



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 FreeSM.

• 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.