



# Helping Youth Quit: Vaping Intervention & Cessation Resources for Teens

Vapes and e-cigarettes pose significant risks to young people who use them. At Prevention Action Alliance, we believe everyone has a role in prevention. And although preventing vape and e-cigarette use before it starts is the goal, many young people are already vaping. You may not want to believe that a young person in your life may be using vapes or experiencing nicotine addiction but, unfortunately, vaping device usage among young people is more common than you may think -- about 1 in 5 high school students vape. Below we have compiled a list of vaping intervention and cessation resources for teens along with a teen vaping self-assessment to determine whether or not they are addicted to vaping.

## [Anxiety, Stress, and Vaping](#)

For teenagers struggling to quit vaping, stress and anxiety can trigger cravings. This article from [Smokefree Teen](#), a resource provided by the National Cancer Institute, provides tips and actionable steps teenagers can take to manage stress and seek support for more serious symptoms of anxiety.

## [This is Quitting](#)

This is Quitting is a free mobile program from [Truth Initiative](#) specifically designed to help young people (ages 13–24) quit vaping. Communicating through text messages, users can sign up for the program and provide their age and quit date to receive tailored messages once per day. Those who are not ready to quit yet can also sign up to receive messages that include words of encouragement, information about the health effects of vaping, and tips for quitting.

## [How To Quit Vaping](#)

If a teenager is in the process of assessing why they should quit using e-cigarettes, this step-by-step guide from [Smokefree Teen](#) can help them reflect, set a quit date, speak with friends and family for support, and know what challenges to expect when quitting vaping, such as withdrawal symptoms.

## [Vaping Addiction and Nicotine Withdrawal](#)

For individuals who are addicted to nicotine, quitting vaping can result in withdrawal symptoms ranging from headaches and increased sweating to insomnia and irritability. This resource from [Smokefree Teen](#) provides information about what to expect from the withdrawal process, as well as actionable advice on how teenagers can deal with these symptoms in a healthy way.

## **BecomeAnEX Smoker**

Developed by [Truth Initiative](#) in partnership with the [Mayo Clinic Nicotine Dependence Center](#), BecomeAnEx is an online community and support system that helps individuals with nicotine cessation, including users of traditional tobacco products and e-cigarettes. In addition to the community function, this resource provides access to tools to create a customized quit plan, interactive guides, and other information about smoking and vaping, and it allows users to sign up for support text messages.

## **Help! I Want to Quit Smoking!**

This article provides an overview of information on how individuals can be successful in quitting smoking, vaping, or using other tobacco products. Created by the [American Heart Association](#), the information page includes organizations, tools, and methods for nicotine cessation. This resource can serve as a starting point for teenagers who are early in the quitting process.

## **Lung HelpLine and Tobacco QuitLine**

Individuals who want their questions answered one-on-one by a health care expert can utilize the American Lung Association's [Lung HelpLine and Tobacco QuitLine](#). Users have the option of calling a hotline number or submitting a question online to be answered by the organization's staff. Experts that can be reached using this resource include registered nurses, registered and certified respiratory therapists, pharmacists, and counselors.

## **N-O-T: Not On Tobacco**

N-O-T is a nicotine cessation program designed specifically for teenagers in the process of quitting vaping or smoking tobacco. N-O-T groups are run by facilitators who have been trained and certified by the American Lung Association. Individuals looking for an in-person program to provide support during the quitting process can use the American Lung Association's program information page to find a group in their community.

## **quitSTART**

The quitSTART app is a free smartphone app that helps users quit smoking or vaping by providing tailored tips, inspiration, and challenges. Created by the [National Cancer Institute](#), the quitSTART app provides tips and information, allows users to track progress and milestones, play games, and complete challenges as a needed distraction from cravings.

## **Regional Quitlines**

For individuals who want to find regional support, the [North American Quitline Consortium's directory](#) of help lines is a useful resource. Users can click on their location to access hotline numbers and online services for nicotine cessation that are provided by their state. The directory includes resources for the United States and Canada.

## **SmokefreeTXT for Teens**

For some teenagers, interacting through text messaging is more comfortable when seeking help. SmokefreeTXT for Teens, a program run through the [National Cancer Institute](#) allows individuals to sign up for a six- to eight-week program in which they receive three to five texts per day offering encouragement and advice. If a teen decides to end the program, they can easily opt out of receiving future messages.

## **Yale-Led Study Teaches Teens How to Quit Vaping**

<https://www.yalemedicine.org/news/yale-vaping-cessation-program>

# Teen Vaping Self Assessment

## Are You Addicted to Vaping?

1. Do you continue to vape even though you want to stop or think it's hurting you in some way?
2. Do you feel anxious or irritable when you want to use your vape but can't?
3. Do thoughts about vaping interrupt you when you're focused on other activities?
4. Do you still vape after getting in trouble with your parents or at school for vaping?
5. Have you ever tried to stop vaping but couldn't?
6. Do you feel like you have lost control over your vaping?

*If you answered YES to one or more of these questions you may be addicted to vaping, and it's time to seek help.*

### ABOUT PREVENTION ACTION ALLIANCE

PAA is a nonprofit that helps prevent substance misuse and promote mental health and wellness. We provide resources and technical assistance to individuals, families, and communities to help educate, empower and advocate.

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