



Worcester Division of Public Health
Central MA Regional Public Health Alliance
Tobacco Control Program



How To Help Your Teen Quit Vaping

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Many parents are wondering how to help their teens quit vaping or smoking. They feel more urgency than ever due to the vaping-related lung injuries occurring across the country. Quitting vaping or any tobacco product can be hard since these products contain nicotine, an extremely addictive substance. And criticizing or punishing a young person won't help them break that nicotine addiction. Here are a few tips:

- **Be patient and ready to listen.** Your goal is to have a conversation, not deliver a lecture. Deciding to try to quit is a process so begin that dialogue.
- **Know that there's no "perfect time" to talk and there's no "perfect talk".** Any time is a good time to talk with your child. Think of this as a learning opportunity for both of you.
- **Ask what your teen thinks.** Be genuinely curious and open to learn what they know about vaping, why they vape or use other tobacco products, and what they think about quitting. Share what you know but concede that you don't know all the answers.

Other Tips:

- ✓ Encourage your teen to speak with their healthcare provider about quitting.
- ✓ Youth can also visit teen.smokefree.gov for tips about quitting vaping and smoking.

Youth Cessation Resources

- **My Life, My Quit™** has youth coach specialists trained to help young people by phone or text. Young people can call or text "Start My Quit" to 855-891-9989 for free and confidential help or sign up online at mylifemyquit.com.
- **This is Quitting** powered by **truth®** is a free and confidential texting program for young people who vape. Text "VapeFreeMass" to 88709. In partnership with the Massachusetts Department of Public Health.
- Parents can also text QUIT to (202) 899-7550 to sign up to receive text messages designed specifically for parents of vapers by **truth® Initiative**.