

Health Effects    	What are some health benefits to vaping?	Making Your Momentum  	Benefits	Drawbacks
	What are some negative health consequences of vaping?		Quitting or Cutting Back on Vaping	
	What do you think you would miss feeling, if you took a break from vaping for a few days?		Continuing How Much You Vape	
	How might your body positively respond to taking a break from vaping?			
Cost    	What about purchasing or receiving your e-cigarettes/ vape products do you like most?	Your Plan	What do you see as your next step? When can you complete it by?	
	Calculate how much you spend on vapes in a year. Make a list of three important things you could afford with this amount of money.		What do you need in order to complete that step?	
	What are some financial drawbacks to quitting?		What might be some barriers that keep you from completing that step? How will you manage them?	
	How would not spending money on e-cigarettes/vapes benefit you?		How do you think that you will feel when you complete that next step?	
			Who can you ask for support to complete this step?	

Your Brain

How does vaping usually make your brain feel? (Think about how vaping affects your mood, focus, sleep, emotions, etc.)	
What do you think are some downsides to vaping, for your brain? (Think about how vaping affects your mood, focus, sleep, emotions, etc.)	
Imagine being vape-free for one week. What are some of the negative responses that your brain might have?	
Imagine being vape-free for one month. How would your brain benefit from receiving this break?	

Next Steps

After going through the Healthy Futures Curriculum, you might be thinking about vaping differently than you did before. Cutting back or quitting vapes may or may not be something you are thinking about right now. It's your decision if/when you decide to quit, so we aren't going to pressure you to do anything you don't want to do. Instead, we're going to ask you to decide for yourself what your next step will be, when it comes to vaping. These are some possible steps you might consider:

- Quit vaping for 24 hours to see how your body feels
- Delay your first hit of the day by 15 minutes
- Limit your vaping to one or two places, and eliminate it in all other places
- If you use other nicotine products, stop using them
- Sign up for a vaping **call or text line**
- Talk to a trusted adult about your vaping
- Talk to someone who doesn't vape about what it's like

There are lots of other possible meaningful steps that you could take within the next 24 hours that could lead to a healthier, happier version of yourself.

CALL or TEXT
Truth Initiative's Daily Quitting Tips
 Text "DITCHJUUL" to 887-09
 Call 1-800-QUIT-NOW (800-784-8669)
teen.smokefree.gov
 Call 1-800-QUIT-NOW

California Smoker's Helpline
 Call 1-844-8-NO-VAPE (844-866-8273)

My Life, My Quit
 Text "Start My Quit" to 855-891-9989

Healthy Futures Handbook

Name: _____



Messaging

	What do you enjoy most when you see advertisements for e-cigarettes/vapes?
	What might be some problems if you only believed the positive messages about e-cigarettes/vapes?
	What would be difficult about not vaping while with a group of friends who vape and believe it's no big deal?
	What would be some of the benefits to being one of the first people in your friend group to quit?