



FOUNDATION FOR A
**HEALTHY
KENTUCKY**

Free Quit-Vaping Resources

Compiled by the Foundation for a Healthy Kentucky



IF YOU'VE HEARD

VAPING IS SAFE,

YOU'VE HEARD WRONG

ADULTS

Quit Now Kentucky, offers nicotine replacement therapy and counseling:
<https://www.quitnowkentucky.org/en-US/>



PARENTS &
GUARDIANS

The Vape Talk, a conversation guide from the American Lung Association:
<https://www.lung.org/stop-smoking/vape-talk/>

AMERICAN LUNG ASSOCIATION.

THE VAPE TALK

TEENS & ADOLESCENTS

DITCHJUUL, Truth Initiative text message program: Text DITCHJUUL to 88709 or visit
<https://truthinitiative.org/research-resources/quitting-smoking-vaping/quitting-e-cigarettes>

Not on Tobacco® (N-O-T), a 10-week voluntary program for small groups of teens ages 14-19:
<https://www.lung.org/stop-smoking/helping-teens-quit/not-on-tobacco.html>

Become a Smoke-Free Teen – Quit Vaping, learn about different tools to help you quit and how to use them from the U.S. Department of Health and Human Services:
<https://teen.smokefree.gov/quit-vaping>



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learn more at:
ijustdidntknow.org



PREVENTION PROGRAMS FOR SCHOOLS, COMMUNITY ORGANIZATIONS & MEDIA

“I Just Didn’t Know,” audio and video public service announcements about the dangers of adolescent and teen use of e-cigarettes and vapes: <http://www.ijustdidntknow.org/>

“I Just Didn’t Know,” PowerPoint presentations about the dangers of youth e-cigarette use with quitting resources, one each for adult and youth audiences:

<https://www.healthy-ky.org/about-us/our-initiatives/tobacco-use-reduction/e-cigarette-powerpoints>

Stanford Medicine Tobacco Prevention Toolkit, an education program aimed at preventing middle and high school student tobacco use: <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>

