



Tips to Support Someone Trying to Quit Tobacco/Nicotine

Someone who feels supported is more likely to quit for good. That's why friends and family members can play a big part in someone becoming smoke or vape free.

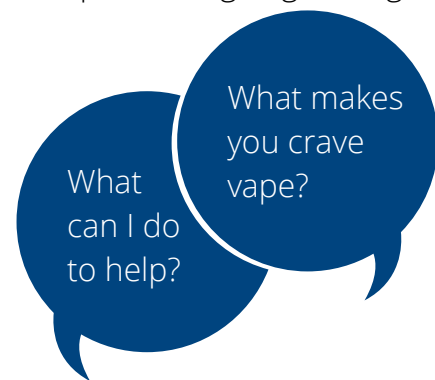
Respond Positively

Show encouragement when someone says they are thinking about quitting.



Ask Open-Ended Questions

Have conversations to help you understand what the person is going through.



Be Patient

The withdrawal that can come from quitting can make the person irritable. Avoid taking their mood personally.

Offer Distractions

Plan healthy tobacco-free activities like going to the movies or going on a walk.

Don't Give Up

Cravings may pop up weeks or months after someone decides to quit. Celebrate smoke/vape-free anniversaries, and don't be hard on them if they slip up.

Are you a parent of a young person who vapes? Parents can text QUIT to (202) 899-7550 to sign up to receive text messages designed specifically for parents of vapers.