

### **Youth Cessation (In-Person):**

N-O-T is taught by a trained and certified adult in ten, 50-minute sessions. It is most effective in a small group format (6-10 participants) that emphasizes teamwork. The easy-to-use method helps teens quit by addressing total health in order to develop and maintain positive behaviors. Participants will talk about the importance of physical activity, nutrition, enhancing their sense of self-control, and improving life skills such as stress management, decision making, coping and interpersonal skills. Additionally, they will learn to identify their reasons for smoking or vaping, healthy alternatives to tobacco use and finding people who will support them in their efforts to quit.

<https://www.lung.org/quit-smoking/helping-teens-quit/not-on-tobacco>

[Virtual Resources you can share with your students who are ready to quit right now or as an alternative to suspension for policy violations.](#)

### **Youth Cessation (Virtual) for Alternative to Suspension:**

#### **1) My Healthy Future Course (Stanford Medicine)**

The “MY Healthy Future: A Self-Paced Online Course” is an Alternative-to-Suspension (ATS) program created by the [Stanford REACH Lab](#), developers of the [Tobacco Prevention Toolkit](#) and the [Cannabis Awareness and Prevention Toolkit](#). This course is for any student caught using tobacco/vaping on school campus, or anyone working with students who want to quit. This new online, self-paced course can be completed independently by students in 40-60 minutes.

<https://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/HealthyFutures/MYHealthyFutureCourse.html>

#### **2) INDEPTH (ALA) is a four-session program.**

Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is a new, convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.

The hope is that after participating in the INDEPTH program students will move closer to wanting to quit and will be ready to participate in the N-O-T program. The program has been updated to include vaping. <https://www.lung.org/quit-smoking/helping-teens-quit/indepth>

*Note: The N-O-T Program is voluntary, so cannot be used as an alternative to suspension unless it is part of a menu of options for students and they choose to participate. It is not designed to be a mandated program.*

### **Virtual Resources for Cessation:**

**1) My Life My Quit:** A confidential way to quit smoking or vaping. Free, non-judgmental support, 1:1 help to quit and easy-to-follow tips from friendly coaches. Text “Start My Quit” to 36072, call a dedicated toll-free number (1-855-891-9989) for real-time coaching or visit [mylifemyquit.com](http://mylifemyquit.com) for online

enrollment, to chat with a live coach, or get information about vaping and tobacco, including activities to support quitting.

**2) Smokefree Teen:** Smokefree Teen is a web-based program with tips and tools to help quit. Includes quit smoking text option (Smokefree TXT for Teens), a live chat option (LiveHelp), a phone chat option (1-800-Quit -Now), a quit smoking app (QuitSTART), an Instagram program, and a personalized quit vaping plan. Visit [teen.smokefree.gov](http://teen.smokefree.gov) to learn more or sign up for this free program. Further information for each option is below.

- **Smokefree TXT for Teens:** Daily text messages to support quitting smoking. The program lasts for 6-8 weeks.
- **LiveHelp:** Chat online with a National Cancer Institute LiveHelp information specialist.
- **1-800-QUIT-NOW:** 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:** a free smartphone app that helps you quit smoking with tailored tips, inspiration, and challenges.
- **Instagram:** Inspiration to quit through Instagram posts.  
<https://www.instagram.com/smokefreeus/>
- **Quit Vaping Plan:** Quitting vaping can be easier if you have a plan. Making your personalized quit plan will keep you on track, help you through hard times, and increase your chances of quitting.

### **3) This is Quitting:**

- A free mobile program from Truth Initiative designed to help young people quit vaping. The first-of-its-kind text messaging program incorporates messages from other young people like them who have attempted to, or successfully quit, e-cigarettes. Join for free by texting **DITCHVAPE** to **88709**)

### **4) Lung HelpLine and Tobacco QuitLine**

- Individuals who want their questions answered one-on-one by a health care expert can utilize the American Lung Association's [Lung HelpLine and Tobacco QuitLine](#). Users have the option of calling a hotline number or submitting a question online to be answered by the organization's staff. Experts that can be reached using this resource include registered nurses, registered and certified respiratory therapists, pharmacists, and counselor.

### **5) Help! I Want to Quit Smoking!**

Information on how individuals can be successful in quitting smoking, vaping, or using other tobacco products. Created by the American Heart Association, the information page includes organizations, tools, and methods for nicotine cessation. This resource can serve as a starting point for teenagers who are early in the quitting process.

## **6) Break the Vape**

A whole family, cognitive-based program. This program serves families dealing with substance use that want to focus on fixing challenging family communication and building life-long skills to break substance use. The program packages a validated model for intervention, with integrated skill building, family conflict skills and parental support. Break the Vape is designed to be used alone or in support of work being done in school or with a clinician. Program is delivered over six weeks, one night a week for 2 ½ hours each session. The program has separate, but concurrent paths for teens and their parents. Having teens separated from their parents allows for a safe space for questioning and learning. Each group covers similar material during their sessions to allow families to continue work together between weekly sessions. [Break the Vape](#)