

# Help students quit vaping and smoking tobacco products



School teachers and staff, does a student at your school smoke, vape, or use smokeless tobacco? Ultimately, only the student can make the decision to quit; however, establishing yourself as a trusted adult, learning about resources, and encouraging a positive school environment can all work to help support their quit journey!

## How you can support

- 1. Learn more:** It's important to learn why a student started using tobacco. Rather than giving advice or disciplining first, try asking questions and listening to the student's perspective, concerns, and struggles.
- 2. Be supportive:** Quitting tobacco at any age is a challenge. It may take several talks before a student chooses to quit vaping or smoking, but don't give up! Continually check-in with the student and offer support when they are ready.

## How your school can support

- 1. Promote cessation services:** Free quit support and resources are available in a variety of options, such as text, online chat, websites, phone, and mobile apps. Review the listed free resources that your school can share.
- 2. Review existing school policies and initiatives:** Familiarize yourself with current tobacco-free school campus policies and practices, and talk to school administrators about adopting prevention curricula and developing new support resources where appropriate.
- 3. Enroll in an alternative to suspension program:** Interventions can serve as a positive alternative approach for students that vaped or smoked on school campus. See if this form of alternative to suspension programming can be an option at your school.



## Free cessation resources for students

Effective resources can help students decide to quit and support their long-term success!

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### **This is Quitting**

A text program that provides messages from other young people who have attempted or successfully quit smoking and vaping.

**Text:** “DITCHVAPE” to 88709

**Visit:** [This Is Quitting Website](#)

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### **QuitSTART**

A smartphone app that provides personalized quit tips, support to manage cravings, and encouragement after relapse.

**Download:** QuitSTART App

**Visit:** [QuitSTART Website](#)

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### **Kick It California**

A(n) text program, online chat, smartphone app, website, and phone hotline service that provides confidential and tailored from a quit coach about smoking and vaping. Also, provides a referral form that any California school staff can use to refer students (13+ years old) who want help to quit.

**Text:** “KICK VAPES” to 66819

**Visit:** [Kick It California Chat Online](#)

**Download:** No Vape App

**Visit:** [YouTube Videos](#) (https://bit.ly/Yvape)

**Call:** (800) 300-8086

**Visit:** [Kick It California Student Referral Form](#)

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### **NOT for Me**

A website that provides self-paced videos for quitting tobacco and vaping.

**Visit:** [NOT for Me Website](#)

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### **SmokefreeTXT for Teens**

A text program that provides advice, support, and motivation on smoking and vaping.

**Text:** “QUIT” to 47848

**Visit:** [SmokefreeTXT for Teens Website](#)

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## Free instructional intervention for schools

School interventions can provide positive support to students in their quit journey.

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### **YVAPE**

An alternative to suspension program that is focused on counseling and education to students facing disciplinary action for vaping at California public middle and high schools.

**Visit:** [YVAPE Website](#)

**Visit:** [Online Discussion Videos](#)

(https://yvape.org/en/videos/)

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## Free prevention curricula for schools

Explore potential curricula that your school can adopt when updating and revising school strategies and initiatives.

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### **Catch My Breath Curriculum**

A vaping prevention curriculum that uses a peer-led teaching approach for elementary, middle, and high school students.

**Visit:** [Catch My Breath Curriculum Website](#)

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### **Stanford Tobacco Prevention Toolkit**

A set of curricula on vaping and smoking to help prevent students from starting or escalating use of tobacco and nicotine products.

**Visit:** [Stanford Tobacco Prevention Toolkit Website](#)

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## Free resources and materials for schools

Review these items for additional guidance on how to engage in meaningful conversations with students.

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### **Empower Vape-Free Youth Campaign**

A campaign to support middle and high school staff by providing fact sheets, conversation cards, and videos about starting a dialogue with students, quitting support, and healthy coping skills.

**Visit:** [Empower Vape-Free Youth Campaign Website](#)

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