

# Vaping and Tobacco Education Resources for Adults



Tobacco Prevention  
and Cessation



## 2016 U.S. Surgeon General's Report

This online resource for parents and health care providers is based on the 2016 U.S. Surgeon General's Report on e-cigarette use among youth and young adults. Background information on e-cigarette products, risks of these products, and tips for how to talk to teens about the health risks of e-cigarettes.

[e-cigarettes.SurgeonGeneral.gov](http://e-cigarettes.SurgeonGeneral.gov)

OPTUM® | Live Vape Free™

1.800.QUIT.NOW  
Indiana Tobacco Quitline  
QuitNow@indiana.gov



## Live Vape Free

This program offers self-paced online learning experiences with chat support and is designed to provide concerned adults with action steps. Program features:

- Tools to help empower constructive conversations about the risks associated with vaping.
- Instructive videos as well as how-to articles and background information
- A guide to help teens build a quit plan, including how to get started, strategies for managing urges and staying quit
- Insights from individuals who are facing similar challenges
- The latest news and information about the health risks of vaping

[rallyhealth.com/live-vape-free](http://rallyhealth.com/live-vape-free)



## Truth Initiative - Parent Resources

Parents can sign up to receive text messages designed specifically for parents of vapers.

**Text QUIT to (202) 899-7550**





## Health Care Providers

The American Academy of Pediatrics (AAP) resource, Youth Tobacco Cessation: Considerations for Clinicians, is designed to support pediatric health clinicians in screening patients for tobacco use and providing behavioral and pharmacological support to help youth quit.

The resource uses an easy, 3-step model, "Ask-Counsel-Treat (ACT)," to guide clinical interactions around cessation.

[aap.org/cessation](http://aap.org/cessation)

## Need Help Quitting?

If you use tobacco and also have a child who vapes, the best way to help support your child is to quit tobacco use yourself. There are many free resources available to help you start your quit journey whenever you are ready.



### Quit Now Indiana

1-800-Quit-Now, the Indiana Tobacco Quitline, is a free phone-based counseling service that helps Hoosier tobacco users quit. The Quitline also offers online counseling services through Web Coach.

[1-800-Quit-Now](http://1-800-Quit-Now)  
[QuitNowIndiana.com](http://QuitNowIndiana.com)

[EQuitNow.com](http://EQuitNow.com)



### BecomeAnEx

If you are an adult looking for support to quit vaping or stop using any tobacco product, the free digital quit smoking platform, BecomeAnEX, offers comprehensive web and mobile tools. Parents of vapers can also sign up for BecomeAnEX, where they can indicate that they are a parent of a young person who vapes, and access a supportive online community and a full interactive website of information about how nicotine addiction works and different approaches to quit.

[BecomeAnEx.org](http://BecomeAnEx.org)



[in.gov/vapefreeindiana](http://in.gov/vapefreeindiana)