

SECTION 6: CESSATION AND SUPPORT

FREE QUIT RESOURCES

Because nicotine dependence can start early in an adolescent's use of tobacco products, cessation resources should be offered to the student beginning at the first offense.

No one can be forced to quit. Quitting is a choice that must be made by a tobacco user, whether student or staff. Research has shown that most teen smokers do want to quit but have been unsuccessful in their previous attempts.¹²

New methods of cessation support using media that youth use most often, like texting and the Internet, are now available. Online support, telephone counseling and text messages can all provide valuable support for teens who would like help with quitting.

FREE CESSATION RESOURCES FOR STUDENTS AND ADULTS

- **Quit Now Virginia Tobacco Cessation Services**

Quit Now Virginia is a free program to help adults and youth prepare for and successfully quit a tobacco addiction. The program offers many resources for individuals attempting to quit including:

Quitting Aids – The program helps individuals decide what type, dose and duration of nicotine substitute or other medication is right for them and teaches individuals how to use it to ensure it will work.

Quit Guide – The program includes an easy-to-use workbook that individuals can reference in any situation to help them stay with their Quitting Plan.

Quit Coach® – Individuals are matched with expert support and assistance to help them quit tobacco.

Web Coach® – Individuals are given access to a private, online community where they can complete activities, watch videos, track progress, and join in discussions with others in the program.

Text2QuitSM – Finally, this text message feature allows individuals to connect with Quit Coaches®, interact with Web Coaches®, learn to use medications correctly, manage urges, and avoid relapse directly from their mobile phone.

Visit www.quitnow.net/virginia or call (1-800-784-8669) to enroll.

- **Freedom From Smoking®**

The American Lung Association's Freedom From Smoking® clinic includes eight classroom sessions that help individuals work a step-by-step plan for quitting smoking. The sessions are organized to help smokers learn more about their addiction and help them gain control over their behavior. For more information, call 1-804-HCA-CARE.

- **Smokefree Teen**

www.Teen.Smokefree.gov

This site is a joint project of the U.S. Department of Health & Human Services, National Institutes of Health, National Cancer Institute (NCI), and USA.gov. It features teen images and language, and offers text messages, quizzes, comics, live chat with an NCI counselor, links to state quit lines, and more.

- **SmokefreeTXT**

<http://Smokefree.gov/SmokeFreeTxt>

Text START to 47848 to get started

SmokefreeTXT is a mobile text messaging service designed for adults and young adults across the United States who are trying to quit smoking. The program was created to provide 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit.

- **My Last Dip**

www.MyLastDip.com

This site is sponsored by Oregon Research Institute and offers free quitting support to smokeless tobacco users.

- **EX**

<http://www.BecomeAnEX.org/>

EX is a free quit-smoking program by Legacy, a national non-profit helping people live longer, healthier lives. Working in partnership with Mayo Clinic, a world leader in quitting smoking, Legacy developed the EX Plan and BecomeAnEX.org to show people how to re-learn life without cigarettes and quit for good. It is a free personalized program.

- **Quitter in You**

<http://www.quitterinyou.org/>

The “Quitter in You” campaign combines a web site, a variety of public service announcements, and a wealth of personalized tools and support from the American Lung Association. The campaign aims to empower people trying to quit smoking by recognizing that past attempts to quit are not failures, but normal and necessary steps along the way to quitting for good.