

Tobacco Prevention and Cessation Resources for Youth

There are many resources that are designed to prevent tobacco use among youth and to encourage cessation among youth who already use tobacco products. The resources below come from the federal government and trusted public health groups and may provide helpful information to youth who want to stop using tobacco.

- **Smokefree Teen**
 - <https://teen.smokefree.gov>
This resource from the National Institutes of Health is designed for youth who smoke, vape, dip, or use other tobacco products. Smokefree Teen provides information about what to expect during a quit attempt and provides several options for social support, including texting, smartphone apps, or live connections with experienced quit-counselors.
- **The Real Cost**
 - <https://therealcost.betobaccofree.hhs.gov/>
This media campaign from the U.S. Food and Drug Administration teaches youth about the real impact that tobacco products will have on their lives. The campaign provides candid information about the harms of e-cigarettes/vaping products, cigarettes, and smokeless tobacco, and provides tips for quitting tobacco.
- **This is Quitting**
 - <https://www.thetruth.com/articles/hot-topic/quit-vaping>
This cessation resource from Truth Initiative® is designed to help youth quit vaping or using e-cigarettes. The program provides text-message support to youth who are looking to stop using e-cigarettes and shares motivational messages and inspirational stories from other teens who have quit.
- **N-O-T: Not on Tobacco**
 - <https://www.lung.org/stop-smoking/helping-teens-quit/not-on-tobacco.html>
This smoking and vaping cessation program from the American Lung Association is designed specifically for teenagers. N-O-T is taught by a trained, certified adult over the course of ten, 50-minute sessions. Schools and communities can start their own N-O-T programs by contacting the American Lung Association at the link above.
- **ASPIRE**
 - <https://www.mdanderson.org/about-md-anderson/community-services/aspire.html>
A Smoking Prevention Interactive Experience (ASPIRE) is a bilingual youth tobacco cessation curriculum from MD Anderson Cancer Center that is freely available online. ASPIRE is designed to help middle-school and high-school students understand and avoid tobacco products, including cigarettes, e-cigarettes, hookah, and other products.
- **My Life My Quit**
 - <https://mylifemyquit.com/>
This free and confidential cessation program from National Jewish Health is designed to help youth quit all forms of tobacco, including vaping. Youth who participate in the program receive support from certified quit-coaches, along with educational resources and additional text/online support. My Life My Quit is only available in select states: see the program [website](#) for full details.