

# Smoking Cessation for Teens



**Smoking can affect many organs in your body, can lead to serious illness and can make other health issues worse.**

## In addition, smoking:

- Increases the risk of cancer.
- Increases blood pressure, which increases the risk of heart attack and stroke.
- Can cause serious issues in pregnant women, such as bleeding, miscarriage, stillbirth and birth defects.

**Smoking is one of the leading causes of death, but quitting has both IMMEDIATE and LONG-TERM benefits. By quitting smoking, a person can add around 15 years to his or her life.**

**Quitting isn't easy—it may take several attempts. Try these tips to quit smoking for good.**

- Get support from others—family, friends, coworkers, classmates, healthcare providers, a smoking cessation support group, an online community. Create your personal team of people who believe you can do it and help keep you on track.
- Write down the reasons you want to quit and read them when you're feeling tempted to smoke. You can also hang up pictures at home and in your locker of why you want to quit. These can be negative (e.g., a picture of a lung black with tar) or positive (e.g., a picture of someone jogging in a park with ease).
- Create a plan, choose a "quit date" within the next few weeks and stick to it.
- Set goals. When you reach your milestones, reward yourself with something healthy and fun. For example, after two weeks of being smoking-free, treat yourself to a funny movie. Quitting is a big deal, so remember to celebrate your accomplishments!
- Take advantage of nicotine replacement products such as patches or gum. Visit [www.nysmokefree.com](http://www.nysmokefree.com) or call 866-697-8487 to see if you're eligible for a free nicotine replacement therapy starter kit.
- Add more physical activity to your daily routine, such as walking more and drink extra water to keep stress down, avoid gaining weight and stay hydrated.
- Identify your triggers (situations that make you want a cigarette) and then think of strategies to avoid these situations and find other ways to manage stress besides smoking.

**If you slip up, don't dwell on it. Get right back to your plan and keep going!**



**Montefiore**  
Inspired Medicine

More Resources on Next Page...

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We believe you can do it!

**Check out these resources for additional support.**

## Websites

### Go Ask Alice

Columbia University

[www.goaskalice.columbia.edu/category/8](http://www.goaskalice.columbia.edu/category/8)

Read answers to questions from teens about smoking, chewing tobacco, and how to quit.

### Quit Smoking Today!

SmokeFree.gov

[www.teen.smokefree.gov](http://www.teen.smokefree.gov)

This site provides help with making decisions about what to do when trying to quit smoking and in addition to resources and other information on weight and fitness, how smoking affects health and more.

### Stop Smoking—Your Personal Plan

Teens Health, Nemours Foundation

[www.kidshealth.org/teen/drug\\_alcohol/#cat20138](http://www.kidshealth.org/teen/drug_alcohol/#cat20138)

This article talks about smoking—why it's not good for you, how to quit—and provides a personal planning tool that you can use to plan your quitting goals.

## iPhone Apps

**Livestrong MyQuit Coach**

**Quit It Lite—Stop Smoking**

## Online, Text Support & Hotlines

### Smokefree TXT

[www.teen.smokefree.gov/smokefreeTXT.aspx](http://www.teen.smokefree.gov/smokefreeTXT.aspx)

This mobile service, designed for young adults, provides 24/7 encouragement, advice and tips to help smokers quit. To sign up, text the word QUIT to IQUIT (47848) from your cell phone. For help, text the word HELP. To unsubscribe, text the word STOP.

### Smokefree Teen Facebook Page

[www.facebook.com/SmokefreeTeen](http://www.facebook.com/SmokefreeTeen)

Like this page to read helpful tips and see inspiring messages to motivate you.

### Smokefree Women Facebook Page

[www.facebook.com/smokefree.women](http://www.facebook.com/smokefree.women)

Like this page to join a community of women who are quitting smoking. Check out the website for more helpful tips: [www.women.smokefree.gov](http://www.women.smokefree.gov).

### 800-QUIT-NOW (800-784-8669)

Call this toll-free Quitline to speak with a trained coach who can help with quitting. You can also listen to motivating messages and tips to quit.

### 877-44U-QUIT (877-448-7848)

Call to speak with a trained quit coach from the National Cancer Institute. Available in English or Spanish, Monday–Friday, 8am–8pm.