

VAPING

Make a plan to quit.

- Write down the reasons why you want to quit vaping and keep it somewhere you can see it.
- Chew gum or suck on a piece of candy.
- Tell friends and family how they can support you.
- Try a mindfulness activity or listening to music.
- Get moving.
- Distract yourself.

If you slip,
RESTART YOUR PLAN.



To learn
more



Children's
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