



TEEN PROGRAMS

Not On Tobacco®

The Not On Tobacco® group (N-O-T) is the American Lung Association's voluntary smoking cessation program for teens ages 14 – 19. Over the 10-week program, participants learn to identify their reasons for smoking, healthy alternatives to tobacco use and people who will support them in their efforts to quit. Visit Lung.org, call 1-800-LUNGUSA (1-800-586-4872) or email NOT@Lung.org to learn more.

Smokefree Teen

Smokefree Teen is a web-based program designed and run by the National Cancer Institute to help you understand the decisions you make - especially the decision to quit smoking - and how those decisions fit into your life. Visit teen.smokefree.gov to learn more or sign up for this free program.

Smokefree TXT

Smokefree TXT is a mobile text messaging program that provides 24/7 tips, advice and encouragement to help you quit smoking. To sign up for SmokefreeTXT, simply text QUIT to IQUIT (47848). This free program is designed and run by the National Cancer Institute.

1-800-QUIT-NOW

The quitline is a free service that offers one-on-one immediate support. It is staffed by quit smoking coaches who can provide you with helpful information, advice and support as they walk you through a step by step plan to quit. To sign up or for more information, call 1-800-QUIT-NOW (1-800-784-8669).

QuitSTART App

This QuitSTART is a free app made for teens who want to quit smoking. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help you become smokefree and live a healthier life. This app is free for download on iTunes and Android. This free program is designed and run by the National Cancer Institute. For more information, visit teen.smokefree.gov.

Truth Initiative E-Cigarette Quit Program

To access the new e-cigarette quit program, users can text "DITCHJUUL" to 88709. Users can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs from Truth Initiative that integrate the text program. For more information on the text-based e-cigarette quit program from Truth Initiative, visit truthinitiative.org/quitecigarettes or text "QUIT" to (202) 804-9884.



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INDEPTH®

The American Lung Association's Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is an alternative to suspension or citation program that is offered as an option to students who face suspension for violation of school tobacco, "vaping," or nicotine use policies. Instead of exclusionary discipline, students participate in a series of interactive educational sessions focused on nicotine addiction, establishing healthy alternatives and making the change to be free of all nicotine and tobacco products. The program is administered by an adult facilitator in either a one-on-one or group format and can be offered in a school or community-based setting. Visit Lung.org/INDEPTH, call 1-800-LUNGUSA (1-800-586-4872) or email INDEPTH@Lung.org to learn more.

"The Real Cost" Campaign

The U.S. Food & Drug Administration launched "The Real Cost Campaign" to address the "cost-free" mentality found in a majority of middle and high schoolers, campaign messages focus on educating youth that using e-cigarettes, just like cigarettes, puts them at risk for addiction and other health consequences. Youth e-cigarette prevention materials, including print materials and social media content, can be found on the CTP Exchange Lab at digitalmedia.hhs.gov/tobacco. Visit TheRealCost.gov to learn more.

CATCH My Breath

CATCH My Breath Youth E-Cigarette & JUUL Prevention Program provides up-to-date information to teachers, parents and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes, including JUUL devices. This program targets ages 10-18 years (grades 5-12) and includes four lessons per version. Visit catchmybreath.org, call 1-855-500-0050 x803 or email catchmybreath@catch.org to learn more.

Know The Risks

The U.S. Department of Health and Human Services in partnership with the Office of the U.S. Surgeon General and the U.S. Centers for Disease Control and Prevention launched Know the Risks: E-Cigarettes & Young People which provides many resources to expand and share your knowledge about e-cigarette and their impact on young people. Get the facts, know the risks, take action and obtain resources by visiting e-cigarettes.surgeongeneral.gov.

Taking Down Tobacco

Taking Down Tobacco is a comprehensive youth advocacy training program created by the Campaign for Tobacco-Free Kids in partnership with the CVS Health Foundation. This initiative educates and engages youth through free online and in-person trainings. It provides introductory training for youth new to the fight against tobacco and advanced training to help young leaders take their advocacy to the next level. For more information, visit takingdowntobacco.org.