

Tools to Quit - Teen



Tobacco and vaping industries continue to develop innovative new products and slick marketing schemes to attract youth.

In 2022, e-cigarettes continue to be the most used tobacco product among teens.

In Florida, **10.6% of youth still use an e-cigarette, compared to just 1.1% who use conventional cigarettes.**

**TOBACCO FREE FLORIDA
IS HERE TO HELP**

The **Tools to Quit - Teen** program helps students understand the underlying addiction to nicotine and provides support and guidance to help youth quit tobacco use.

TOOLS TO QUIT - TEEN

[AHEC Logo]

The program:

- Offers a customizable group cessation program led by a trained specialist.
 - Provides support and guidance to help youth quit tobacco use.
 - Helps students understand the underlying addiction to nicotine.
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- Creates a personalized quit plan for students to follow.
 - Provides access to additional resources for students who need help quitting tobacco.
 - Incorporates fun student learning activities to keep youth engaged.

**To learn more, contact
[AHEC Name] at [AHEC Number]**

