

How to Build a Quit Kit

Connecting students to help and providing resources, like quit kits, are some of the best ways to help young people quit vaping.

Quit kits help students who are trying to quit vaping.

Quit kits include items that:

- Replace vaping behavior.
- Aid in coping with cravings.
- Offer healthy distractions.
- Help soothe stress and anxiety.
- Explain what to expect when quitting.
- Provide resources for help.

For more info, check out [The Best You](#) and [How to Help Your Teen Quit Vaping](#).

Give quit kits to students who are actively trying to quit.

While many students may be sent to a counselor or nurse for vaping, not all may be ready to make a change. For help determining if a student is ready, check out [Stages of Change](#) and [Model of Smoking Cessation](#).

Before giving a quit kit to a student, have a supportive conversation about quitting. Quitting is difficult and young people will need support from many sources during their quit journey.

What's in a quit kit?

Fill a water bottle with helpful items like...

- ☐ Gum
- ☐ Mints
- ☐ Lollipops
- ☐ Lip balm
- ☐ Toothbrush
- ☐ Flavored toothpicks
- ☐ Fidget toys
- ☐ Stickers
- ☐ Stress balls



+ Include **Escape the Vape** materials:
[Pocket guide](#)
[Resource card](#)
[Brochure](#)

+ Add anything you think may help students!
School pride items, inspirational notes from other students, kind words from teachers.

✓ **Balance appeal with health.**
Not too much candy.
Avoid sugar-free options.
Consider healthy oral alternatives, like floss, toothpaste, and toothbrush.

✗ **Don't add items that imitate the action of vaping.**
Stay away from essential oil diffuser pens or vaping replacement "tools."

For more info, visit tpchd.org/EscapetheVape