



Three Quick Steps to Help Students Quit Nicotine

- 1. Ask students** about their use of nicotine-containing products, including e-cigarettes/vapes.
- 2. Advise them** that quitting nicotine will help them stay healthy and be more successful in school.
- 3. Connect them** with free quit support.

70% of MN high schoolers and middle schoolers who use e-cigs report signs of nicotine dependence

How to Connect Students to Free Quit-Nicotine Support

- **Let them know about free, confidential coaching.** My Life, My Quit™ offers this free support by phone or text.
- **Set up a call.** You can have My Life, My Quit reach out to the student. On MyLifeMyQuit.com, go to [Provider Web Referral \(https://direc.to/hYet\)](https://direc.to/hYet)
 - Let the student know that they will receive a call within 24 hours to help enroll them in My Life, My Quit.
- **Have the student text.** The student can sign up at MyLifeMyQuit.com or by texting "Start" to 36072.
- **Follow up with the student.** Offer additional support and on-going encouragement.

Did a student violate your school's commercial tobacco-free policy?

Encourage them to complete My Life, My Quit as an alternative to suspension or other penalty. When the student completes My Life, My Quit (five coaching sessions), they will receive a certificate of completion to provide to school administrators.

Learn more: [Implementing My Life, My Quit™ as an Alternative to Suspension \(https://direc.to/hW8S\)](https://direc.to/hW8S)

Want to learn more about vaping and how to help your students quit nicotine?

Here are two ways to learn more about these important topics:

1. Get free, quick and easy continuing ed credits on CoursesThatClickMN.com
2. Check out the [School Toolkit for E-cigarette Use Prevention and Cessation \(https://direc.to/hW86\)](https://direc.to/hW86)

