven safe

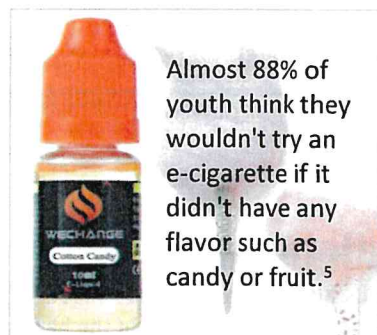
- Studies have found some e-cigarettes contain high levels of formaldehyde and diacetyl, chemicals harmful to the human body.²
- Contents vary widely and don't always match the ingredients or amounts listed on labels.³

They aren't approved to help smokers quit

- No e-cigarette has been approved by the FDA as a cessation device.
- E-cigarette users often continue to smoke regular cigarettes as well as use e-cigarettes.⁴

They appeal to youth

- In Wisconsin, 13% of high school students currently use e-cigarettes, surpassing the use of conventional cigarettes.⁵
 - E-cigarettes are the most commonly used tobacco product among youth, a cause for concern since nicotine is known to have harmful effects on adolescent brains.⁶
- Alarming, e-cigarette use is associated with increased intentions to smoke conventional cigarettes.⁷



1 E-cigarettes: A scientific review. Contemporary Reviews in Cardiovascular Medicine. Circulation, 2014

2 Evaluation of Electronic Cigarette Liquids and Aerosol for the Presence of Selected Inhalation Toxins. Nicotine & Tobacco Research, September 2014.

3 Chemical Evaluation of Electronic Cigarettes. Tobacco Control. February 2014.

4 Electronic Cigarettes and Conventional Cigarette Use Among US Adolescents: A Cross-sectional Study. JAMA Pediatr. March 2014.

5 2016 Wisconsin Youth Tobacco Survey

6 The health consequences of smoking—50 years of progress. US Department of Health and Human Services, CDC, 2014

7 Intentions to smoke cigarettes among never-smoking US middle and high school electronic cigarette users: National Youth Tobacco Survey, 2011-2013. Nicotine & Tobacco Research, February 2014.

What is JUUL?

JUUL is a new type of e-cigarette that has surged in popularity since its introduction in 2015. JUUL is already the **most widely purchased e-cigarette brand**, representing **nearly half** of the market share in the last quarter of 2017.¹ Despite the fact that its purchase, possession, and use is illegal for minors under 18 years old, JUUL is **especially popular among youth**.

Discreet

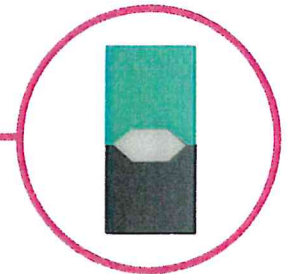
JUUL has two components: a rechargeable battery and a detachable cartridge of e-juice called a JUULpod. JUUL's small size and its **close resemblance to a USB flash drive** adds to its youth appeal and allows kids to **discreetly use** and **easily hide the device**. Customizable "wraps" or skins" featuring different colors and patterns add to the device's concealability.¹



Image from TruthInitiative.org

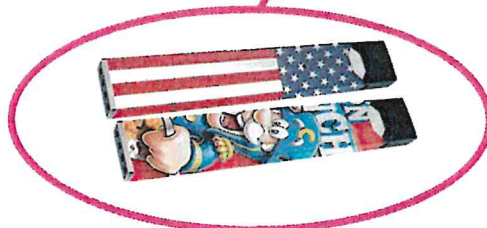


Image from OhGizmo.com



Each JUULpod contains **200 puffs** and on average **costs less than a pack of cigarettes**.²

Image from JuulVapor.com



Images from Amazon.com

Appealing to Youth



JUULpods come in kid-friendly flavors such as **Cool Mint, Fruit Medley, and Mango**.¹

Nearly 9 out of 10 Wisconsin youth say they probably **wouldn't try an e-cigarette if it wasn't flavored**.³

Image from EJuiceConnect.com



JUUL users have a **significant social media presence** through outlets such as YouTube, Twitter, Snapchat, and Instagram, increasing JUUL's **exposure to young people**.¹

Image from YouTube.com

"JUULing"

Youth and young adults refer to JUUL use as "JUULing" instead of "vaping" or "e-cigarette use".²

Not Harmless

JUUL's **highly concentrated levels of nicotine** have been engineered to mimic the kick of cigarettes with less of the harshness that comes with cigarette smoke.²

Nicotine is **highly addictive**, and it can have lasting effects on adolescent brain development, including permanently lowering impulse control and damaging parts of the brain that control attention and learning.^{1,4} Research suggests that youth are **up to seven times more likely** to use other forms of tobacco if they use e-cigarettes like JUUL.⁵



Nicotine in one JUULpod = Total nicotine in a pack of cigarettes!²

Image from SMEHarbinger.net

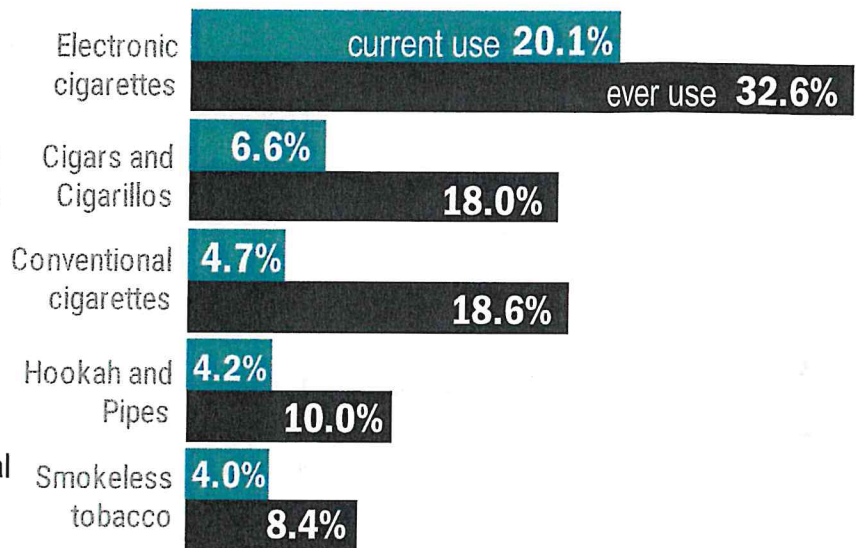
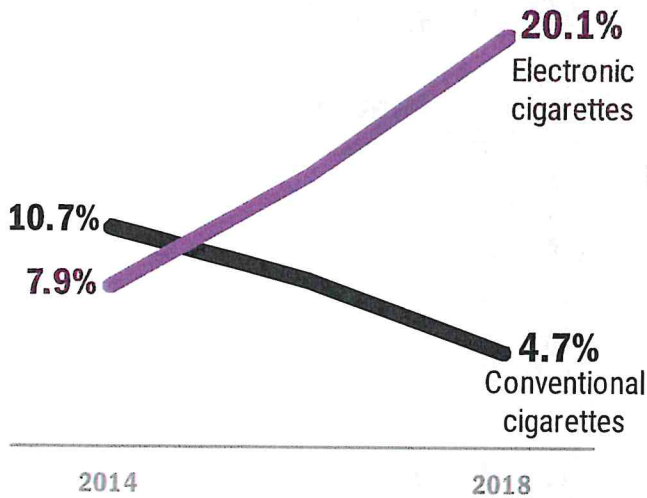
¹ Bach, Laura. *JUUL and Youth: Rising E-Cigarette Popularity*. Campaign for Tobacco-Free Kids; Washington, DC: 2019. <https://www.tobaccofreekids.org/assets/factsheets/0394.pdf>.
² JUUL IQ1: The Next Generation of E-Cigarettes. Stanford Medicine Tobacco Prevention Toolkit; Stanford, CA: 2018. <https://med.stanford.edu/content/dam/sm/tobaccoprevention-toolkit/documents/ecigarettes/uni16/juul-101.pdf>.
³ Wisconsin Youth Tobacco Survey: High School and Middle School Fact Sheets. Wisconsin Tobacco Prevention and Control Program; Madison, WI: 2016. High School. <https://www.dhs.wisconsin.gov/publications/p01624.pdf>. Middle School. <https://www.dhs.wisconsin.gov/publications/p01624a.pdf>.
⁴ Know the Risks: E-Cigarettes and Young People. U.S. Department of Health and Human Services; Washington, DC: 2018. <https://e-cigarettes.surgeongeneral.gov/newtheris.html>.
⁵ Boldi KW, Kong G, Camenga DR, Simon P, Cavallo DA, Morean ME, Krishnan-Sarin S. Trajectories of E-Cigarette and Conventional Cigarette Use Among Youth. *Pediatrics*; Itasca, IL: 2019. <http://pediatrics.aappublications.org/content/141/1/e20171932>.

High School Snapshot

Youth Tobacco Survey 2018

As conventional cigarette use is declining, e-cigarette use is rising.

From 2014 to 2018, there was a **154% increase** in e-cigarette use.



1 in 5

Wisconsin high schoolers use e-cigarettes.

1 in 4

of those who have ever used e-cigarettes first tried an e-cigarette before age 16.



16%

of e-cigarette users also smoke conventional cigarettes.



89%

would not use unflavored tobacco products.



more than **half**

of current smokers usually smoke menthol-flavored cigarettes.



19% live in homes where others smoke.

24% rode in vehicles where others smoked in the last week.



76%

of high schoolers said it is easy to get tobacco products.

15%

of high schoolers have never seen a warning label on a cigarette pack.

88%

of high schoolers agree all tobacco products are dangerous.

40%

of high school tobacco users want to quit using all tobacco products.

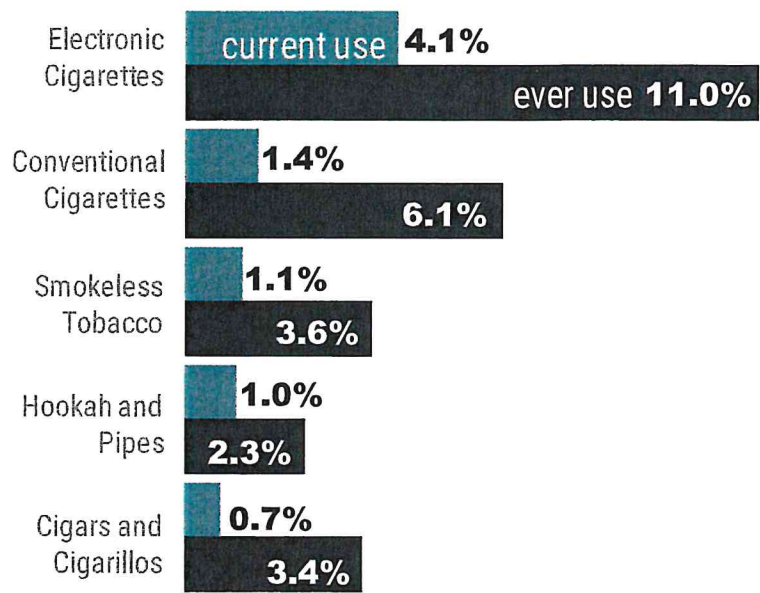
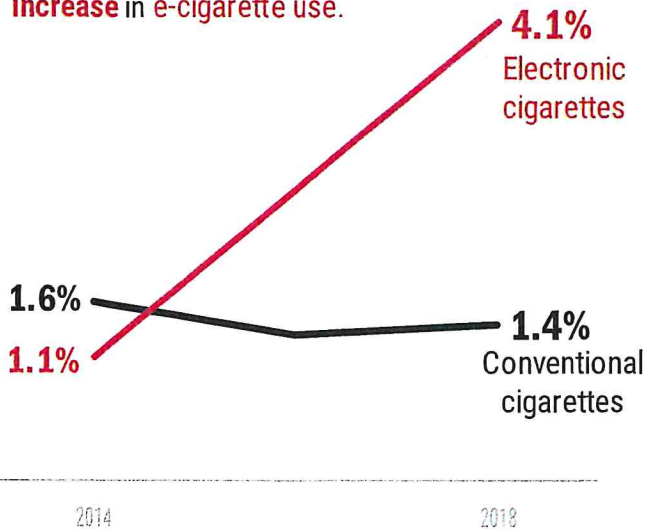


Middle School Snapshot

Youth Tobacco Survey 2018

As conventional cigarette use has declined, e-cigarette use is rising.

From 2014 to 2018, there was a **272% increase** in e-cigarette use.



1 in 9 Wisconsin middle schoolers have ever tried e-cigarettes.

96% of those who have ever used e-cigarettes first tried an e-cigarette before age 13.

47% of those who have ever used e-cigarettes tried e-cigarettes before any other product.

95% would not use unflavored tobacco products.

93% think smoking does not make you look cool.



19% live in homes where others smoke.
20% rode in vehicles where others smoked in the last week.



41% of middle schoolers said it is easy to get tobacco products.

93% of middle schoolers agree secondhand smoke is dangerous.

90% of middle schoolers agree all tobacco products are dangerous.

72% of middle schoolers think kids are targeted by tobacco companies.



Harmful Chemicals in Electronic Cigarettes

While a limited number of studies have been conducted on electronic cigarettes to date and more studies are necessary, scientific studies have identified hundreds of chemicals in the vapor of mainstream smoke (inhaled by the person smoking) or in the secondhand side stream. Some of these are known to cause health effects, are toxic, or may cause cancer. A Greek study found cotinine — a byproduct of nicotine — samples in the blood of people exposed to electronic cigarette vapors had “similar nicotinic impact to tobacco cigarettes.” Like tobacco, the only way for cotinine appears in the blood of nonusers is through secondhand exposure. Based on the research to date, GASP of Colorado believes there is enough evidence to recommend that the public avoid exposure to secondhand electronic cigarette smoke.

Forty-Two Chemicals Identified in Electronic Cigarettes

✓ = exposure can be especially harmful to the health. Chemicals in red are emitted in secondhand smoke.

2-butanone (MEK)	Butyl hydroxyl toluene	Limonene	Potassium
2-furaldehyde	Cadmium ✓	m,p-Xylen	Propanal ✓
Acetaldehyde ✓	Chromium ✓	Magnesium	Propylene Glycol ✓
Acetic acid	Copper	Manganese	Sulfur
Acetone ✓	Crotonaldehyde	Nickel ✓	Tin ✓
Acrolein ✓	Diethylene Glycol ✓	Nicotine ✓	Toluene ✓
Aluminum	Formaldehyde ✓	N-Nitrosornicotine ✓	Valeraldehyde
Barium	Glyoxal	o-Methylbenzaldehyde ✓	Zinc
Benzene ✓	Iron	p,m-Xylene	Zirconium
Boron	Isoprene ✓	Phenol ✓	
Butanal	Lead ✓	Polycyclic Aromatic Hydrocarbons ✓	

Specific Dangers of Some Electronic Cigarette Chemicals

Side Stream Smoke

<p>* Benzene <i>Found in pesticides and gasoline.</i></p>	<p>Found in the air from emissions from burning coal and oil, gasoline service stations, and motor vehicle exhaust. Acute (short-term) inhalation exposure of humans to benzene may cause drowsiness, dizziness, headaches, as well as eye, skin, and respiratory tract irritation, and, at high levels, unconsciousness. Chronic (long-term) inhalation exposure has caused various disorders in the blood, including reduced numbers of red blood cells and aplastic anemia, in occupational settings. Reproductive effects have been reported for women exposed by inhalation to high levels, and adverse effects on the developing fetus have been observed in animal tests. Increased incidence of leukemia (cancer of the tissues that form white blood cells) has been observed in humans occupationally exposed to benzene. EPA has classified benzene as known human carcinogen for all routes of exposure.</p>
<p>Diethylene Glycol</p>	<p>A chemical used in antifreeze and capable of causing eye irritation and respiratory tract irritation and with chronic exposure can cause reproductive and fetal effects.</p>
<p>* Isoprene</p>	<p>One of the major components that makes up natural rubber and is used to make synthetic rubbers. It is also emitted from plants and trees, has been detected in tobacco smoke and automobile exhaust. Isoprene is a possible cancer-causing agent. The US government in 2000 classified it as "reasonably anticipated to be a human carcinogen." In laboratory animal studies of isoprene, cancer was observed in multiple organ sites following long-term inhalation exposures.</p>

Mainstream & Side Stream Smoke

<p>* Formaldehyde <i>Used for preserving dead bodies.</i></p>	<p>A colorless, flammable, strong-smelling chemical that is used in building materials and to produce many household products. Formaldehyde sources in the home include pressed-wood products, cigarette smoke, and fuel-burning appliances. When exposed to formaldehyde, some individuals may experience various short-term effects. Formaldehyde has been classified as a known human carcinogen (cancer-causing substance) by the International Agency for Research on Cancer and as a probable human carcinogen by the U.S. Environmental Protection Agency. Research studies of workers exposed to formaldehyde have suggested an association between formaldehyde exposure and several cancers, including nasopharyngeal cancer and leukemia.</p>
<p>* Nicotine</p>	<p>Is a naturally occurring toxic chemical found in tobacco plants. It has a fishy odor when warm. Cigarettes, cigars, other tobacco products, and tobacco smoke contain nicotine. Worker exposure may occur during processing and extraction of tobacco. At one time, nicotine was used in the United States as an insecticide and fumigant; however, it is no longer produced or used in this country for this purpose. Nicotine affects the nervous system and the heart. Exposure to relatively small amounts can rapidly be fatal.</p>
<p>* N-Nitrosornicotine</p>	<p>Chemical substance that is known to cause cancer.</p>

<p>Propylene Glycol <i>The main ingredient of e-liquids and is used in many e-cigarettes for producing vapor.</i></p>	<p>Is a synthetic liquid substance that absorbs water. It is also used to make polyester compounds, and as a base for deicing solutions and by the chemical, food, and pharmaceutical industries as antifreeze when leakage might lead to contact with food. The Food and Drug Administration (FDA) has classified propylene glycol as an additive that is "generally recognized as safe" for use in food. It is used to absorb extra water and maintain moisture in certain medicines, cosmetics, or food products. It is a solvent for food colors and flavors, and in the paint and plastics industries. Propylene glycol is also used to create artificial smoke or fog used in fire-fighting training and in theatrical productions. Inhaling propylene glycol may affect airways. Short-term exposure in indoor air (for one minute) causes irritations in the eyes, throat and airways. Long-term exposure in indoor air may raise children's risk of developing asthma. People who have frequently been exposed to theatrical fogs containing propylene glycol are more likely to suffer from respiratory, throat and nose irritations than do unexposed people.</p>
<p>* Toluene A poisonous industrial solvent.</p>	<p>Is added to gasoline, used to produce benzene, and used as a solvent. Exposure to toluene may occur from breathing ambient or indoor air affected by such sources. The central nervous system (CNS) is the primary target organ for toluene toxicity in both humans and animals for acute (short-term) and chronic (long-term) exposures. CNS dysfunction and narcosis have been frequently observed in humans acutely exposed to elevated airborne levels of toluene; symptoms include fatigue, sleepiness, headaches, and nausea. CNS depression has been reported to occur in chronic abusers exposed to high levels of toluene. Chronic inhalation exposure of humans to toluene also causes irritation of the upper respiratory tract and eyes, sore throat, dizziness, and headache. Human studies have reported developmental effects, such as CNS dysfunction, attention deficits, and minor craniofacial and limb anomalies, in the children of pregnant women exposed to high levels of toluene or mixed solvents by inhalation. EPA has concluded that that there is inadequate information to assess the carcinogenic potential of toluene.</p>

Mainstream Smoke

<p>* Acetaldehyde <i>A poisonous solvent and paint stripper.</i></p>	<p>Is mainly used as an intermediate in the synthesis of other chemicals. It is ubiquitous in the environment and may be formed in the body from the breakdown of ethanol. Acute (short-term) exposure to acetaldehyde results in effects including irritation of the eyes, skin, and respiratory tract. Symptoms of chronic (long-term) intoxication of acetaldehyde resemble those of alcoholism. It is considered a probable human carcinogen (Group B2) based on inadequate human cancer studies and animal studies that have shown nasal tumors in rats and laryngeal tumors in hamsters.</p>
<p>* Cadmium Toxic heavy metal used in car batteries.</p>	<p>The main sources of cadmium in the air are the burning of fossil fuels such as coal or oil and the incineration of municipal waste. The acute (short-term) effects of cadmium in humans through inhalation exposure consist mainly of effects on the lung, such as pulmonary irritation. Chronic (long-term) inhalation or oral exposure leads to a build-up of cadmium in the kidneys that can cause kidney disease. It has been shown to be a developmental toxicant in animals, resulting in fetal malformations and other effects, but no conclusive evidence exists in humans. An association between cadmium exposure and an increased risk of lung cancer has been reported from human studies, but these studies are inconclusive due to confounding factors. Animal studies have demonstrated an increase in lung cancer from long-term inhalation exposure to cadmium. EPA has classified cadmium as a Group B1, probable human carcinogen.</p>
<p>* Lead</p>	<p>Lead is a naturally occurring element found in small amounts in the earth's crust. While it has some beneficial uses, it can be toxic to humans and animals causing health effects.</p>
<p>* Nickel</p>	<p>Occurs naturally in the environment at low levels and is an essential element in some animal species, and it has been suggested it may be essential for human nutrition. Nickel dermatitis, consisting of itching of the fingers, hands, and forearms, is the most common effect in humans from chronic (long-term) skin contact with nickel. Respiratory effects have also been reported in humans from inhalation exposure to nickel. Animal studies of soluble nickel compounds (i.e., nickel carbonyl) have reported lung tumors. EPA has classified nickel refinery dust and nickel subsulfide as Group A, human carcinogens, and nickel carbonyl as a Group B2, probable human carcinogen.</p>

- These compounds Proposition 65 are listed in California's Proposition 65, the Safe Drinking Water and Toxic Enforcement Act of 1986. The Proposition is designed to protect California citizens and the State's drinking water sources from chemicals known to cause cancer, birth defects or other reproductive harm, and to inform citizens about exposures to such chemicals. Products containing chemicals on the Proposition 65 list are required to carry the following warning in California: "WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm."

Some sources:

Electronic Cigarettes – An Overview, German Cancer Research Center, 2013

Acute impact of active and passive electronic cigarette smoking on serum cotinine and lung function, Inhalation Toxicology, 2013

Indoor Air from the Fraunhofer Wilhelm-Klauditz-Institut 2012

Web sites of the EPA and FDA; and others.

"Peering through the mist: What does the chemistry of contaminants in electronic cigarettes tell us about health risks?" (Lists many of the chemicals in this paper.

It is funded by the e-cig advocacy group CASAA and uses the wrong standard of exposure (see <http://www.tobacco.ucsf.edu/new-e-cig-risk-assessment-uses-wrong-standard>).

Quitting vaping?

Here are 5 tips for handling Nicotine withdrawal

It's one of the biggest challenges to quitting both cigarettes and e-cigarettes: coping with cravings from nicotine withdrawal. Although research on quitting e-cigarettes is in the early stages, that doesn't mean we don't have plenty of good information about how to deal with nicotine withdrawal. Since nicotine is what makes e-cigarettes addictive, quitting e-cigarettes shares similarities to quitting regular cigarettes or other tobacco products.

Dr. J. Taylor Hays, professor at the Mayo Clinic College of Medicine and director of the Mayo Clinic Nicotine Dependence suggests the following:

1. Exercise.

Physical activity is a reliable way to crush a craving, according to Hays. "Instead of using nicotine to get that 'feel good' response in the brain, you are doing it more naturally thanks to the endorphin boost you can get from physical activity," he says. Even a short walk can do the trick, as can something fun like playing ultimate Frisbee, taking a swing at batting cages or doing yoga in your bedroom.

2. Use a distraction.

Cravings will pass, if you can give them a minute or two. Purposefully using a distraction to take your mind off the craving will help speed up the process. "Find the activities that will keep your mind engaged for those few minutes," Hays says. These can include things like reading a blog, listening to music, playing a game, solving a puzzle or doodling.

3. Set up your environment for success.

Hays recommends creating a temptation-free home, such as throwing out anything that reminds you of vaping. Make sure your room, backpacks, purses and pockets are free of any e-cigarettes and things you need to vape. Then, let your friends know you're trying to quit so they don't bring vaping items around you that could trigger a craving.

4. Find stress solutions.

Many people turn to vaping when they're stressed out, which sets up a vicious cycle of cravings. Hays points out that this way of confronting stress is only a "Band-Aid." Now is a great time to examine your stress coping skills. "Developing healthy, effective alternatives to stress now will benefit you for the rest of your years. Things as simple as deep breathing, drinking water or talking to a friend are ways to re-energize yourself and let the stress go," Hays says.

5. Celebrate your accomplishments.

Experts say that recognizing and celebrating accomplishments when you're quitting can boost resistance to stress and cravings. Even making it through your first few hours is a big accomplishment. "Each and every moment tobacco-free is a moment to be welcomed and celebrated," Hays says.

The following is a message from KRW Tobacco-Free Coalition Coordinator:

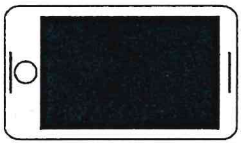
KEEP GOING- Even when you slip up!!!

Quitting nicotine is hard. It may even feel, at times, like the hardest thing you've ever done. Quitting often takes more than one try. Set a date to quit. If you vape after your quit date, it helps to understand why you slipped up. Were you stressed out? Hanging out with certain friends? In the car? Think back to what happened and make a plan for getting past it next time. Don't forget, celebrating your successes along the way helps. Every accomplishment, including making it through a slip-up, deserves recognition. Celebrate and keep going.

-Michelle

FREE QUITTING RESOURCES FOR TEENS

Do you know someone or are you a person who wants to QUIT JUULing, vaping, or smoking? These are the resources for you!



QUITTING

THIS IS QUITTING

Text QUIT to 202-804-9884 to leave JUUL or your e-cig forever through text support & training tools.



smokefreeTXT

Text QUIT to 47848 6-8 week program for young adults (13-19 years old), receive 3-5 messages per day.



quitSTART

quitSTART app takes your vaping history and gives you tailored tips, inspiration, and challenges to help you quit vaping.



WISCONSIN TOBACCO
quitLine
800-QUIT-NOW

Telephone coaching available for Wisconsin e-cigarette users ages 13 and older who want to quit.



www.hopescouncil.org



262-658-8166 Ext. 102



krw@hopescouncil.org

FREEDOM from Vaping - You Have Options!