

## Teens Navigating Tobacco



### How does e-cigarette use affect teens?

- Nicotine is an **addictive drug in e-cigarettes and other tobacco products that damages important parts of the teen brain** while it is developing.

These damages can impact:



Your mood and ability to control yourself



How well you learn



Your ability to pay attention

- Using e-cigarettes can change how you look including making your teeth yellow, causing your skin to age faster, and your hair to fall out.

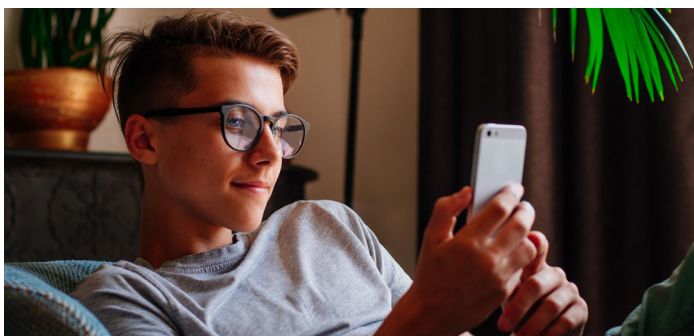
### How to say no to e-cigarettes in social situations:

- Equip yourself with refusal skills:
  - **Be confident:** Practice saying “no” firmly but politely.
  - **Offer alternatives:** Suggest a different activity that doesn’t involve tobacco use.
  - **Find support:** Surround yourself with friends who respect your choices.
  - **Lead the change:** Help your friends create tobacco-free spaces and support their quitting decisions.



## Know the facts!

| Myths   | Facts  |
|---|--|
| "E-cigarettes are a safe way to quit other tobacco products." | E-cigarettes are not approved by the FDA to help you quit using other tobacco products.                                    |
| "Occasional vaping or smoking is fine."                       | Any exposure to nicotine is harmful and can lead to addiction.   |
| "When I vape, it's just water vapor that I am breathing in."  | E-cigarette vapor contains nicotine and cancer-causing agents (like many types of toxic metals) also known as carcinogens. |
| "I'm young and can quit before it affects my health."         | The damage from tobacco use is immediate and long-lasting. Quitting tobacco is the best way to protect your health.        |



## Find free resources that are made for teens who want to quit!

### • Texting:

- Text **DITCHVAPE** to **88709** to join This is Quitting.
- Text **QUIT** to **47848** to join SmokefreeTXT for Teens.
- Text **VAPEFREE** to **873373** to join Live Vape Free<sup>SM</sup>.

### • App:

- Scan the QR code to **download quitSTART** on your smartphone.



### • Website:

- Visit [Teen.Smokefree.Gov](https://www.teen.smokefree.gov) for more information on how to become a smoke-free teen!

### • Quitline:

- **Call 1-877-YES-QUIT (937-7848)** to join the Texas Tobacco Quitline's Youth Digital Program.
- This program includes an online coach, videos, animations, and more.