

## So You Want to Quit Your Vapes, E-Cigarettes or JUULs? Resources for Teens and Young Adults

As the tobacco product marketplace evolves, new products are emerging that deliver nicotine in different ways. These products include e-cigarettes like JUUL and heat-not-burn products like IQOS, and they typically come in many youth-appealing flavors. Most smokers — nearly 70 percent — say they want to quit, and now, the youth e-cigarette use epidemic has created a major need for information on how to quit vaping. Research-backed and proven-effective resources are critical to fill this need and help people successfully quit smoking or vaping. The following digital tools are recommended for teens and young adults.

### [This is Quitting](#)

The youth e-cigarette use epidemic created an urgent need for resources to help young people quit vaping. The Truth Initiative® developed a first-of-its-kind program called This is Quitting. The free quit-vaping and quit-smoking mobile program is one of the few resources available designed specifically for teens and young adults. The program allows teens and young adults to remain anonymous. It also serves as a resource for parents seeking to help their children.

**Text “DITCHJUUL” to 88709**

### [BecomeAnEX®](#)

BecomeAnEX is a free, digital quit-smoking plan and online community of thousands of smokers and ex-smokers developed by Truth Initiative in collaboration with Mayo Clinic. It has helped more than 800,000 people develop the skills and confidence to successfully quit. Research has shown that following the BecomeAnEX quit plan quadruples a tobacco user's chance of quitting.

### [smokefree\*\*teen\*\*](#)

Young people can sign up for a free Smokefree text messaging program, developed by the National Institutes of Health. Participants must be at least 13 years old, use a supported mobile phone carrier in the United States, and have an unlimited texting plan on their mobile phone. For programs that help you quit tobacco for good (SmokefreeTXT, SmokefreeTeen, DipfreeTXT, SmokefreeMOM, and SmokefreeVET), participants can enroll up to 14 days before the quit date they choose. The text program starts up to two weeks before the selected quit date and lasts for six weeks. The programs will also follow up one, three, and six months after the program ends to see how the person is doing.

To sign up online, visit the list of [Smokefree text messaging programs](#) and select the program that matches your goals. To enroll, click on the “Sign Up Now” button. Complete the questions on the sign-up page and you will begin receiving messages right away.