

Vaping Cessation Resources for Youth

- Kick It California (formerly California Smokers' Helpline) – Counseling, texting chat, mobile app, Alexa skill 1-800-300-8086
 - www.kicitca.org
- Stanford Medicine– Tobacco Prevention Toolkit
 - Resources & educational modules for schools, providers and parents
 - <https://med.stanford.edu/tobaccopreventiontoolkit.html>
- American Academy of Pediatrics – Youth Tobacco Cessation
 - Fact sheets, clinical considerations & teen vaping related resources
 - <https://www.aap.org/en/patient-care/tobacco-control-and-prevention/youth-tobacco-cessation/>
- American Lung Association – Conversational Guides
 - Educational materials for teens, parents, educators
 - www.thevapetalk.org
- SAMSHA – Guide to Reducing Vaping among Youth and Young Adults
 - Resources for health care providers, systems, and communities.
 - <https://store.samhsa.gov/product/Reducing-Vaping-Among-Youth-and-Young-Adults/PEP20-06-01-003>

Vaping Cessation Resources for Youth (cont.)

- National Cancer Institute – Quit vaping resources for teens
 - SmokeFreeTeens.gov
 - <https://teen.smokefree.gov/quit-vaping>
- American College of Preventive Medicine
 - Youth cessation resources for parents, educators, healthcare professionals
 - <https://www.acpm.org/initiatives/tobacco-cessation-resources/>
- American Lung Association – NOT for Me
 - Self-guided, mobile-friendly smoking & vaping cessation program for teens
 - <https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco>
- Everfi/Kaiser Permanente/Truth Initiative
 - Quit vaping curriculum for teachers, parents and students
 - *Vaping – Know the Truth* - 45-minute self-help interactive course with peer-to-peer & digital material
 - <https://everfi.com/courses/k-12/vaping-prevention>

Vaping Cessation Resources for Youth (cont.)

- Truth Initiative® - Free text message program & app
 - Text "QUIT" to 202-804-9884
 - Text "QUIT" to 706-222-QUIT
 - Mobile App – This is Quitting
 - www.thisisquitting.com
 - www.thetruth.com
- National Jewish Health – Program for teens & adults who vape
 - <https://mylifemyquit.com>
- California Youth Advocacy Network - Educational materials
 - www.cyanonline.org