

5 Tips to Help Someone Quit Vaping

Tip 1 LEARN ABOUT VAPING

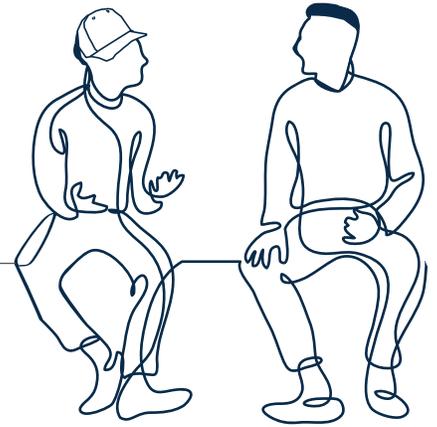
There are hundreds of products out there.

- Think about the person you want to help. What do they use?
 - Gather info on it.

Tip 2 BRING UP THE TOPIC

Show interest and ask open questions.

- “What do you like about vaping?”
- “What’s not so good about vaping?”
- “How interested are you in quitting?”



Tip 3 LISTEN WELL

Mirror back what you hear- without judging.

Keep in Mind

- Nicotine is addictive. It’s hard to quit.
- It can take many tries to quit for good. That’s normal.
- Be patient.
- Nagging doesn’t help.

Tip 4 OFFER SUPPORT

Not everyone wants the same thing.

Ask:

- “What do you think you’ll need to quit?”
- “How can I help?”

Tip 5 SHARE RESOURCES

There’s free help to quit.

- Talk to a Quit Coach - 1-800-300-8086
- Text program- text Quit Vaping to 66819
- CHAT - at www.kickitca.org/chat

There are 5 key tips for people who want to quit vaping. [See the next page to learn more!](#)

5 Tips to Help You Quit Vaping

Tip 1 FIND YOUR REASON

Why do you want to quit?

- Write down your main reasons.
- Remind yourself often why you want to quit.

Tip 2 KNOW YOUR TRIGGERS

What makes you want to vape?

- Write down the times when you like to use.
- Some common triggers are when you drink alcohol, feel stressed, hang out with others who are vaping, or feel bored.

Tip 3 MAKE A PLAN TO DEAL WITH TRIGGERS

What can you do instead?

- Change your ways - do other things like take deep breaths, chew on a straw, drink water, and avoid places where you use.
- Change your thoughts - think about why you want to quit, tell yourself that vaping is not an option, and give yourself credit for quitting.

Tip 4 SET A QUIT DATE

What day might work best for you?

- Choose a day that is more or less stress-free.
- Mark the date and commit to quit.
- Give it a try.

MY QUIT DATE

Tip 5 KEEP TRYING

What if you don't make it this time?

- It can take many tries to quit for good.
- You never know which time will stick—if you keep trying you WILL do it!