**Concerned About Youth Vaping at Home while Schools are Closed?**

During these extraordinary times, when our lives are disrupted by the coronavirus outbreak, schools, organizations, and activities are closed. While parents work to establish new routines at home and help their teens adapt, they may also be thinking about how to help their teens quit vaping or smoking. Youth are spending more time in the house and may be more stressed than usual. Parents may especially want to encourage quitting because of evidence coming out that vaping, like smoking, harms the ability of the lungs to fight infection.

Quitting vaping or any tobacco product can be hard since these products contain nicotine, an extremely addictive substance. But, with support and by using proven quit strategies, teens can become nicotine-and tobacco-free.

There are two free programs to help Massachusetts youth become nicotine-and tobacco-free, **This is Quitting** **powered by truth®** and **My Life, My Quit™**.

* **This is Quitting** powered by **truth®** is a free and confidential texting program for young people who vape. Text “VapeFreeMass” to 88709.
* **My Life, My Quit TM** has youth coach specialists trained to help young people by phone or text. Young people can call or text "Start My Quit" to 855-891-9989 for free and confidential help or sign up online at [mylifemyquit.com](http://mylifemyquit.com/).

Youth can also visit [teen.smokefree.gov](https://teen.smokefree.gov/) for tips about quitting vaping and smoking; they can find additional information designed for them at [mass.gov/vaping](https://www.mass.gov/service-details/vapes-and-cigarettes).

More information for parents and caregivers is available at [GetOutraged.org](http://makesmokinghistory.org/dangers-of-vaping/) or by contacting me at mcalianos@collaborative.org.

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*The Hampshire Franklin Tobacco-Free Community Partnership supports communities’ efforts to lower smoking prevalence and exposure to secondhand smoke; enhance state and local tobacco control efforts by exposing tobacco industry tactics, mobilizing the community to support and adopt evidence-based policies, and changing social norms. Funded by the Massachusetts Tobacco Cessation and Prevention Program, Community Partnerships serve as a resource for local coalitions, health and human service agencies, municipalities, and workplaces on tobacco intervention efforts.*