

Vaping and Tobacco Education Resources for Adults



Tobacco Prevention and Cessation

FDA Toolkit for Working with Youth



The Food and Drug Administration (FDA) has a free toolkit about vaping and e-cigarettes for professionals working with youth. The toolkit contains fast facts about youth vaping as well as tips for how adults can help teens quit vaping. It is available to order, download, or print through the FDA.

digitalmedia.hhs.gov/tobacco/hosted/Vaping-ECigarettes-Youth-Toolkit.pdf



2016 U.S. Surgeon General's Report

This online resource for parents and health care providers is based on the 2016 U.S. Surgeon General's Report on e-cigarette use among youth and young adults. Background information on e-cigarette products, risks of these products, and tips for how to talk to teens about the health risks of e-cigarettes.

e-cigarettes.SurgeonGeneral.gov

Live Vape Free

This program offers self-paced online learning experiences with chat support and is designed to provide concerned adults with action steps. Program features:

- Tools to help empower constructive conversations about the risks associated with vaping.
- Instructive videos as well as how-to articles and background information
- A guide to help teens build a quit plan, including how to get started, strategies for managing urges and staying quit
- Insights from individuals who are facing similar challenges
- The latest news and information about the health risks of vaping

OPTUM | Live Vape Free

1.800.QUIT.NOW
Indiana's Tobacco Quitline
@quitindiana.com





Truth Initiative - Parent Resources

Parents can sign up to receive text messages designed specifically for parents of vapers.

Text QUIT to (202) 899-7550



CATCH My Breath Parent Toolkit

This toolkit is a way for parents to learn more about the vaping epidemic, gauge their child's risk of trying e-cigarettes, and find the best strategy for them to talk to their child about e-cigarettes.

letsgo.catch.org/pages/CMB-Parent-Resources



Health Care Providers

The American Academy of Pediatrics (AAP) resource, Youth Tobacco Cessation: Considerations for Clinicians, is designed to support pediatric health clinicians in screening patients for tobacco use and providing behavioral and pharmacological support to help youth quit.

The resource uses an easy, 3-step model, "Ask-Counsel-Treat (ACT)," to guide clinical interactions around cessation.

aap.org/cessation

Need Help Quitting?

If you use tobacco and also have a child who vapes, the best way to help support your child is to quit tobacco use yourself. There are many free resources available to help you start your quit journey whenever you are ready.



If you're ready to quit tobacco, Quit Now Indiana offers a variety of tools to be successful.

1-800-Quit-Now
QuitNowIndiana.com



If you are an adult looking for support to quit vaping or stop using any tobacco product, the free digital quit smoking platform, BecomeAnEX, offers comprehensive web and mobile tools.

BecomeAnEx.org