



Resource Guide for Youth and Young Adult Nicotine Use and Cessation

New York State-Specific Resources

New York State Quitline (NYSQL)

<https://nysmokefree.com>

<https://nysmokefree.com/FactsAndFAQs/Vaping>



The NYSQL is a service of the New York State Department of Health Tobacco Control Program and based at Roswell Park Comprehensive Cancer Center in Buffalo, N.Y. It is a free and confidential program providing evidence-based services to people who live in New York State and want to stop vaping, smoking, or using other forms of commercial tobacco*.

The NYSQL promotes the NYS-specific version of the Truth Initiative's text-based intervention, "[This is Quitting.](#)" This innovative, free, and anonymous text message program was created with input from teenagers, college students, and young adults who have attempted to or successfully quit vaping. Tailored to specific age groups (13-17 and 18-24) to give age-appropriate quitting recommendations, NYS youth can text "DropTheVape" to 88709 to access the free program. Parents also can receive daily advice to help youth by texting "QUIT" to 202-899-7550.

New York City Department of Health and Mental Hygiene (NYCDOHMH)

<https://www1.nyc.gov/site/doh/health/health-topics/smoking-e-cigarettes.page>

<https://www1.nyc.gov/assets/doh/downloads/pdf/smoke/tobacco-ecig-action-kit-coaching-guide-children.pdf>



NYCDOHMH covers the five boroughs of NYC as one of the largest public health agencies in the world, with more than 200 years of leadership in the field. NYCDOHMH protects and promotes the health of 8 million New Yorkers.

National Resources

The American Academy of Pediatrics (AAP) Youth Tobacco Cessation

"Considerations for Clinicians" Resource

<https://www.aap.org/cessation>



The AAP is an organization of 67,000 pediatricians committed to the optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

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The American College of Preventive Medicine (ACPM)



<https://www.acpm.org/initiatives/tobacco-cessation/tobacco-cessation-resources>

ACPM is a professional medical society of more than 2,000 preventive medicine physicians dedicated to improving the health and quality of life of individuals, families, communities, and populations through disease prevention and health promotion.

American Lung Association (ALA)



<https://www.lung.org/quit-smoking/helping-teens-quit>

<https://www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping>

The ALA is committed to helping educate, intervene and prevent the use of tobacco and nicotine by the next generation. Together with the Ad Council, the ALA recently launched a new public service campaign, "You're the Best Person." The campaign aims to raise awareness about the dangers of youth vaping and help parents with middle schoolers (ages 10-14) have the Vape Talk with their kids while they're still willing to listen.

Campaign for Tobacco-Free Kids (CTFK)



<https://www.tobaccofreekids.org>

The CTFK and the Tobacco-Free Kids Action Fund advocate to reduce tobacco use and its deadly consequences in the United States and around the world. Through strategic communications and policy advocacy campaigns, the CTFK and the Tobacco-Free Kids Action Fund work to change public attitudes about tobacco and promote proven policies most effective at reducing tobacco use.

Centers for Disease Control and Prevention (CDC)



https://www.cdc.gov/tobacco/basic_information/youth/index.htm

<https://www.cdc.gov/tobacco/tobacco-features/back-to-school.html>

The CDC is the nation's leading science-based, data-driven, service organization that protects the public's health. A recent CDC feature article highlights ways parents, educators, and healthcare professionals can help youth reject or quit tobacco use. Strategies include talking with youth about vaping, helping them understand the risks, and empowering them to practice healthy behaviors and positive coping skills.

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The Food and Drug Administration (FDA)



<https://www.fda.gov/tobacco-products/public-health-education/youth-and-tobacco>
<https://www.fda.gov/tobacco-products/public-health-education-campaigns/real-cost-campaign>

The FDA protects the public health and regulates the manufacturing, marketing, and distribution of tobacco products to protect the public health and to reduce tobacco use by minors.

Partnership to End Addiction



<https://drugfree.org>
<https://drugfree.org/drugs/e-cigarettes-vaping/>

Partnership to End Addiction is the nation's leading organization dedicated to addiction prevention, treatment, and recovery; a diverse community of researchers, advocates, clinicians, communicators and more.

Parents Against Vaping E-cigarettes (PAVe)



<https://www.parentsagainstvaping.org/>

PAVe is a national advocacy and education organization powered by volunteers.

Rescue Agency



<https://rescueagency.com/>

Rescue Agency helps government agencies and nonprofits create award-winning campaigns that drive health behavior change.

The Substance Abuse and Mental Health Services Administration (SAMHSA)



<https://store.samhsa.gov/>

SAMHSA is the agency within the U.S. Department of Health and Human Services leading public health efforts to advance the behavioral health of the nation.

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Smokefree Teen

<https://teen.smokefree.gov/>



Smokefree Teen is part of the National Cancer Institute's (NCI) [Smokefree.gov](https://www.smokefree.gov/) Initiative to reduce the number of youth who use tobacco.

Surgeon General's Report (on E-Cigarettes)

<https://e-cigarettes.surgeongeneral.gov/resources.html>



The U.S. Surgeon General's Report on e-cigarette use among youth and young adults comprehensively reviews the public health issue of electronic cigarettes and their impact on our nation's young people.

Stanford Tobacco Prevention Toolkit

<https://med.stanford.edu/tobaccopreventiontoolkit.html>



Stanford Medicine has a long tradition of leadership in pioneering research, creative teaching protocols, and effective clinical therapies. This toolkit contains theory-based and evidence-based curriculums and resources created by educators, parents, youth, and researchers, aimed at preventing middle and high school students' use of tobacco and nicotine. Additional toolkits and curriculums are available.

truth®

<https://www.thetruth.com>



truth® is a national campaign aimed at eliminating teen smoking in the United States. truth® produces television and digital content to encourage teens to reject tobacco and to unite against the tobacco industry.

** The term tobacco throughout this resource guide refers to the use of manufactured, combustible commercial products and vape products – not the sacred, medicinal and traditional use of tobacco by Native American nations and other Indigenous groups.*

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