



Let's clear the air about  
the dangers of vaping.



# VAPING TOOLKIT

## Learn. Listen. Talk.

Parents, caregivers, and youth-serving organizations play a vital role in delaying and preventing youth from using e-cigarettes and vapes. While education is the start, it's the meaningful conversations that come out of that education that can effect real change.

Whether you're a parent, a caregiver, or an educator, this toolkit provides a range of resources, continuously updated, to provide the educational foundation and the guidance to understand and to take action on this important issue.

### The toolkit includes:

- **General Information on Vaping**, including what you need to know about vaping and e-cigarettes, the *2018 National Youth Tobacco Survey*, and how Big Tobacco is targeting kids.
- Targeted **Information for Educators**, with both research and action tools including: what educators and coaches need to know, prevention curricula, updated school sports rules and regulations for grades 4-12, how to address student use of e-cigarettes, adolescent prevention and cessation programs and ... more.
- **Information for Parents**, including materials to help you to become educated, as well as numerous tips and tools that will help any parent or caregiver to have a meaningful discussion with a child.
- Our **Information for Youth** section provides the kinds of information that our children need to know to help them to make their best choices.

You can find our toolkit at [mychoicematters.net](http://mychoicematters.net) – click on **Vaping Toolkit**

Explore the available resources to become educated and to help you to take action!

Barnstable County Department  
of Human Services  
508-375-6628  
[www.bchumanservices.net](http://www.bchumanservices.net)





# Get ready to Escape the Vape for good.

Use these tools to help yourself or others quit smoking or vaping.

## Tips to quit vaping \*National Institutes of Health

Quitting vaping can be easier when you prepare in advance and have a plan. Find out what steps you can take to get ready to quit vaping.

### Know Why You're Quitting

There are many good reasons to stop vaping. Knowing why you want to quit vaping can help you stay motivated and focused on your goal.

### Set Your Quit Date

- **Give yourself time to get ready.** Getting ready can help you feel confident and give you the skills you'll need to stay quit.
- **Don't put it off for too long.** Picking a date too far away gives you time to change your mind or become less interested in quitting. Choose a date that is no more than a week or two away.
- **Set yourself up for success.** Try not to pick a quit date that will be stressful, like the day before a big test.

### Know What Challenges to Expect

Learn your triggers. Certain people, feelings, or situations can cause you to want to vape. It's important to know your triggers.

Think about how you will fight cravings and deal with withdrawal symptoms. Knowing what to expect and having strategies for handling thoughts about vaping or uncomfortable feelings will help you succeed and stay with your quit in those tough moments.

Resist temptations. Avoid places and situations where others are vaping. If you can't avoid being around vaping, plan for how you will handle these situations.

### Imagine Your Vape-Free Self

It might be hard to imagine your life without e-cigarettes – especially if vaping is something you do a lot throughout the day. It can take time to get used to the new vape-free you, but over time this will become your new normal. Here are some strategies that can help:

- **Make the mental shift.** Start thinking of yourself as someone who doesn't vape. This will help separate you from vaping and give you the confidence to quit and stay quit.
- **Focus on the positive.** Make a list of all the positive things about yourself that don't involve vaping and put it somewhere you can see often, like on your bedroom wall or phone. It will remind you that vaping does not define who you are.
- **Picture the future you.** Think about who you want to be in the future. Compare that with who you are now. Ask yourself: How are they different? How does vaping get in the way of what you want for the future? The answer to this can help motivate you to stick to your decision to quit.

### Build Your Team

Surrounding yourself with supportive people can make it easier to quit vaping. Friends, family, co-workers, and others can be there to listen, boost your mood, and distract you from using your vape.

Ask for help. You don't have to do it alone. If you feel comfortable, tell your friends and family that you're quitting vaping and that you will need their support.

### Truth Initiative®

In the wake of the surgeon general declaring a youth e-cigarette epidemic, Truth Initiative has expanded its quit-smoking resources to include an e-cigarette quit program.

Youth and young adults can access the e-cigarette quit program by texting **DITCHJUUL** to **88709**.

Parents and other adults looking to help young people quit should text **QUIT** to **(202) 899-7550**.

### Massachusetts Smokers' Helpline

#### 1-800-QUIT-NOW

The Massachusetts Smokers' Helpline is a free and confidential service for Massachusetts residents who want help to end their tobacco use. Get help from a quit coach over the phone or use online tools and resources.

### Become a Smokefree Teen

A text line for young adults (13-19 years old) in the United States who want to be smokefree.

Sign up at [teen.smokefree.gov](http://teen.smokefree.gov) or text **QUIT** to **47848**.