Web sites That Help Teens Quit Tobacco

These are some Web sites that can help you quit using tobacco products. These sites are for kids and youth, and are both educational and fun. You can type in the Web address listed below to get to the site- be sure to have your parent’s permission being going on the computer!

- **Smokefree Teen**  
  This site is a great resource for teens who currently smoke, who are pressured to smoke, or can’t make up their mind about quitting. Note that this site does not discuss nicotine replacement therapy (NRT); if you're interested in finding out more about NRT, talk to your doctor.  
  o Smokefree Teen on Facebook: [https://www.facebook.com/SmokefreeTeen](https://www.facebook.com/SmokefreeTeen)

- **Become an Ex**  
  o [http://www.becomeanex.org/](http://www.becomeanex.org/)  
  This site helps prepare a customized quitting plan for each person, and uses blogs and message boards to help users interact and support each other. Must be 13 or older.

- **US Food and Drug Administration: The Real Cost**  
  o [http://therealcost.betobaccofree.hhs.gov/](http://therealcost.betobaccofree.hhs.gov/)  
  A new media campaign from the U.S. Food and Drug Administration details what smoking can really cost, and offers information on different ways teens can quit smoking.

- **I Quit!**  
  o [http://www.smokingstinks.org/quitkit/index.html](http://www.smokingstinks.org/quitkit/index.html)  
  Designed for teens, I Quit helps you kick butts. This interactive site offers quit advice, including daily tips, reasons to quit, and advice about what to expect when quitting. The site also has printable quit plans for a cold turkey method and for a countdown method.

- **My Last Dip**  
  o [http://mylastdip.com/](http://mylastdip.com/)  
  My Last Dip is a website that deals with chewing tobacco users. The site offers participants monetary rewards for participating in online surveys.

- **SmokefreeTXT**  
  o [http://teen.smokefree.gov/smokefreeTXT.aspx](http://teen.smokefree.gov/smokefreeTXT.aspx)  
  For the teens who would rather get their quit info via text message, SmokefreeTXT sends six weeks of teen-friendly quit texts to their cell phones.

- **TeenQuit**  
  o [http://www.teenquit.com](http://www.teenquit.com)  
  TeenQuit was developed to assist adolescents in quitting tobacco. The site has message boards, a Gallery of Gore that will show the consequences of tobacco use, and plenty of other interactive features.