

WHAT YOU NEED TO KNOW ABOUT VAPING



VAPING IS STILL TOBACCO

Nicotine comes from the tobacco plant. Even though it comes in many forms, all tobacco products are addictive. Vapes contain large amounts of nicotine, and it can be hard for users to keep track of how much they've vaped. The amount of nicotine in one JUUL cartridge is roughly equal to the amount of nicotine in a pack of cigarettes.

Vape is NOT a safe alternative to smoking.



NICOTINE HACKS THE BRAIN

Vape addiction is SERIOUS. Because teen brains are rapidly developing, nicotine addiction happens very quickly. Almost 90% of adults who use nicotine start as teens.

- **Nicotine leaves you stressed out.** When you stop using nicotine, that “feel-good” dopamine stops flowing leaving you stressed and cranky. The more nicotine you put into your brain, the more hooked you become.
- **Nicotine causes other problems.** When you use nicotine as a teen, your brain develops around needing it. This can cause problems with learning, memory, paying attention and managing your mood later in life. It also can make you more likely to get hooked on another drug.



CHOOSE TO QUIT

Identify things in your life that prompt you to reach for your vape. Figure out the types of cravings you have, and have strategies ready to counter your cravings. Ask friends and family members to help you quit. Get a free and anonymous coach to help at mylifemyquit.com.



ASK FOR HELP

Many students know they need to stop smoking or vaping but do not know how to ask for help. You don't have to go through it alone. See the back side of this flyer for details.



Federal, State, and/or County funding has been provided through the Oakland County Community Mental Health Authority-Substance Use Disorder Services to support the project costs.

IT'S OK TO ASK FOR

HELP

WHO TO ASK

You can ask more than one person for support. Pick someone you know will listen and won't criticize your choices such as...



Ask your doctor. If you are having a hard time stopping smoking or vaping, your doctor may have medical solutions to make it easier.



Ask for support from a parent, family member, your teammates or close friend. The more support you have, the better your chances of success.



Talk to your favorite teacher or coach - the one who always takes the time to listen. They want to see you thrive!



The counseling department at Lake Orion High School is ready to help you. Contact them at 248.693.5640.

WHAT TO SAY

- Share the information you have learned about tobacco & vaping.
- Tell them that you are trying to quit and you want their support.
- Share the reasons you are trying to quit.
- Talk about what you are feeling emotionally and physically.

RESOURCES

MY LIFE, MY QUIT

Learn the truth about nicotine, vaping and other tobacco products. If you decide you want to quit, they can give you tools to do it successfully.

Text "Start My Quit" to 855.891.9989 or call to talk with a coach who is ready to listen and cheer you on. It's YOUR LIFE and we're here to help you live it YOUR WAY. **My Life, My Quit** is always free and confidential.

SMOKEFREE TEEN

Visit <https://teen.smokefree.gov/quitvaping> to find out how to quit vaping and stay vape-free. Quitting vaping can be tough, but we have resources that can help. **Text QUIT to 47848** for a free text messaging program that give 24/7 encouragement, advice, and tips for becoming smokefree and being healthier. You can sign up or opt-out at any time.

MICHIGAN QUITLINE

The Michigan Tobacco Quitline offers free information and referral to all Michigan residents. You may also qualify for free one-on-one coaching to help you quit. To learn more, call the Quitline at **1.800.QUIT.NOW**.

TRUTH INITIATIVE

Here's the truth: Quitting nicotine isn't easy, but it can be done with the right support. For a free, digital quit-smoking/vaping plan and online community of thousands of smokers and ex-smokers developed by Truth Initiative in collaboration with Mayo Clinic, visit www.truthinitiative.com.

#MYLIFEMYQUIT. FREE HELP, JUST FOR TEENS.