

**WANT TO QUIT
VAPING?**

smokefreeteen

YOUR PLAN. YOUR WAY.

Scan here to make a free, anonymous, and private plan for quitting. Learn how to prepare for tough cravings.

Stay on track and in control.



FREE. ANONYMOUS. 24/7.

Text **DITCHVAPE** to **88709** or scan here to get free quitting help through texts from experts and others just like you.

Get inspired and motivated.



TALK TO A TRUSTED ADULT

Surrounding yourself with positive support can make it easier to quit. Getting help from your family, doctor, or counselor can increase your chances of success.