

FACT SHEET

Quit Smoking - 5 Tips for Teens

1. Get Started

- Get rid of all your tobacco products, ashtrays, matches, and lighters
- Pick a quit day and put it on your calendar or school planner
- Download the free [quitSTART](#) app for help

2. Get Support

- Tell a friend, family member, or other trusted person that you are quitting
- Ask others not to smoke around you or let you bum a cigarette
- Get help to quit at www.teen.smokefree.gov
- Sign up for [SmokefreeTXT](#) to get 24/7 tips, advice, and encouragement

3. Get Motivated

- Create a list of reasons for quitting and post it where you will see it every day
- Think about how you will save money, look better, and have better health
- Plan to avoid the habits and places that make you most want to smoke

4. Get Real

- Stay away from other tobacco products and e-cigarettes
- All tobacco products have nicotine, a highly addictive drug
- E-cigarettes also contain nicotine and have unknown health risks
- Learn more about the real cost of smoking at www.therealcost.gov

5. Get Tobacco Free for Good

- Remember that cravings will only last a few minutes
- Have hard candy, sugarless gum, or toothpicks on-hand
- Stay active and try a new activity or go hiking or to a movie with friends
- If you “slip” and use tobacco, learn more about your triggers and don’t give up
- Reward your success and use the money you save to treat yourself

