



What will you say if your friends ask you to vape with them?

Sometimes the people you used to vape with may encourage you to keep vaping. This can be frustrating and discouraging. However, thinking about this ahead of time can help you to prepare a response and stick to your plan.

## DEALING WITH PEOPLE

You may feel really bad. This is normal and will get better with time.

- Strong urges to vape
  - Feeling hungry
  - Trouble sleeping
  - Trouble concentrating
  - Sweating
  - Headaches
  - Feeling sad, tired, or groggy
  - Feeling irritable, restless, or anxious
- Here are some common withdrawal symptoms you may experience:

## WITHDRAWAL SYMPTOMS



Nicotine is in most vapes and it's very addictive. The more you vape, the more your brain and body get used to having nicotine, and the harder it is to stop. Quitting vaping may cause many uncomfortable feelings and strong urges to vape. This is nicotine withdrawal.

## WITHDRAWAL NICOTINE



## I WILL STOP VAPING ON

- Tips for choosing a quit date that's right for you:
- Don't wait too long. You might forget or change your mind.
  - Avoid stressful days, like exam periods.

## SET A DATE

## PREPARE

Quitting vaping can be easier when you:

- Have a plan
- Prepare in advance
- List reasons why you want to quit



Write down your top 3 reasons for quitting and keep them with you.

#1

#2

#3

## ADDITIONAL RESOURCES

### NOT AN EXPERIMENT

[www.notanexperiment.ca](http://www.notanexperiment.ca)

### DON'T QUIT QUITTING

[www.dontquitquitting.ca](http://www.dontquitquitting.ca)

[www.unfilteredfacts.ca/vaping](http://www.unfilteredfacts.ca/vaping)

## NOT AN EXPERIMENT

SUPPORTING YOUTH TO QUIT VAPING

More support and Live Online Chat is available at [teen.smokefree.gov/quit-vaping](http://teen.smokefree.gov/quit-vaping)

## TRIGGERS

Triggers are the things that make you want to vape like people, places etc. It's important to be aware of your triggers so you can make a plan to deal with them. Avoid triggers, cravings and other temptations that make you want to vape.

TRIGGER

PLAN

	➔	
	➔	
	➔	

## ASK FOR HELP

1

**Quitting can be hard and you don't have to go through it alone.**

Friends, family, co-workers and others can be there to listen, boost your mood, and distract you from using your vape.

2

**Let them know how to help.**

For example, if you are feeling stressed, ask a friend to help keep you distracted.

3

**Tell your friends you're quitting and you might be surprised that others want to try too.**

### Tips to help you deal with withdrawal, cravings and triggers:

- Drink Water
- Stay Busy
- Chew Gum
- Deep Breaths
- Get Active
- Climb Stairs
- Distract Yourself
- Read a Book
- Doodle
- Text/Talk to a Friend
- Go for a Walk
- Do a Puzzle

## SUPPORT

**Who can you talk to and depend on for support?**


### Qualities to look for:

- Good role model
- Encouraging
- Listens
- Patient & caring

**I NEED YOUR HELP!**

## REWARD YOURSELF

**Quitting an addiction is a BIG deal.**  
Reward yourself along the way even if you've quit for a day, a weekend or an entire week!

**What reward would encourage you to keep quitting vaping?**

*e.g. treat yourself to a manicure, new game or favourite takeout*

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**DON'T QUIT**

**QUITTING**

Quitting can be hard and may take a few tries before you quit for good. Every quit attempt gets you closer to quitting for good.

**NOT AN  
EXPERIMENT**

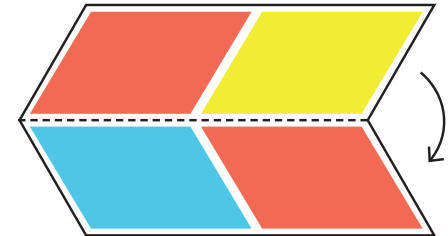
**FOLDING  
INSTRUCTIONS**

01



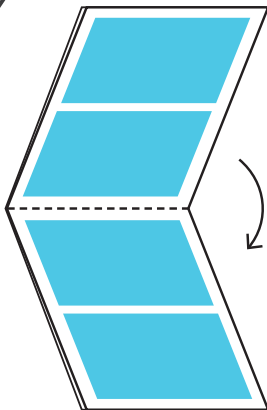
Print the resource by selecting double-sided (or two sides) in your printing options. If you do not have a double-sided printing option, you can print on two pages and glue or tape them together. Only print pages 1-2.

02



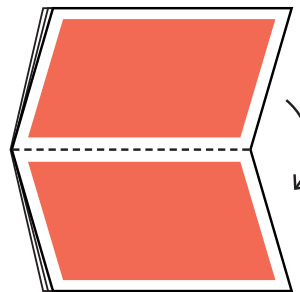
Fold the paper in half lengthwise.

03



Then, fold the paper in half widthwise.

04



Finally, fold the paper in half lengthwise. (Cover title should go to the front and "ADDITIONAL RESOURCES" should go to the back).

05



The final product will look like this!