

NEW YEAR, NEW GOALS

Thinking about quitting vaping?

Start with small steps that make a BIG difference.

- **Pick a start date**
  - Even cutting back slowly helps.
- **Track your use**
  - Notice when you vape and what triggers it.
- **Try replacements**
  - Gum, water, deep breaths, or a quick walk.
- **Avoid triggers**
  - Change up routines or take a break from certain situations.
- **Celebrate progress**
  - Every day or week you cut back counts.
- **Get support**
  - Friends, school staff, or trusted adults can help.

Ready to connect with someone who can help? Scan here to set up a one-on-one conversation.

MY LIFE MY QUIT

You're not alone.

You can do this!