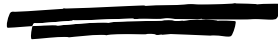


YOU CAN **QUIT** VAPING



So, someone has given you this packet, now what? The good news is someone cares about you and wants to help you quit vaping. Even better news, the information in this packet is filled with tools to help you be successful. Quitting can be hard, but people who have support and the right tools can make it happen.

Inside you'll find a card with multiple links to different apps and text message programs designed specifically for teens who want to end a nicotine addiction. We encourage you to try one or two of these, or maybe even all of them until you find one that works for you.

Maybe you would rather write or journal your thoughts to work through the quitting process. You'll also find a guide to quitting that was created by the Arkansas Department of Health, with young people just like you in mind. My Path to Quitting includes several steps you can take to quit, as well as rewards for reaching your goals.

Everyone is different, so you'll have to find out what works best for you. The most important thing is that you are trying. Remember, **YOU CAN QUIT VAPING!**



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