



CESSATION SOLUTIONS TO HELP TEENS QUIT VAPING.

Nicotine exposure during adolescence, a critical period for brain development, can cause addiction and harm the developing brain. Despite this fact, tobacco companies continue to knowingly market products that make their way into the hands of youth. Fortunately, Delaware has a dedicated 24/7 resource that e-cigarette users, **now as young as age 13**, can use to find the support they need to quit successfully.

DELAWARE
QUITLINE
1-866-409-1858

It's free. It's confidential. No one has to know. The Delaware Quitline offers invaluable support, resources, and personal encouragement to anyone wanting to quit vaping, smoking, or other tobacco products. In addition, individuals can find online help at www.QuitSupport.com.

Quit support is available to teens under 18 in three ways, whichever is most comfortable for you:



Our compassionate support specialists will assess the caller's needs and explore their options, right over the phone. Calls to us are completely confidential.



Our Quit Coaches help individuals conquer their vaping or smoking urges at their own pace — with chat and other online support, tracking tools to help them quit, and much more.

If they reach out via text, we can set them up with interactive content to help them take control of their desire to quit, plus one-on-one coaching for tips and accountability when they need a boost.

To learn more about the Delaware Quitline and cessation programs, visit www.HealthyDelaware.org/Quit or text VAPEFREE to 873373.

VapeFreeDE.com

THERE'S A SOCIAL ASPECT TO SUPPORT.

Teens in Delaware have access to lots of prevention and cessation resources to learn the truth and make a change, including:

- **KBG** — *Kick Butts Generation*. A youth-led anti-tobacco movement with a mission to keep the tobacco products out of schools and communities, at www.kbgde.org.
- **Teens Health**, from Nemours. This nonprofit health website for kids and teens offers doctor-reviewed advice, articles, free lesson plans, and more, at www.kidshealth.org.
- **DANTE** — *Delawareans Against Nicotine and Tobacco Exposure*. A nonprofit group of Delaware collegians who've chosen not to smoke, and want to make Delaware a cleaner, safer, and healthier place for everyone.

Programs available from the American Lung Association include the following, at www.lung.org/stop-smoking/helping-teens-quit.

- **N.O.T.** — *Not On Tobacco*, a totally holistic program that helps youths quit smoking and vaping while identifying alternative, positive behaviors.
- **InDepth** — *Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health*. Alternative educational sessions offered to students who have been suspended from school for vape or tobacco use.

A teen quit-vaping program is also available from Truth Initiative, a youth-based organization that motivates and inspires vape-free living.

- **This is Quitting**. The first-ever text-to-quit vaping service, activated by texting DITCH JUUL to 88709. See details at www.truthinitiative.org/thisisquitting.

TEENS WANT TO QUIT. YOU WANT TO HELP.

As a parent, educator, school nurse, coach, or mentor, you're in a unique position to talk with teens about e-cigarettes — from frequency of use to the inherent health risks to the dangers of nicotine addiction. We urge you to tell all students about the Delaware Quitline and protect them from the effects of vaping and Big Tobacco's influence. You could potentially save a life.

For those 18 or older, Delaware Quitline cessation options are available at 1-866-409-1858.

- Our compassionate support specialists will assess the caller's needs and explore their options, right **over the phone**. Calls to us are completely confidential.
- Is online too informal? Is a phone call too uncomfortable? If so, call our Quitline and arrange for an **in-person talk** with a trained local coach.
- Our Quit Coaches help individuals conquer their vaping or smoking urges at their own pace — with **online support**, tracking tools to help them quit, and much more.
- Participants may be eligible for free tobacco cessation medication.

Not into calling? That's OK. Just text VAPEFREE anonymously to 873373 for resources and coaching to help you quit.

