

Tips to support



your teen

- + Be curious. Ask how you can support them.
- + Don't scold or nag. Tell them you admire them for trying to quit.
- + Use compassion. Nicotine withdrawal can cause irritability.
- + Be patient. Nicotine is very addictive. They may need several quit attempts.
- + Encourage them to seek support from quit lines or a healthcare provider.
- + Help plan fun or relaxing distractions with friends or family.

Get help quitting

This is Quitting

Text DITCHVAPE to 88709.

Smokefree Teen

Text QUIT to 47848.

2Morrow Health App

Free and anonymous app to help you quit. Download at tpchd.org/EscapetheVape.

Washington State Quitline

Call (800) QUIT-NOW or (800) 784-8669.

Washington Teen Link

Text or call (866) 833-6546.

988 Crisis Line

Text or call 988.

Native and Strong Lifeline—for Native people

Call 988 and then press 4, or call (866) 491-1683.

The Trevor Project—for LGBTQIA2+

Text START to 678-678 or call (866) 488-7386.

tpchd.org/EscapetheVape

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HELP YOUR TEEN QUIT VAPING



*A guide for parents,
caregivers, and
other adults*



Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities

Teens & nicotine

Why should you be concerned about your teen using nicotine?

Nicotine harms brain development. It can rewire your brain to become more easily addicted to other drugs and impact your memory, learning, and motivation. Vaping also leads to increased stress, anxiety, and depression.

How easily can teens become addicted?

Vapes contain high levels of nicotine. Teens are especially sensitive to it because their brains are rapidly developing. They can become addicted quickly, even before they use these products daily. Tobacco companies use attractive packaging and flavors to market their products in ways youth often find appealing.

How do you know if your teen is addicted to vaping?

You may notice:

- + Fruity or sweet smells.
- + Coughing or wheezing.
- + Sadness, anxiety, or irritability.
- + Restlessness or difficulty sleeping.
- + Prioritizing vaping over other activities.

Help your teen quit

Most teens want to quit but don't know how. It may take multiple attempts. The first two weeks are hardest.

Support, don't scold.

Talk to your teen about why they are quitting and ask how you can support them.

Help remove temptation.

Encourage your teen to dispose of all products.

Encourage them to have a plan.

Plan for how they will manage cravings and temptation. Staying hydrated and having something to chew on like healthy snacks, mints, or gum can help with cravings.

Set up healthy distractions.

Fun or relaxing activities, time with friends, going outside, or exercise.

Set a good example.

Take care of your own health and make your house smoke and vape free.

Professional support & resources

You don't have to do it alone.

Call or text the resources on the back of this brochure for free and anonymous support. Consider talking to your teen's healthcare provider.

What about nicotine replacement therapy (NRT)?

Talk to a healthcare provider about whether NRT might help your teen quit nicotine.

What about your teen's mental health?

Mental health is critical to teen health and wellbeing. Encourage your teen to choose healthy coping instead of nicotine.



Find mental health support and more at tpchd.org/EscapeTheVape