

# QUITTING VAPING

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THIS VIDEO MENTIONS "DITCHVAPE"  
THIS PROGRAM IS NOT YET AVAILABLE IN CANADA



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## LET'S TALK CUTTING BACK

**SOMETIMES COLD QUITTING FEELS TOO HARD: CUTTING BACK MAY BE THE SOLUTION**

Reduce your vaping by 1 session per day

Smoke 1 less cigarette per day

Replace your craving with something else

Talk to your teen

- Are they struggling with smoking and /or vaping?
- Do they want to cut back or quit?
- Ask how you could best support them in their goals.
- Would they read through the document linked below with you?

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