

SUPPORTING STUDENTS TO QUIT VAPING

We know that vaping carries health risks, especially for youth. Educators can play a key role in supporting students to quit or reduce vaping by helping them understand nicotine dependence, develop coping strategies, and feel supported in choosing a vape-free life.

1. LEARN THE SIGNS

Know the physical, behavioural, social, and academic signs that a student may be addicted to vaping.

2. START THE CONVERSATION

Provide a non-judgemental, safe, and supportive space for students to share their experiences.



3. SET REALISTIC GOALS

Help students grow awareness of the health effects of vaping, reflect on their personal goals, and consider reducing or quitting vaping.

4. REFER TO QUITNOW

Share resources and refer students to QuitNow. We will do the rest!



SCAN TO LEARN MORE

Cessation Educator Primer

