

TOOLS
—  —
QUIT

TEEN



Tobacco Free Florida AHEC Cessation Program

Participant Toolkit

This program is sponsored by
Florida Department of Health
Bureau of Tobacco Free Florida





Big Tobacco Then

Tobacco companies have managed to stay in business by using tactics that trick people into buying their products. Everyone knows that tobacco products are dangerous, but people continue to use them because they are addicted to the nicotine in those products. The best thing to do is to never start because once somebody starts using nicotine, it can be very difficult to stop.

Tobacco companies lose many tobacco users every year (480,000 people die annually), and fewer young people are using their tobacco products because they are aware of the danger. So, what are the tobacco companies doing about this? Well, they have decided to sell and promote electronic nicotine products and many others to get kids to become addicted.

Here are some examples of how products were promoted to your grandparents and parents.



Tobacco companies made their product appear GLAMOROUS and FUN!



Big Tobacco Then

They even got **DOCTORS** to promote the products to make it seem as if it were a healthy activity.



*The figures quoted have been checked and certified to by LYBRAND, ROSS BROS AND MONTGOMERY, Accountants and Auditors.

20,679* Physicians
say "**LUCKIES**
are less irritating"

"It's toasted"
Your Throat Protection against irritation against cough

Viceroy
FILTER
the Smoke!

VICEROY
Filter Tip
CIGARETTES

As your Dentist,
I would recommend
VICEROYS



Big Tobacco Then

Tobacco companies even claimed that they were making sure that their products were safe so people would think they cared about their consumers.



**But now
these
deceptive
tactics have
been
exposed.**

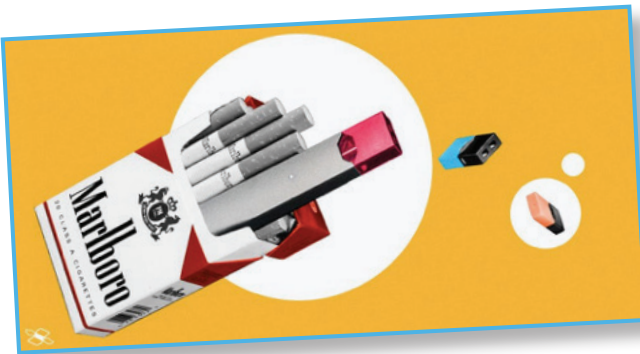
Deception and lies are their main tools; do not fall for their lies. They only care about getting young people addicted because that means they make more money.



Big Tobacco Now

Tobacco companies understand that young people have access to information unlike ever before. Many young people have cell phones to get information and be connected to others.

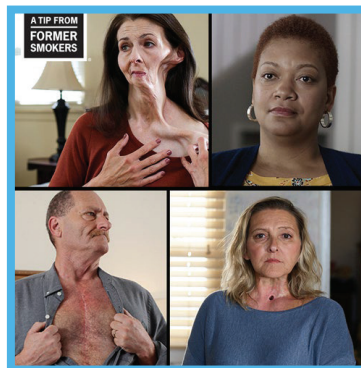
This is how they decided to target YOU. They used social media to manipulate young people to begin to use the new products. They hired influencers and put together an aggressive campaign to lure young people so they would become the next generation of nicotine addicts.



Using the same tactics that tobacco companies used in the past, they took advantage of young people by making it very appealing to use their products while saying that electronic nicotine devices are safer than tobacco products. They even argued that it was simply water vapor and that their products were harmless.

Dealing with the Consequences

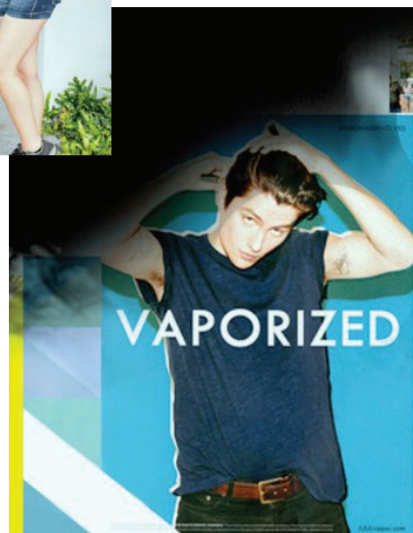
Sound familiar? Well it should because it's the same thing they said to those who are now suffering from the use of nicotine products. These people were once told that their product of choice was not harmful, and now they are dealing with the consequences.





Big Tobacco Now

Ads were placed in popular social media platforms (Instagram, Twitter, Snapchat, YouTube, TikTok, etc.). They hired individuals with large numbers of followers and had them use the products online. It worked just like they knew it would. Millions of teenagers were exposed to a new wave of products that typically contain high levels of addictive nicotine.



There are young people now addicted to electronic devices or vaping products that have never touched other tobacco products. Companies figured out a way to make their products even more addictive by creating Nicotine Salts.

Tobacco companies have made using vaping products cool and appealing, and they don't care if those products are hurting young people.



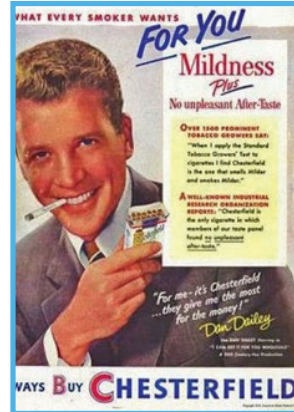
Big Tobacco Now

As you can see, the playbook is the same as what was used in the past. Check out the following examples.

THEN



NOW



THEN



NOW

POWER WALL





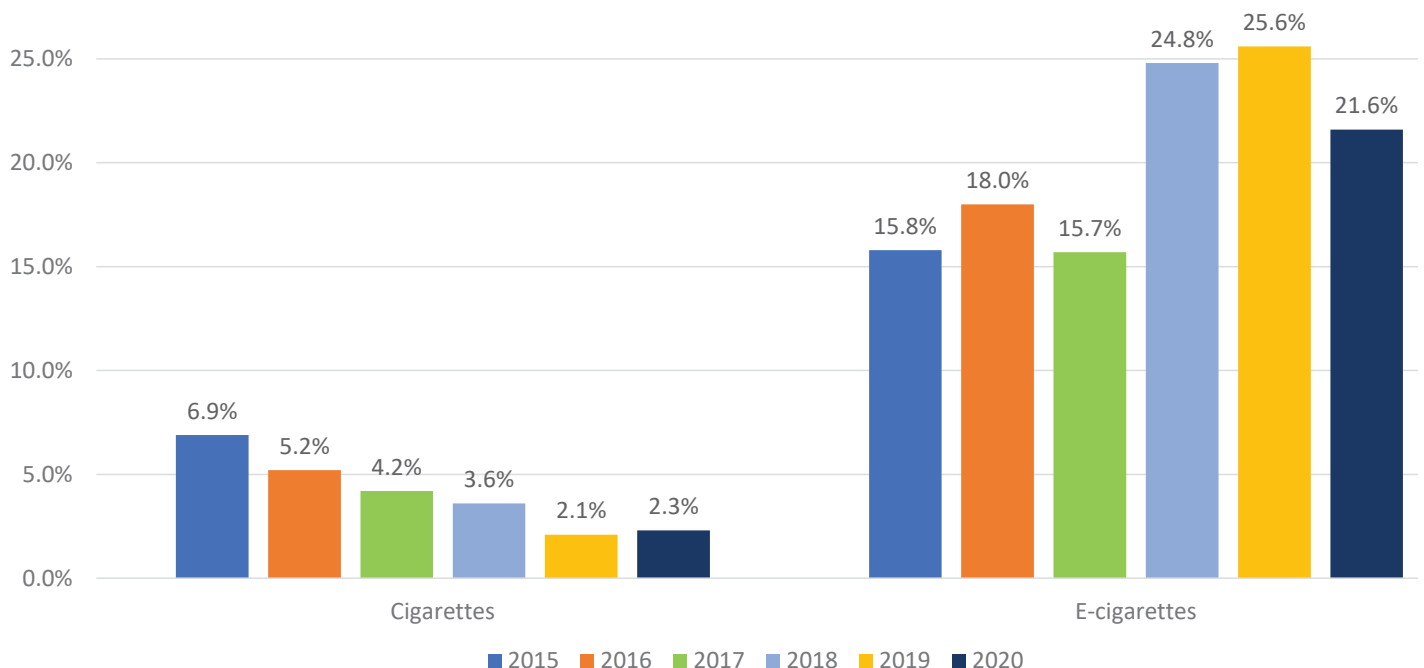
Impact of Tobacco and Nicotine Products

Tobacco use is the #1 preventable cause of death and disease in the United States. Every day, over 1,300 people die in the United States due to tobacco use. To put that into perspective, imagine if 4 planes carrying 330 people each crashed every single day of the year for an annual total of 480,000 deaths. That's the amount of people in the US who are dying each year from tobacco use.



Because younger individuals are not starting to smoke like young people did in the past, tobacco companies are losing their consumers. These companies largely get their replacements by promoting and selling electronic devices. We have an epidemic of young people using electronic nicotine devices at a rate never before seen. Most young people start because they think it's cool, they are trying to fit in, or they are told they shouldn't do it.

Cigarette Use vs. E-cigarette Use Among High School Students in Florida 2015-2020





Impact of Tobacco and Nicotine Products

Because of the increase in the number of young people becoming addicted to nicotine, we have seen an increase in reports of hospitalizations due to lung failure. There have also been instances where people have been harmed because their devices exploded or caught on fire causing serious injury and/or deaths.





Impact of Tobacco and Nicotine Products

Nicotine addiction changes the brain. Nicotine impacts how the brain develops, and it makes it more likely for young people to become addicted to other substances. Nicotine use also increases the possibility that someone will develop mental health problems as they get older.



Nicotine is just as addictive as heroin and cocaine, but thankfully, most young people do not use those drugs. Young people are heavily influenced by their peers and their environments, so it's more likely that they use nicotine because it is much more accessible than other drugs. The fact that nicotine is a legal substance makes it possible for young people to have access to products they should not be using.

The reality is that these products are not fully regulated, which makes it difficult to know what is in each different product.

YOU are the target, the replacement for all those who are dying from tobacco-related illnesses. Tobacco companies have lied before and they are lying now. You are smart, strong, and confident, and that is why you can resist the tobacco companies as they work to control you by getting and keeping you addicted to their products.



What impact does nicotine have on YOU?



Tobacco Products



NAME	NICOTINE	TOXINS	MAJOR DANGER
ELECTRONIC NICOTINE DELIVERY SYSTEMS (ENDS) e-cigs, ehookah, vapes, mods, Juuls	0 - 59 mg Varies depending on brand & type	Lead, volatile organic compounds, carbon monoxide & cancer causing agents	Ear, eye & throat irritation, lung disease (bronchiolitis obliterans –popcorn lung), increased heart rate, blood pressure, glucose levels and risk of bronchitis, pneumonia and insulin resistance. Death. NOTE: Even the products that claim to have zero or no nicotine still have trace amounts of this highly addictive drug.



NAME	NICOTINE	TOXINS	MAJOR DANGER
CIGARETTES	1.5 – 2 mg per cigarette	Carbon monoxide, tar & cancer-causing agents	Lung & other cancers, heart attack & strokes, Chronic Obstructive Pulmonary Disease (COPD). Death.



NAME	NICOTINE	TOXINS	MAJOR DANGER
ROLL-YOUR OWN BIDIS	1.5 – 6 mg Varies depending on size	Most of the same toxins & cancer-causing items found in cigarettes	Higher risk of lung cancer, heart & lung disease. Death.



Tobacco Products



NAME	NICOTINE	TOXINS	MAJOR DANGER
CIGARS / CIGARILLOS	3 – 200 mg Varies depending on brand and type	Most of the same toxins & cancer-causing items found in cigarettes	Higher risk of lung cancer, heart & lung disease. Death.



NAME	NICOTINE	TOXINS	MAJOR DANGER
PIPES	5.2 mg average per bowl Varies depending on bowl type and size	Most of the same toxins & cancer-causing items found in cigarettes	Higher risk of lung cancer, heart & lung disease. Death.



NAME	NICOTINE	TOXINS	MAJOR DANGER
HOOKAH	1.5 – 2 mg per puff 60-minute session averages 100 puffs	Carbon monoxide, tar & cancer-causing agents	Higher risk of lung cancer, heart & lung disease, hepatitis, herpes & tuberculosis. Death.



Tobacco Products



NAME	NICOTINE	TOXINS	MAJOR DANGER
CHEWING TOBACCO	24 – 30 mg Varies depending on brand and type	Polonium 210, formaldehyde, cadmium, lead, nitrosamines, arsenic, cyanide, nickel & cancer-causing agents	Stained teeth, gum loss, tooth loss, oral sores, cancer. Death.



NAME	NICOTINE	TOXINS	MAJOR DANGER
SNUFF/DIP	144 mg per can	Potassium carbonate, propylene glycol & cancer-causing agents	Stained teeth, gum loss, tooth loss, oral sores, cancer. Death.



NAME	NICOTINE	TOXINS	MAJOR DANGER
SNUS	5 – 11 mg per bag	Potassium carbonate, propylene glycol & cancer-causing agents	Stained teeth, gum loss, tooth loss, oral sores, cancer. Death.



Pick Your Poison Cigarettes vs. Vapes

It is well known that cigarettes contain many harmful and toxic chemicals, but did you know many of the same chemicals and cancer-causing agents present in cigarettes are also in vapes?

CIGARETTE INGREDIENTS

Carbon Monoxide:
Poisonous gas

Tar:
Material for
paving roads

Arsenic:
Used in rat poisoning

Ammonia:
Common household
cleaner

Methanol:
Rocket fuel

Butane:
Used in lighter fluid

Cadmium:
Component in
battery acid

Toluene:
Used to
manufacture paint

Hexamine:
Barbecue lighter fluid

Acetic acid:
Ingredient in hair dye

... and thousands of other
harmful chemicals



SHARED INGREDIENTS

Nicotine:
A natural substance
found in tobacco plants that
is addictive and causes
harmful effects on the brain

Propylene glycol:
Additive in antifreeze,
paint solvent

Carcinogens:
Chemicals known to
cause cancer

Formaldehyde:
Embalming fluid

Acrolein:
Herbicide used to kill
weeds, can cause
irreversible lung damage

Heavy metals:
Such as nickel, tin, lead

Cadmium:
Toxic metal that causes
breathing problems & disease

Benzene:
Volatile compound
found in car
exhaust

VAPE INGREDIENTS



Diacetyl:
Chemical
linked to a
lung disease
"popcorn
lung"

**Diethylene
glycol:**
Toxic chemical
used in anti-
freeze linked
to lung disease

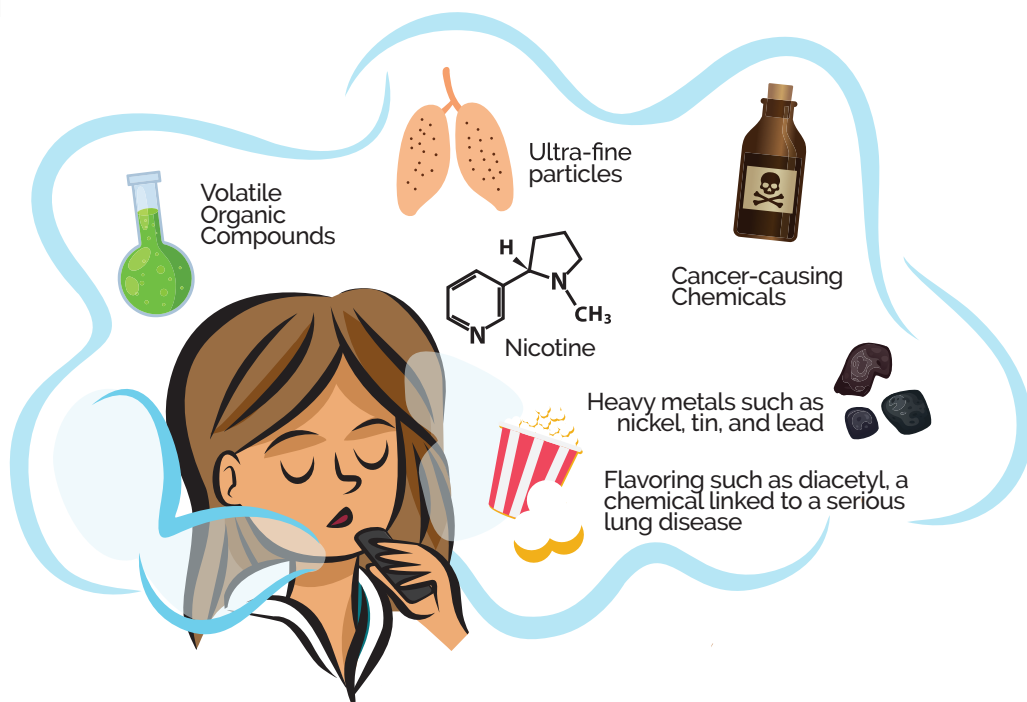
**Flavoring
compounds:**
Not safe
to be inhaled



Secondhand Emissions and Thirdhand Smoke

Secondhand Emissions

Secondhand smoke (SHS) is a mixture of gases and fine particles from burning tobacco products. SHS has many of the same cancer-causing chemicals that smokers breathe in. There are more than 4,000 chemicals in SHS. There is no risk-free level of SHS exposure; even brief exposure can be harmful to health. SHS causes premature death and disease in children and adults who do not smoke.



Similarly, the aerosol produced by vapes isn't just water vapor and it isn't harmless. When a vape heats up, more toxic chemicals are formed. The aerosol inhaled from vapes is often a mixture of harmful chemicals from both the liquid solution and the device (e.g., metals from the heating coil). These particles can lead to cardiovascular injury, with links to negative effects on your heart rate, blood pressure, and the cells that line the blood vessels.

IT'S NOT JUST HARMLESS WATER VAPOR!



Who is inhaling what you are exhaling?

Thirdhand Smoke



Thirdhand Smoke is the smoke/aerosol contamination that lingers on all surfaces. These toxins linger in clothes, hair, hands, carpets, sofas, draperies, vehicles, and other places for hours or even days and months. Touching these surfaces causes the toxins to be absorbed through the skin and into the bloodstream. Children and pets are at particular risk for exposure to second and thirdhand emissions!



Risks of E-Cigarette & Vape Pen Use

IT IS BIG NEWS



U.S. Centers for Disease Control and Prevention (CDC) releases **public health advisory** on **dangers** of e-cigarettes



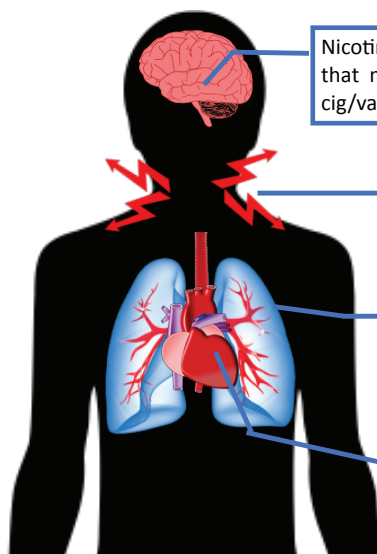
U.S. Food and Drug Administration (FDA) **taking action** to address the epidemic of youth e-cigarette use



Surgeon General of the United States declares youth vaping an **epidemic!**

Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescents is concerning to health professionals.



Nicotine use in early adolescence causes changes in the brain that make **life-long addiction** much more likely for young e-cig/vape users.

Ear, eye and throat irritation is common among e-cigarette/vape pen users.

The aerosols produced by the chemicals in e-juice, enter into the user's lungs unfiltered and leave **chemical residue** behind.

Nicotine is known to have effects on the cardiovascular system. Some recent studies show that acute use of e-cigarette impaired flow-mediated dilation, this suggests that e-cigarettes can lead to **cardiovascular diseases**.

Recent studies show that e-cigarette/vape pen use is associated with the use of other tobacco products that are known to cause further health issues, including **cancer and heart disease**.

Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain **harmful chemicals**, and **ultra-fine particles** that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.

These devices are still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are **not harmless**.



Tobacco Prevention Toolkit
Division of Adolescent Medicine, Stanford University
For more information go to: www.tobaccopreventiontoolkit.stanford.edu



Tobacco and Nicotine Effects on the Body

**These are some of the effects of using nicotine/vaping products.
Which of these symptoms are unfamiliar to you?**

(Choose and circle the symptoms you didn't know about.)



Anxiety



Headaches



Trouble Breathing



Excessive Coughing



Feeling Shaky



Dizziness



Fast Heartbeat



Difficulty Concentrating



Loss of Memory



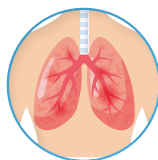
Tired/Sleepy



Mood Swings



Prone to Addiction
Later in Life



Irritated Lungs



Stress



Depressed

Can you think of any additional effects vaping/nicotine cause?

.....

.....



My Reasons to Quit



Reasons to Quit!

People use nicotine/tobacco for different reasons, and they quit for different reasons. Below are a few suggestions to get you started. Check the suggestions that mean the most to you and feel free to add more.

- ☐ Save money
- ☐ Improve health
- ☐ Whiter teeth
- ☐ Take charge of your body instead of nicotine taking charge of you
- ☐ Improve physical performance
- ☐ Reduce complications from illness
- ☐ Fewer headaches and sinus infections
- ☐ Avoid trouble at home
- ☐ Better focus
- ☐ Clothes and breath smell better
- ☐ Higher performance in sports
- ☐ Better recovery from medical and dental procedures
- ☐ Set an example for friends, family, and children
- ☐ Performance on tests
- ☐ Better employment opportunities
- ☐ Avoid getting in trouble at school

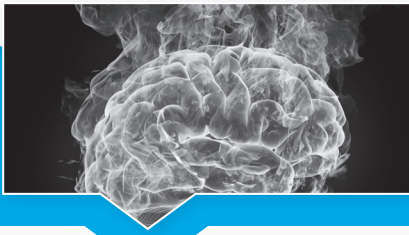
My TOP 3 Reasons to Quit

1. _____
2. _____
3. _____



More reasons to quit:

KEEP
these lists
as reminders.



Nicotine's Effect on the Brain

ADDICTION

People use nicotine because it is addictive. There are three basic levels of addiction.

Physical/Biological

Nicotine is widely considered to be the most addictive substance on the planet. It attaches to receptors in the brain and triggers the release of several brain chemicals – most predominately - dopamine. (The “feel good” chemical of the brain.)

The altered brain chemistry affects the brain's instinct for survival. It recognizes addiction as a need. The nicotine addicted brain doesn't believe it wants nicotine, it believes it needs nicotine and this creates the overwhelming “craving” sensation.

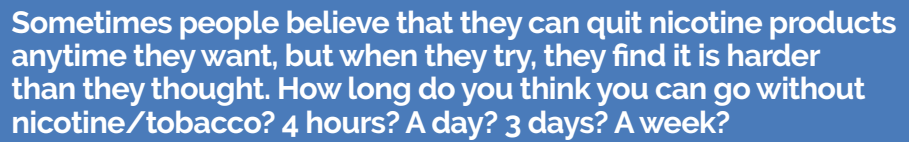
Sociological/Cultural

The most common way of learning any behavior is social experience. If your friends and/or family smoke or vape, you are more likely to mimic that behavior. Tobacco companies spend billions of dollars in advertising to capture and addict customers. Nicotine users eventually adopt an identity. Smoking/vaping/chewing becomes a part of who they are.



Psychological

People use nicotine as medication to avoid unpleasant feelings such as withdrawals. Nicotine users rely on faulty beliefs to justify their behavior. The idea of quitting invokes fears, including the irrational fear that they will never enjoy life again.



Use the log below to list your attempts to hold off on using your nicotine delivery device, cigarettes, or other nicotine product(s). Shoot for a new personal best each day.

TOOLS TO QUIT TEEN | Tobacco Free Florida AHEC Cessation Program



Overcoming Barriers and Managing Triggers

Below are common obstacles people may face when quitting nicotine products. Add your own and brainstorm your solutions for overcoming them. Barriers and cravings won't be your only challenge. Remember, most cravings only last about five minutes whether you're vaping or smoking. Now, let's identify the times that you use nicotine products and what to do instead.

BARRIER/TRIGGER	HOW TO MANAGE WITHOUT NICOTINE
I will cave to peer pressure	
Seeing/smelling others vaping/smoking	
My parents/guardians smoke and/or vape	
I have too much stress and anxiety in my life to quit right now	
I will get headaches if I try to quit	
Seeing ads on my social media accounts (Instagram/Snapchat/TikTok)	
Going to a party or hanging out with friends	
Driving or being in the car with someone using nicotine/vaping	
When I wake up in the morning	
After a workout or sports practice	
When I'm bored	
When I'm on the phone	
Dealing with issues at home with parents/siblings	
When I'm trying to concentrate (while studying or doing homework)	

Reference: Smokefree.gov

See Pages 36-37 for more ways to manage triggers.

Let Me Put It This Way...



It's not always easy to tell your friends no, but it's your body and your decision. If someone tries to get you to use nicotine/tobacco, here are some responses you can try. You can also list some of your own.

- ☐ No thanks
- ☐ Too busy
- ☐ Got to run
- ☐ Not a good time
- ☐ I've got homework
- ☐ I have plans
- ☐ I'm good
- ☐ I already quit
- ☐ I have a better idea—let's go [suggest a healthy activity]
- ☐ Nah...I'm done with that

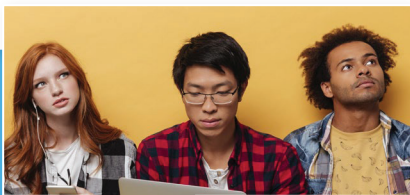
See Page 35 for more ways to say no.



Why Do I Use Nicotine?

This quiz is based off information from the National Cancer Institute and the National Institutes of Health and will give you an idea about your reasons for using Nicotine. **Circle your answers on the chart below.**

Item	Question	Always	Frequently	Occasionally	Seldom	Never
A	I use nicotine to give me energy.	5	4	3	2	1
B	I only use my nicotine product when I am with friends who use a nicotine product.	5	4	3	2	1
C	Handling my nicotine product is part of the enjoyment of using it.	5	4	3	2	1
D	Using nicotine is pleasant and relaxing.	5	4	3	2	1
E	I use nicotine when I am upset about something.	5	4	3	2	1
F	When I run out of nicotine, I find it almost unbearable.	5	4	3	2	1
G	I use nicotine automatically without even being aware of it.	5	4	3	2	1
H	I use nicotine to perk myself up.	5	4	3	2	1
I	When I see someone using a nicotine product it makes me want to use my nicotine product.	5	4	3	2	1
J	Part of the enjoyment of using my nicotine product comes from the steps I take to use it.	5	4	3	2	1
K	I find nicotine pleasurable.	5	4	3	2	1
L	When I feel uncomfortable about something, I use nicotine.	5	4	3	2	1
M	I am very much aware of when I am not using nicotine.	5	4	3	2	1
N	I start to use nicotine without realizing I am already using it.	5	4	3	2	1
O	I use nicotine to give myself a "lift."	5	4	3	2	1
P	I use my nicotine product to fit in with other people.	5	4	3	2	1
Q	Part of the enjoyment is in watching the smoke I exhale or looking at my nicotine product.	5	4	3	2	1
R	I want nicotine when I am comfortable and relaxed.	5	4	3	2	1
S	When I feel sad or want to take my mind off my worries, I use nicotine.	5	4	3	2	1
T	I get a real craving for nicotine when I haven't used any in a while.	5	4	3	2	1
U	I've found myself using nicotine and I didn't even remember doing it.	5	4	3	2	1



Why Do I Use Nicotine?

Going down each column, enter the number you have circled for each question in the spaces below, putting the number you have circled for question A in box A, for question B in box B, etc.

Add the three scores in each box to get your totals. For example, the sum of your scores for boxes A, H, and O give you your total score for Stimulation; boxes B, I, and P give the score for Socialization, etc.



MY SCORES

A		+H		+O		=		Stimulation
B		+I		+P		=		Socialization
C		+J		+Q		=		Handling
D		+K		+R		=		Pleasure
E		+L		+S		=		Relaxation
F		+M		+T		=		Craving
G		+N		+U		=		Habit

Scores can vary from 3 to 15. Any score 10 and above is **high**; any score 7 and below is **low**.



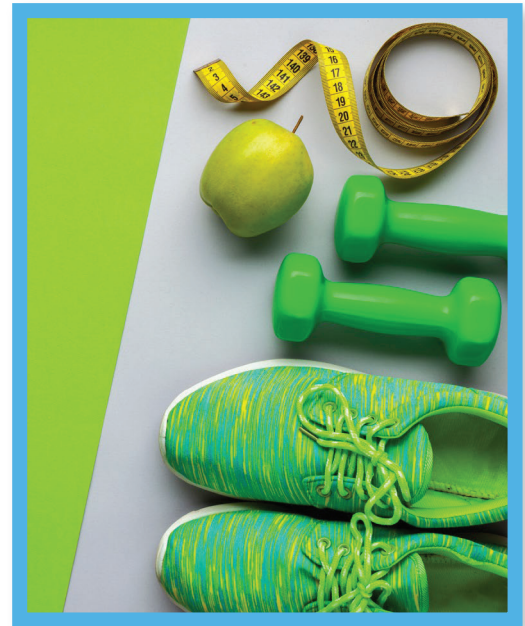
Why Do I Use Nicotine?

REASON 1: Using tobacco gives me energy. (Stimulation)

Many teens use nicotine like they use energy drinks: to help them wake up, get moving and keep going when they feel worn out. Nicotine is a stimulant, like caffeine, but you can find other ways to get more energy.

These tips can help:

- Get enough rest.
- Exercise regularly. Regular exercise raises your overall energy level.
- If you start feeling sluggish, take a walk instead of using nicotine.
- Eat regular, nutritious meals. Healthful foods are a great natural source of energy.
- Drink lots of cold water. It will refresh you as it helps clear your body of nicotine.
- Avoid getting bored, which can make you feel tired.



REASON 2: I use nicotine when I am hanging out with my friends. (Socialization)



Many teens use nicotine when they are around friends that are using a nicotine product. It makes them feel like they fit in.



These tips can help:

- Remove yourself from the group while they are using their nicotine product.
- Remember all the negative health risks from using nicotine.
- Remind your friends that you are trying to quit using nicotine.



Why Do I Use Nicotine?

REASON 3: I like to touch & handle nicotine. (Handling)

This type of nicotine user gets physical pleasure from handling their nicotine product and the rituals associated with using it. It just “feels right” to have the nicotine product in their hand or mouth. In fact, many nicotine users say they’ve gone back to nicotine because, “I had nothing to do with my hands.” Getting over this obstacle can make it easier to quit and stay nicotine free.

These tips can help:

- Pick up a pen or pencil when you want to reach for your nicotine product.
- Doodle or make a list of reasons for quitting.
- Play with a fidget spinner, a stress ball, or handle whatever harmless object is nearby.
- Don’t confuse needing to eat with the desire to use your nicotine product. Eat regular meals to avoid being hungry. Nicotine is not a substitute for food.
- Have a low-fat, low-sugar snack like carrot sticks, apple slices, or a bread stick. Suck on a sugar-free lollipop, hard candy, or mint.
- Take up a hobby, or join a club or sports team.



REASON 4: Using nicotine is a pleasure. (Pleasure)

Approximately two out of three nicotine users say they just plain enjoy it. When you associate nicotine use with “the fun times,” it can strengthen your habit. It can be easier to quit when you focus on enjoying yourself without nicotine.

These tips can help:

- Spend the money you save by not using nicotine on something you enjoy, such as shopping, a nice dinner with friends, going to the movies, getting a new video game, etc.
- Remind yourself of how good it feels to be in control of yourself instead of having nicotine control you.
- Enjoy the health benefits of quitting. Enjoy being nicotine free.





Why Do I Use Nicotine?

REASON 5: Using nicotine helps me relax when I'm tense or upset. (Relaxation)

Lots of nicotine users use nicotine products to help them through stressful times. If you use nicotine as a coping method, finding another way to cope with stress can help you stay quit. Nicotine does not cure stress or solve problems.

These tips can help:

- Use relaxation techniques to calm down when you are angry or upset. Deep breathing exercises, muscle relaxation, and imagining yourself in a peaceful setting can make you feel less stressed.
- Exercise regularly. Studies show that exercise relieves tension and improves your mood.
- Remember that using nicotine never solves the problem. Figure out what will and act.
- Avoid or remove yourself from stressful situations that might tempt you to use nicotine.
- Get enough rest. Take time each day to relax and practice breath awareness meditation no matter how busy you may be.
- Enjoy relaxation. Take a shower, lie in a hammock, play a video game, or listen to music.

REASON 6: I crave nicotine. (Craving)

When you are addicted or “hooked” on nicotine, quitting can be difficult because many will go through a withdrawal period. The person quitting may have physical symptoms like headaches and may feel tired, irritable, and nervous. The person may also feel an emotional need for nicotine. It is not easy to get over an addiction to nicotine, but people do succeed.

These tips can help:

- Tell friends and loved ones you've quit using nicotine. Ask for help if you need it. Destroy any nicotine products you have. Try to avoid people when they are using nicotine.
- Think of yourself as nicotine free. Do not relive your days as a nicotine user.
- Remember that physical withdrawal symptoms last about two weeks. Hang in there!

REASON 7: Nicotine use is a habit. (Habit)

If you are this kind of nicotine user, you are no longer getting much satisfaction from your use of nicotine. Unlike people who use nicotine for pleasure, you might not miss it very much if you stopped. The key is breaking the habit by breaking your nicotine use patterns.

These tips can help:

- Before your quit day, change your nicotine use routines. Keep your products in a different place. Smoke with your opposite hand. Don't do anything else while using your nicotine product. Limit nicotine use to certain places or certain times, such as only when you are alone.
- When you want to use nicotine, wait a few minutes. Think of something else to do instead.
- Be aware of every time you use a nicotine product. Ask yourself: Do I really want this?
- Set a date for quitting nicotine and stick to it.



Quitting Can Save You Money

QUITTING CAN SAVE YOU MONEY!



Find out how much your nicotine products cost you using the following cost estimates:



Vape device with
USB Charging Dock:
\$35



Two vape pods:
\$10



Calculate your savings from quitting nicotine based off a vape pod a day

1 WEEK = \$35
2 - 3 WEEKS = \$70 - \$105
4 - 5 WEEKS = \$150 - \$185
1 YEAR = \$1,825



Now do the math based
on your nicotine habits:

1 WEEK =
2 - 3 WEEKS =
4 - 5 WEEKS =
1 YEAR =



What can
you do with
the money
you save?

1.
2.
3.
4.



Dealing with Stress

Stress is our response to any situation we find challenging, frightening, or difficult. Stress is an everyday fact of life, but choosing to deal with it instead of reacting to it can make a great difference! Knowing what stresses you can help you to get ready for it! Make a list of things, situations, or people that stress you out and think of ways to deal with stress other than by smoking/using tobacco.



Activities to help you reduce STRESS

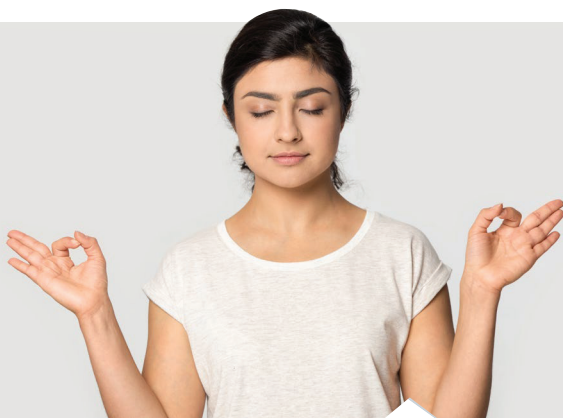
- Press and massage your temples.
- Move your neck slowly forward and to the side.
- Rotate your shoulders one at a time, then together.
- Stretch and relax.
- Practice deep breathing.
- Close your eyes and think pleasant thoughts.
- Slowly count to ten and gather your thoughts.

Mental stress reducers:

- ☐ **Take a break.** Let your mind rest and allow time to calm down. Practice meditation.
- ☐ **Get organized.** Make a to-do-list. Take it one moment at a time.
- ☐ **Be good to yourself.** Reward yourself.
- ☐ **Talk to others.** Don't bottle up your feelings about things that bother you.
- ☐ **Learn to ask for what you need.** Having people who use nicotine around you can cause stress when you are quitting. It's OK to ask people respectfully NOT to use tobacco around you and not to tempt you as you quit. Explain it's just for a temporary period.

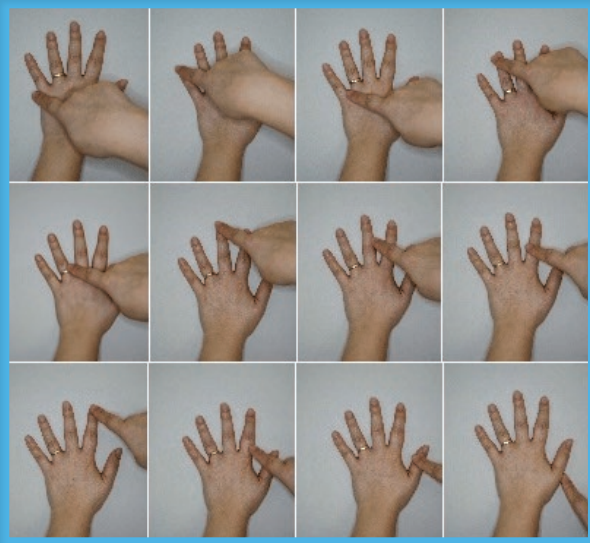
Physical stress reducers:

- ☐ **Eat well.** Consume healthy foods.
- ☐ **Get plenty of rest.** Fatigue causes stress.
- ☐ **Schedule fun time.** Set time aside for yourself to learn new healthy habits and find a new hobby.
- ☐ **Exercise regularly and moderately.** Engage in moderate exercise according to your physical ability.





Dealing with Stress



MINDFUL BREATHING

- Place your left hand flat on a desk, palm down.
- Using the tip of your right index finger, begin to trace the pinky of your left hand.
- As you breathe in through your nose, trace up the outside of your pinky finger.
- At the top of the finger, begin to exhale through your mouth as you trace back down the inside of your finger.
- Using the same breathing technique, continue to trace your fingers until you reach the base of your thumb.
- You may continue this exercise by reverse tracing back toward your pinky.

TIPS FOR REDUCING STRESS & ANXIETY

- **Mindful Breathing** - Take a break to calm yourself and refocus.
- **Journaling** - Writing down your thoughts and feelings can help you get rid of negativity and clear your mind.
- **Meditation** - Find a quiet space and take some time for yourself, even if only for a few minutes to relax and recenter yourself.
- **Keep your Hands Busy** - Use a stress ball or worry stone.
- **Arts & Crafts** - Draw, doodle, or use an adult coloring book to recenter, relax, and keep your hands active.
- **Reward Yourself** - Give yourself a healthy reward periodically to keep motivated on your nicotine-free journey.
- **Build your Team** - Surround yourself with supportive people such as family, friends, teachers, counselors, and coaches who listen to you, boost your mood, and help distract you from your vape or other nicotine product.
- **Hobbies** - Do some gardening, cooking, or even volunteering to help others while at the same time keeping yourself busy.
- **Self Care** - Eat a healthy diet, drink plenty of water, and get plenty of sleep.
- **Learn your Triggers** - You may need to avoid certain people or situations that can cause you to want to use nicotine products. Give yourself permission to say "no" when tempted and make it clear to those around you that you have chosen to quit using nicotine.
- **Ask for Help** - It is okay to ask your family and friends for their support and to ask them not to use or offer you any nicotine products when they are around you.
- **Positive Affirmations** - Keep a positive mindset and be proud of yourself for making the decision to quit.
- **Physical Activity** - Exercise releases chemicals in the brain that make you feel good. Take a walk or hike, go to the gym, do yoga, play team sports, or do other healthy activities.



Enjoying Life without Tobacco/Nicotine

Make a list:

What are some healthy activities that might also make you feel relaxed, focused, calm, and relieve stress?

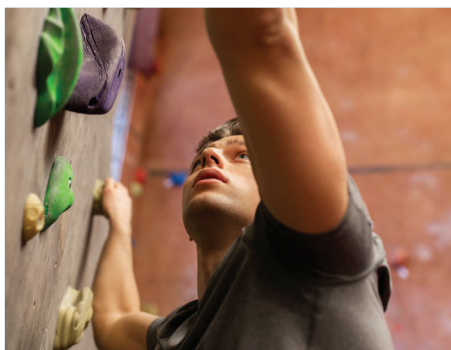
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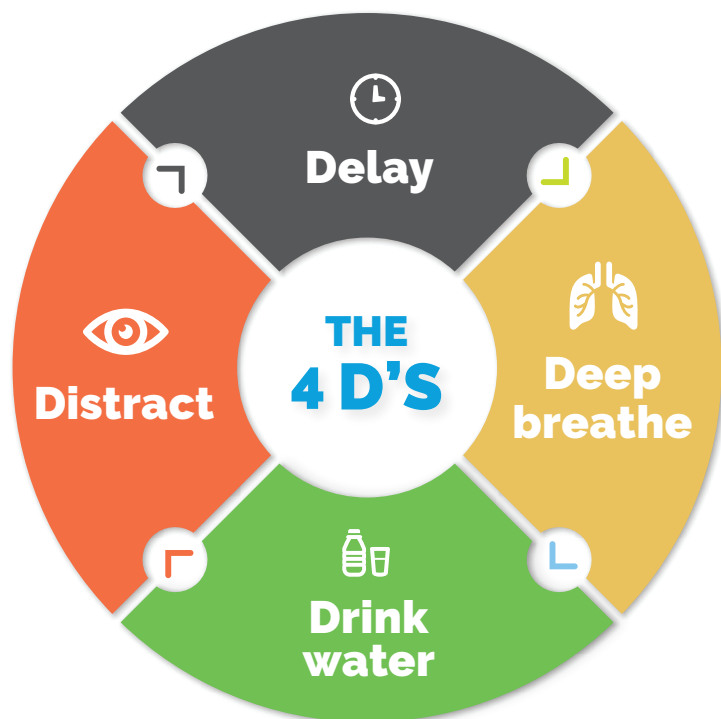
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The 4 D's



You may feel withdrawal symptoms when you quit tobacco. A major withdrawal symptom is the strong craving to use nicotine. You know what it is like to have a craving that you are not allowed to satisfy. Think of the last time you were in a place where nicotine was not allowed. The source of the craving may have been physical (your body telling you it needs nicotine) or psychological (you need stress relief) or a combination of both. The 4 D's listed here can help you deal with cravings. Keep in mind that your cravings will decrease the longer you are tobacco free.

Delay

Most people assume that each craving lasts a long time, but that is not always true. The urge to use nicotine will come and go whether you use nicotine or not. Time yourself to learn the truth. No matter how strong the craving is, convince yourself that you can wait 10 minutes.

Deep breathe

Breathe in through your nose, inhaling deeply, and hold your breath for 10 seconds. Exhale out through your mouth. Do this a couple of times to get the oxygen moving throughout your body. Deep breathing will help you relax and make the craving go away.

Drink water

Drinking cold water helps cravings go away and helps keep your hands and mouth busy.

Distract

Distract yourself by getting up and making yourself active. Go for a brisk walk, call a friend, read a chapter in a book. Many people say that when they get an urge to use nicotine and then make the effort to change their environment, they get distracted and forget they wanted to use tobacco.



Check Your Knowledge

True or False

Circle your answer for each statement.

- 1 ☐ T ☐ F The nicotine in cigarettes comes from tobacco plants.
- 2 ☐ T ☐ F The nicotine in e-cigarette products comes from tobacco plants.
- 3 ☐ T ☐ F Tobacco companies' profits are threatened by the increase in sales of e-cigarette products.
- 4 ☐ T ☐ F Most e-cigarette products contain nicotine.
- 5 ☐ T ☐ F When you inhale on a nicotine product, you only exhale water vapor.
- 6 ☐ T ☐ F When you inhale on a cigarette, it only takes 20 seconds for the nicotine to reach your brain.
- 7 ☐ T ☐ F The levels of nicotine circulating in the bloodstream are about the same for people who smoke cigarettes as they are for people who use chewing tobacco.
- 8 ☐ T ☐ F The same restrictions that apply to marketing traditional tobacco products also apply to e-cigarettes.
- 9 ☐ T ☐ F Nicotine is as addicting as heroin and cocaine.
- 10 ☐ T ☐ F Some tobacco products are harmless.



Preventing Relapse

IF you have a “slip” and use tobacco briefly OR IF you have a “relapse” and use tobacco for a longer period, **use it as a learning experience and ask yourself these questions:**

- ☐ What happened? Why did I start again?
- ☐ Why am I continuing to use nicotine products?
- ☐ How can I prevent it from happening again

Knowing the difference:

SLIP

A **slip**, which can also be known as a lapse, is a situation where someone has a very brief “slip” where they use nicotine, but they stop quickly afterward, avoiding a full relapse into addiction.

VS

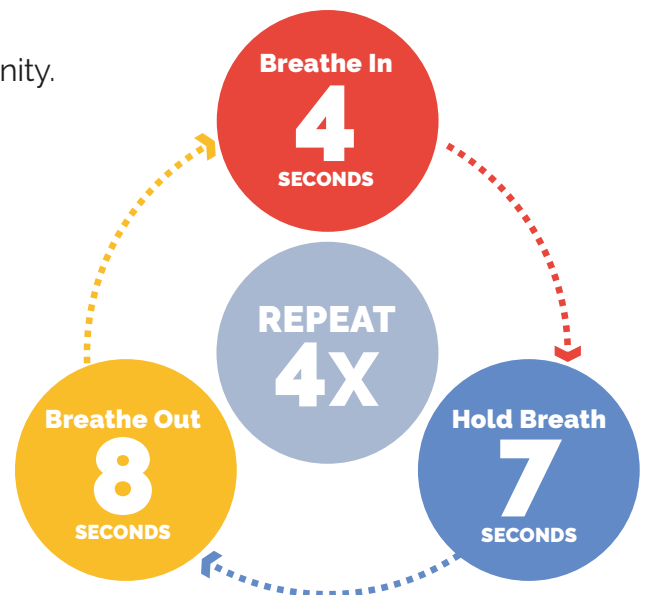
RELAPSE

A return to prior vaping/nicotine use habits.

If you find that you have relapsed, consider the following:

- ☐ Developing effective coping strategies to handle cravings can help people avoid setbacks.
- ☐ Don't see it as a failure, see it as a learning opportunity.
- ☐ Reach out for support:
 - Call a friend or family member that is supportive of your quit attempt.
 - Attend another Tools to Quit Teen group class.
- ☐ Mindfulness Practices:
 - Sitting in a comfortable chair, paying attention to breathing, listening, and being aware of your surroundings.
 - **R.A.I.N.:** Recognize, Accept, Investigate, Note
 - Reduces levels of anxiety, helps to control emotions, increases emotional intelligence.

BREATHING EXERCISE



MOVE FORWARD, returning to your goal to QUIT!



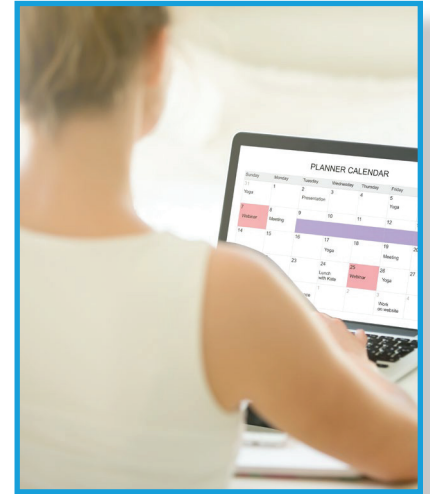
Countdown to My Quit Day

Make a plan:

Are you ready to quit? Below are the next steps.

Now

- ☐ Start practicing the 4 D's to start reducing your nicotine/tobacco use daily.
- ☐ Review your workbook.
- ☐ Set a quit date within two weeks.
- ☐ If you want to tell others that you are quitting nicotine/tobacco, do so now.
- ☐ Stop using nicotine/tobacco in your home, car or favorite places before your quit date. Make nicotine/tobacco use inconvenient for you.



Before Quit Day

- ☐ Review your list of when you use nicotine/tobacco.
- ☐ Practice not vaping or using nicotine/tobacco during those times. Practice the 4 D's.
- ☐ Clean your phone, locker, backpack, vehicle and all surfaces to remove the residue/smell of tobacco.
- ☐ Remove all nicotine/tobacco products after your last use.
- ☐ Review your reasons to quit list.
- ☐ Make a list of healthy foods/snacks and beverages to purchase and use.

On Quit Day

- ☐ Stop using nicotine/tobacco. You are now an ex-nicotine/tobacco user!
- ☐ Use the items suggested in group and have available any other replacement items to use.
- ☐ Practice the 4 D's regularly.
- ☐ Use the money you are saving to reward yourself regularly.



Select Your Quit Day

My Quit Day Is:

MONTH

DAY

YEAR

**I will not use
nicotine on
this day or
any day
after that!**



Use the “**Countdown to My Quit Day**” checklist (page 33) to prepare for your quitting process. Fill in the calendar below to show your quit day and other milestones.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



Saying NO Ways to say "no" to your friends when they want you to vape.

- I don't feel comfortable with that.
- No thanks, I'm not into that.
- That's not my thing.
- No.
- Let's do something else.
- I don't want to spend my money on it.
- My family wouldn't like me doing it.
- If I get caught there would be consequences.
- No part of it is good for my health or well-being.
- I already get headaches frequently and I wouldn't want to add to them.
- I already have health anxiety and shortness of breath. I wouldn't want to increase my worrying.
- No, thank you.
- I respect my Mom and she told me not to do drugs.
- I don't want to get addicted.
- As a dancer, I cannot have anything that would lower my stamina.
- I don't have a need to, so no thank you.
- No, thank you.
- I would rather not.
- I do not want to.
- I don't want it to affect my schooling/extracurricular activities.
- I don't want to get addicted.
- No thank you. I have a health condition and I don't know how it could affect me.
- No, sorry. My uncle struggled with a smoking addiction and I don't want to take the risk.
- No thank you. If my parents find out, you will never see me again.
- No thanks, I have to keep a clear mind for my math test next period.
- You know what, I really don't want to do this anymore. I feel sick every time I do it.
- How about we do something else that is not a drug.
- My mom said I can't do this and I follow her word.
- We really should not be vaping. It has many harmful effects to our bodies.
- No, I do not want it. It will hurt my body.
- Sorry, but I have to do something.
- I'm an athlete and I read that it damages my lung so I can't do it.
- I read that this isn't water vapor at all, so I'll pass.
- I won't stop you if you're so persistent, but I'll have to pass.
- Dude, I don't want to. I'll just hang out with you later today or maybe some other time.
- No, thank you. I don't want to be susceptible to chemicals that could cause cancer.
- No, thank you. My parents are really strict and would be disappointed in me.
- No, thank you. I wouldn't want to accidentally burn myself from a vaping malfunction.
- No, thank you. Nicotine from vaping could make me have mood swings.
- No, thank you. The high amount of nicotine in vaping could cause me to become addicted easily.
- No, I am going on a run tomorrow and vaping will slow me down.
- No, nicotine is an addictive drug and I am not going to get addicted.
- No, I don't feel well and vaping will make me feel sicker.
- No, vaping is bad for your lungs and I have sensitive lungs.
- No, I can't vape because I have to sing tomorrow and vaping would ruin my singing.
- No thank you. I have witnessed many people struggle with addiction in my family and I don't want to have that experience.
- No, I wouldn't like to be dependent on any substance in order to feel calm or happy.
- No. Developing a nicotine addiction as a teenager will keep me from obtaining my future goals.
- No, thank you. I won't be able to focus on my school work if I am constantly thinking about when my next hit is going to be.
- No, thank you. I would like to keep my lungs healthy and live a long life.



Managing Triggers

Suggestions on how to manage triggers

I only use my nicotine product when I am with friends who use a nicotine product:

- Distance yourself from friends that use nicotine products.
- Help them understand why they only use it when they are around their friends and why that is unhealthy. They shouldn't feel the need to do that.
- Maybe do not hang out with that certain group of friends until you are confident enough that you will be able to say no. Ask your friends politely not to do it in front of you.
- When in a situation with friends who are nicotine product users and a 'session' begins, try to associate the nicotine product with something negative, like a personalized feeling that draws you away from the nicotine product rather than towards it. An example of this could be a time when you were caught by your parents and were grounded, or a time you had a coughing fit. These scenarios can help you fight the urge to take a hit when the consequences are fresh in your mind.
- Ask your friends to have a 'vape-free' night together. Make the excuse that you have a big game this week and you can't risk it, or your mom is not a huge fan of vaping and doesn't allow it at the house.
- If they are really your friends, simply ask them to not vape around you because you are trying to quit. Most friends would be supportive of your decision and would try to be helpful in your journey, but if not, the most basic (and probably the hardest) thing to do is to stop hanging out with these people that are not supportive of you.
- Reward yourself for walking away from the issue. After walking away, grab a milkshake with your friends or a piece of your favorite chocolate. This will provide positive reinforcement after resisting the urge to pull out your vape when you see someone using their e-cigarette.
- Always remember that you are in control of your life and that you have to live with the consequences of your actions. Learn to say no.

When I feel sad or want to take my mind off my worries, I use nicotine:

- Instead of turning to nicotine there are healthier alternatives such as deep breathing, meditation, yoga, or even going on a walk. Having a little snack and watching a movie wouldn't hurt either.
- There are a million other ways to make yourself feel better. There are ways that are free and don't give you health problems.
- Listen to music that makes you happy, watch your favorite show or movie, play video games, distract yourself with anything that gives you joy.
- Talk to someone about what you are feeling. Many teens feel as if they are alone when they are feeling down or anxious; however, telling a friend how you are feeling rather than turning to a nicotine product can help you stray away from that temporary fix.
- Keep a journal and write down your issues rather than acting them out. Expressing your issues in a writing format can help you untangle the sadness/worries and can potentially find the source of the issue. This will prevent you from taking a different approach to handling your worries and prevent you from turning to an electronic cigarette for that immediate endorphin high.
- When worries are taking over your mind, try to de-stress and avoid toxic situations that would cause this stress to be overbearing. Getting some sleep can help relieve worries especially if they are associated with stress and anxiety. Having that emotional and physical outlet that allows you to focus on relaxing for a few hours can make the situation less drastic as it may have once seemed.
- Remember that nicotine products will not make the worries go away, they will still be there after.
- You should try exercising when you feel worried or anxious. It could be walking, running, yoga, Zumba or any other forms of exercise.
- You should try to develop a hobby or do something that you genuinely enjoy such as drawing, painting, etc.



Managing Triggers

Suggestions on how to manage triggers

When I see someone using a nicotine product, it makes me want to use my nicotine product:

- Politely ask your friends to not use nicotine when they are around you. When informing the people around you about your problem, and your goals, they can help to put you in a better situation in order to reach those goals.
- Don't hang around them if they are going to make you feel like you have to or want to do something that you initially didn't even think about.
- Start by throwing away your nicotine product. If the product is not on you, the urge will not become a reality since the vaporizer is not available for you to grab and give into the temptation.
- Replace the craving with something else, for example if you see someone using a nicotine product instead of using yours, eat a piece of chocolate.
- If you go to a space where a lot of people will have nicotine products, try to bring a friend to keep you distracted and keep you accountable for your actions.

I use nicotine to give myself a "lift":

- Instead of giving yourself a lift through nicotine, exercise can do the exact same thing. Endorphins are released through exercise that help you feel happier and healthier, with the added benefits of muscles and even stronger lungs.
- You could listen to your favorite song, play with your pet, hang out with your best friend, have your favorite meal/dessert, and do your favorite activity to maybe get the same "lift" that you were getting from something that is toxic for your brain, and all of your body.
- Nicotine does not mean a happy pill. Just because you feel good when you are using it, or you only use it to bring yourself out of a low point, it will cause your body to rely on it more and more with each use. If you are at a low point and need a lift, a better thing to do than using nicotine as a crutch is to talk to someone. If this is a parent, friend or school counselor these people can all help you work through how you are feeling.

I use my nicotine product to fit in with other people:

- Instead of relying on your nicotine product to feel comfortable around other people, there are many other objects that could be used as a replacement such as sipping on a can of soda or eating a snack. Both keep you busy and provide the comfort of a different stimulant.
- Help them understand that they don't have to do that. They could find another group of friends that don't do those things so they wouldn't feel peer pressured.
- Maybe you're trying to fit in with the wrong group. Not everyone uses nicotine products, find those people and make them your friends.
- If you are trying to fit in to a group that has bad influences on you, then you should probably reconsider your friend group.
- Take part in self-care and appreciation. Trying to fit in with people who are unsupportive may be a sign that your self-esteem and acceptance is low and may need to be reestablished to feel confident with your own decisions. Being able to say 'no' due to the confidence in yourself will make quitting nicotine products easier.
- Spend time with people who have been through a similar experience and who are rooting for you to quit. Having people that are aware of your decision makes it easier with having to fit in; they can relate to the emotions and varying aspects that are associated with avoiding a trigger.

Other triggers (not listed) that may place obstacles in the path of someone attempting to quit nicotine:

- Driving past locations where they buy nicotine products.
- The smell of a new kind of flavor.
- Sitting alone in their car.
- Being lonely.
- Entering the bathroom in their school.
- Boredom.
- Seeing a vape commercial on YouTube or other forms of social media.
- Fun vape tricks to pass the time.
- To get hyped for a workout.



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