



# More resources on Vaping/ Nicotine Cessation

Tips for talking with your kids about

# VAPING

**GET OUT RAGED!**  
Get the facts at [GetOutRaged.org](http://GetOutRaged.org)

- ▶ Check out the [U.S. Surgeon General's Report](#) on E-Cigarette Use Among Youth and Young Adults.
- ▶ Help for your child: If your child vapes or smokes, visit [teen.smokefree.gov](http://teen.smokefree.gov) for resources to help them quit including the quitSTART app and a text messaging program (Text "Quit" to 47848).

**smokefree teen**  
Today is a great day to quit.

BECOME SMOKEFREE THE RISKS OF TOBACCO TOBACCO TRIGGERS

Tools & Tips

- SmokefreeTXT
- quitSTART App
- Speak to an Expert
- DipfreeTXT
- SmokefreeUS on Instagram

- ▶ You can also talk to an expert by calling 800-QUIT-NOW (800-784-8669). **Your child may respond to your concerns about vaping if they hear it from another trusted adult or medical professional.**

**Partnership™**  
for Drug-Free Kids  
Where families find answers

# VAPING

What You Need to Know And  
How to Talk With Your Kids  
About Vaping

Connect with a  
Parent Helpline  
Specialist

Call 1-855-DRUGFREE  
Visit [drugfree.org/helpline](http://drugfree.org/helpline)  
Text a question to **55753**

## Quit Smoking Resources

[www.makesmokinghistory.org](http://www.makesmokinghistory.org)

- Massachusetts Smokers' Helpline:** Free telephone-based counseling and advice available in English and Spanish, with translation for other languages.  
.....▶ **1-800-QUIT-NOW (1-800-784-8669)**
- MassHealth & Commonwealth Care Members:** Tobacco cessation counseling is free and FDA-approved medicines are covered with your regular co-pay.  
.....▶ **MassHealth Customer Service: 1-800-841-2900**  
.....▶ **Commonwealth Care Member Service: 1-877-623-6765**
- Make Smoking History Website:** Free educational materials and quit smoking tips.  
.....▶ **[www.makesmokinghistory.org](http://www.makesmokinghistory.org)**
- Centers for Disease Control:**  
.....▶ **Online quitting site [www.smokefree.gov](http://www.smokefree.gov)**

Presented by the Massachusetts Tobacco Cessation & Prevention Program, MA  
Department of Public Health