

FIND YOUR WAY TO QUIT

Tobacco Free Florida's Quit Your Way program offers free tools and services to help you quit any form of nicotine, including electronic cigarettes.



QUIT YOUR WAY



PHONE QUIT



GROUP QUIT



WEB QUIT



MORE QUIT TOOLS

Florida
HEALTH

Youth 11-13 years old can access Phone Quit and receive unlimited ongoing support from a Quit Coach. The Quit Coach can also assist with assessment and planning, as well as setting a quit date.

Youth 13-17 years old can choose from:



PHONE QUIT

- Calls with a Quit Coach to help with assessment and planning, as well as setting a quit date.



WEB QUIT

- Stand-alone online program that allows the user to chat with a Quit Coach.

For more information, visit [tobaccofreeflorida.com](https://www.tobaccofreeflorida.com).

EPIDEMIC TO ACTION

Florida's experience fighting youth tobacco use proves that **community action is needed now to combat the youth e-cigarette epidemic.**

Though the increase in youth e-cigarette use rates has slowed, 25.6% of high schoolers and 9.1% of middle schoolers are still using e-cigarettes.

E-cigarettes are not safe, period. Here's why:

- Nicotine is a dangerous and addictive drug.
- The brain develops until about age 25 and is more vulnerable to nicotine's effects, including reduced impulse control, attention and cognition deficits, and mood disorders.
- Using nicotine in your teens may also increase risk for future addiction to other drugs and tobacco products.
- Juul's flavored pods have been pulled from the market and its sales are declining, but new flavored products like Puff Bars, Stig and Smok are becoming more popular and are quickly filling that void.

Learn more about how you can get involved at tobaccofreeflorida.com/epidemictoaction.



**Florida
HEALTH**