

# Vaping and Tobacco Education Resources for Adults



Tobacco Prevention  
and Cessation

## FDA Toolkit for Working with Youth

RESOURCES FOR PROFESSIONALS ABOUT  
**VAPING & E-CIGARETTES**

The graphic is a blue rectangular box with white text. It contains the text 'RESOURCES FOR PROFESSIONALS ABOUT' in a smaller font, followed by 'VAPING & E-CIGARETTES' in a large, bold font.

A TOOLKIT FOR WORKING WITH YOUTH

The Food and Drug Administration (FDA) has a free toolkit about vaping and e-cigarettes for professionals working with youth. The toolkit contains fast facts about youth vaping as well as tips for how adults can help teens quit vaping. It is available to order, download, or print through the FDA.

[digitalmedia.hhs.gov/tobacco/hosted/  
Vaping-ECigarettes-Youth-Toolkit.pdf](https://digitalmedia.hhs.gov/tobacco/hosted/Vaping-ECigarettes-Youth-Toolkit.pdf)

## 2016 U.S. Surgeon General's Report

This online resource for parents and health care providers is based on the 2016 U.S. Surgeon General's Report on e-cigarette use among youth and young adults. Background information on e-cigarette products, risks of these products, and tips for how to talk to teens about the health risks of e-cigarettes.



## Truth Initiative - Parent Resources

Parents can sign up to receive text messages designed specifically for parents of vapers.

**Text QUIT to (202) 899-7550**



## CATCH My Breath Parent Toolkit

This toolkit is a way for parents to learn more about the vaping epidemic, gauge their child's risk of trying e-cigarettes, and find the best strategy for them to talk to their child about e-cigarettes.

[letsgo.catch.org/pages/CMB-Parent-Resources](https://letsgo.catch.org/pages/CMB-Parent-Resources)



## Health Care Providers

The American Academy of Pediatrics (AAP) resource, Youth Tobacco Cessation: Considerations for Clinicians, is designed to support pediatric health clinicians in screening patients for tobacco use and providing behavioral and pharmacological support to help youth quit.

[Youth Tobacco Cessation Resource Packet for School Health Professionals](#)

[ACT: Ask, Counsel, Treat How to Prevent Student Tobacco Use and Support Student](#)

[Free from Nicotine: Making a Quit Plan Infographic](#)

[aap.org/en/patient-care/tobacco-control-and-prevention/](https://aap.org/en/patient-care/tobacco-control-and-prevention/)

Indiana Chapter for AAP: [inaap.org/cease-resourcesandmaterials](https://inaap.org/cease-resourcesandmaterials)

## Need Help Quitting?

If you use tobacco and also have a child who vapes, the best way to help support your child is to quit tobacco use yourself. There are many free resources available to help you start your quit journey whenever you are ready.



If you're ready to quit tobacco, Quit Now Indiana offers a variety of tools to be successful.

**1-800-Quit-Now**  
[QuitNowIndiana.com](https://QuitNowIndiana.com)



If you are an adult looking for support to quit vaping or stop using any tobacco product, the free digital quit smoking platform, BecomeAnEX, offers comprehensive web and mobile tools.

[BecomeAnEx.org](https://BecomeAnEx.org)