

Tobacco Intervention Opportunities

● YOUTH RESOURCES ●



ASPIRE

A free online, bilingual multimedia, evidence-based and educational program developed by The University of Texas MD Anderson Cancer Center. It is a fun and interactive tobacco prevention and cessation curriculum for teens.

For more information email tobaccofree@njpn.org



This is Quitting

A free app and text service created by the Truth Initiative that provides teens ages 13-18 with connections to other teens who are trying to quit, messages to keep you on track with quitting, structured and freestyle quitting exercises.

Disclaimer: School personnel should be aware that this service contains adult language.

Visit thisisquitting.com

text **VAPEFREENJ** to **88709** for an easy-to-use, anonymous (and free) support system right at the tip of your fingers!



READY TO QUIT VAPING?

**YOU
GO
THIS**

text **VAPEFREENJ** to **88709**
for an easy-to-use, anonymous (and free) support system at your fingertips.



Smokefree Teen

A free, web-based program designed and run by the National Cancer Institute to help you understand the decisions you make, especially the decision to quit smoking, and how those decisions fit into your life.

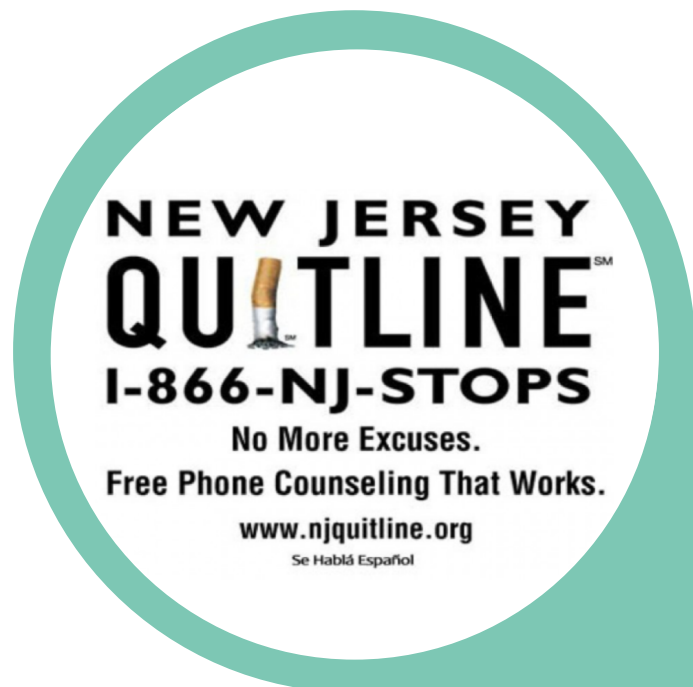
Visit teen.smokefree.gov to learn more or sign up.



To learn more visit
tobaccofreenj.com

● ADULT RESOURCES ●

Tobacco Free for a Healthy New Jersey Cessation Services
New Jersey Department of Health, Office of Tobacco Control



NJ Quitline

A free telephone-counseling service for smokers who are ready to stop. Call today and speak with your own quit coach. No matter which quit method you choose the Quitline can more than double your chances for success.

Visit njquitline.org or call 1-866-NJSTOPS (866-657-8677)

Mom's Quit Connection for Families

This program provides free, one-on-one counseling for pregnant and postpartum women; moms, dads, and family members who want to quit smoking to protect children, 7 and under, from exposure to harmful tobacco smoke.

Visit momsquit.com



Quit for Kids

Quit for Kids is a statewide texting program as part of MQC for families specifically for pregnant women and partners; parents, family members and caregivers of children under 8. Customized text messages to:

Text **QUITFORKIDS** to **53016**

Learn more at momsquit.com

TOBACCO FREE FOR A HEALTHY NJ QUIT CENTERS

Tobacco Free for a Healthy NJ has recently established Quit Centers covering eleven counties across the state. The Quit Centers will provide tobacco cessation services and support to those who want to stop smoking or using tobacco products. The Quit Centers will provide support and guidance to create a quit plan, explore and provide Nicotine Replacement Therapy (NRT), and provide individual and group counseling sessions free of charge.

Visit tobaccofreenj.com/quit-smoking to find your nearest quit center.



To learn more visit
tobaccofreenj.com

School & Student Opportunities

INCOR
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Incorruptible.us

Incorruptible.us is New Jersey's youth-led Youth Tobacco Action Group (YTAG). Teens ages 13-18 can join their county chapter to focus on educating & mobilizing peers to take action to create tobacco-free communities.



vapefreenj.com

Don't Get Vaped In

Don't Get Vaped In is a presentation intended to educate youth on the risk of using e-cigarettes and vape pens. The "Don't Get Vaped In" Training Manual includes three complete curriculum: Adult to Adult - for school personnel, parents and community members, Adult to Youth - for Health teachers, prevention educators and other adults teaching youth, and Youth to Youth: for youth leaders to utilize as a framework for peer-to-peer education.

Contact your Regional Youth Coordinator to schedule school based presentation or to join our mailing list for upcoming DGVI training sessions.

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