



COLORADO

Department of Public
Health & Environment

Youth Cessation Resource Guide

Empowering Colorado Teens
to Quit Nicotine

Empowering Colorado Teens to Quit Nicotine

Resources for providers, parents/guardians, teachers and community leaders



Cigarettes may be out, but vape and pouches are in. Do you know what to look for or how to support youth who need help quitting tobacco and other nicotine products?

This guide supports trusted adults, educators, parents/guardians, and other community leaders to foster the well-being and development of children and adolescents.

Divided into five sections: **Overview of Nicotine Products Popular Among Youth, Resources for Providers, Support for Parents/Caregivers, School Resources, and Community Partner Resources**—this guide offers a diverse array of tools, guides, and practical advice tailored to your specific needs.

A Roadmap to Help Youth Quit Nicotine

Whether you're a health care provider seeking strategies to enhance your services, a parent or guardian in search of support materials, or a trusted adult looking for resources to guide young people, this is your gateway to valuable insights and assistance. Scroll to access relevant resources you can use to help the young people in your life quit nicotine for good.

Nicotine Products Youth Use

Understand the various nicotine products that are increasingly popular among youth

For Parents / Guardians

Help and resources to support the youth in your life

For Schools

Enhance student health with these resources

Get Involved

Access more tools, resources, and information to get involved in your community

For Providers

Elevate patient care with these materials

For Communities

Support youth development and healthy decision-making in your community

Nicotine Trends: What Youth Are Using Today



The tobacco industry has a decades-long history of creating products that appeal to youth. Over time, this has included everything from traditional cigarettes to newer products like vapes and nicotine pouches, which are designed to be attractive, discreet, and easy for youth to use.

Understanding these products and why they are appealing to young people is important for anyone working to help youth make healthier choices. It can also help you take steps to prevent and address nicotine use among youth.

Vaping / e-Cigarettes

Vape, or ENDS (electronic nicotine delivery systems), are devices that heat a liquid containing nicotine, flavorings, and other chemicals to create an aerosol that users inhale.

While they are often marketed as a safer alternative to smoking, vaping is dangerous for youth because it delivers nicotine, a highly addictive chemical which can harm brain development, and potentially lead to the use of other tobacco products. Additionally, the chemicals in vape liquids can cause respiratory and other health issues.

Common vape brand names:
Elf Bar, Esco Bars, Juul, Vuse, NJOY, Blu



Nicotine Pouches

Nicotine pouches also sometimes called TFNP (tobacco-free nicotine pouches) or ONP (oral nicotine pouches) are small, smokeless pouches that contain synthetic nicotine, flavorings, and other ingredients. Users place them between their gum and cheek, where the nicotine is absorbed into the bloodstream via the gums. They're easy to hide and easy to use in places where they shouldn't be used - like in the classroom.

While they don't involve smoking, nicotine pouches are dangerous for youth because they deliver high levels of nicotine, a highly-addictive chemical which can disrupt brain development and potentially lead to the use of other tobacco or nicotine products. The chemicals in these pouches can also have harmful effects on oral health.

Common nicotine pouch brand names: Zyn, On!, Velo



Emerging Nicotine Products

Emerging nicotine products like pouches and heat-not-burn products, are designed to attract young people with their fun flavors and modern designs. The tobacco industry continuously develops new products to stay ahead of regulations and keep kids hooked on nicotine. These products often have high nicotine levels and are marketed in ways that appeal to teens. It's important for adults to be aware of these trends to better protect kids from nicotine addiction and counter the industry's efforts to draw them in as lifelong customers.



Youth Vaping Resources

For Providers



This section is exclusively crafted for health care professionals working directly with youth. Here, you'll find a collection of practical tools, evidence-based strategies, and resources aimed at supporting youth cessation efforts.

Youth Quitting Data and Research Resources

[Tobacco 21: The Vape Epidemic](#) | Website with information on Tobacco Twenty-One laws and data on vaping

[Campaign for Tobacco-Free Kids: Toll of Tobacco in Colorado](#) | Data on nicotine use by state, compared to national data

[Stanford: Research into the Impact of Tobacco Advertising Library](#) | Research data on tobacco advertising

[CDC Foundation: Monitoring E-Cigarette Use Among Youth](#) | National and state trends data on e-cigarette use among youth

Youth Quitting Programs/ Treatment

[My Life, My Quit](#) | My Life, My Quit™ is a free and confidential way for youth ages 12-17 to quit smoking or vaping

- Young people can get started by texting “Start My Quit” to 36072 or visiting My Life, My Quit to chat with a coach

[Truth Initiative: This Is Quitting](#) | Texting program with advice and support from experts and other quitters

Youth Nicotine Use Screening Tools for Providers

[American Academy of Pediatrics: Screening and Treatment Tool](#) | Resource to support screening of all youth age 11+ for nicotine use at each clinical encounter

[American Academy of Pediatrics: Nicotine Replacement Therapy and Adolescent Guidance](#) | Guidance to help pediatricians make informed decisions about using Nicotine Replacement Therapy (NRT) with patients who wish to quit smoking or vaping

[American Academy of Pediatrics: Youth Tobacco Cessation - How to ACT \(Ask-Counsel-Treat\) in 2-3 Minutes](#) | Video for Pediatricians on ACT

[Possibilities for Change: Youth Risk Screening Tool: Tell-Talk-Vent \(TTV\)](#)

- Tell, Talk, Vent - Evidence-Based Screener that takes less than 5 minutes
- Tell - youth 8-10, Talk - youth 11-12, Vent - youth and young adults 13+

[Center for Tobacco Products: Resources for Professionals About Vaping & E-Cigarettes](#) | Resource document on vaping for professionals working with youth

American Academy of Pediatrics - Basics and Beyond: How pediatricians Can Help Youth Quit Using Nicotine | [Webinar Recording](#), [Slide Deck](#)

Other Provider Resources

[Tobacco Free Colorado Website](#) | Visit for additional provider resources

[Tobacco Free Colorado Facebook](#) | Follow Tobacco Free Colorado's Facebook page to stay updated

Youth Vaping Resources

For Parents and Guardians



If you're a parent or guardian, explore this section to get tips and advice on tackling the issue of youth nicotine use. Find useful advice on starting important conversations about nicotine use, spotting warning signs, and finding support to help youth quit. Get the information and strategies you need to help youth stay nicotine-free and maintain open communication.

Youth Quitting Programs and Resources

[BecomeAnEx](#) | Information for adults supporting a youth's quit journey: 24/7 support, info on addiction, text guidance, interactive tools/videos

[My Life, My Quit](#) | My Life, My Quit™ is a free and confidential way for youth ages 12-17 to quit smoking or vaping

- Young people can get started by texting "Start My Quit" to 36072 or visiting My Life, My Quit to chat with a coach

[Truth Initiative: This Is Quitting](#) | Texting program with advice and support from experts and other quitters

Talking to Youth About Nicotine Use

[How to Talk About Vaping with Teens](#) | Information for parents about how to have conversations with teens about vaping and how to spot stealth and disposable e-cigarette products

[Connect More: Beyond the Vape Clouds Edition](#) | Start the conversation with your teen about vaping! Get the facts about vaping, find simple ways to start the conversation and access tools and resources to support you and your teen.

Youth Quitting Data and Research Resources

[Stanford Resources on Nicotine & Tobacco and Opioids/Fentanyl](#)

- Free Infographics and factsheets for youth and parents
- Curriculum flyers for Tobacco Prevention Toolkit and Safety First

[Tobacco 21: The Vape Epidemic](#) | Website with information on Tobacco Twenty-One laws and data on vaping

[Tobacco-Free Kids: Toll of Tobacco in Colorado](#) | Data on nicotine use by state, compares to national data

[Stanford: Research into the Impact of Tobacco Advertising Library](#) | Research data on tobacco advertising

[CDC Foundation: Monitoring E-Cigarette Use Among Youth](#) | National and state trend data on e-cigarette use among youth

Nicotine Alternatives/Treatment



Currently, there are no FDA-approved nicotine alternatives or treatments specifically for youth under 18. However, if a young person is struggling with nicotine addiction, it's important to consult with a health care provider to explore possible options.

Your health care provider can discuss potential treatments and strategies tailored for youth. Working closely with your health care provider will help you find the best approach to support your child in overcoming nicotine addiction and achieving a healthier, nicotine-free future.

How to Talk to Your Kids About Tobacco and Nicotine Products

The tobacco and nicotine industry has rapidly expanded, with an array of products seemingly designed to appeal to our youth. As guardians, it's crucial that we remain proactive and informed about how the industry continues to target youth.

Let's embark on a journey together to identify and understand the vaping products that pose risks to our children's health, empowering us to protect their well-being.

How to Spot Stealth and Disposable E-cigarettes

Learn about different stealth e-cigarettes products, how to spot them, and access free educational and quit resources for youth



Other Helpful Resources

Tobacco Free Colorado Website | Visit the website to get tips, tools, and information to help youth make informed choices about nicotine use

Tobacco Free Colorado Facebook | Follow Tobacco Free Colorado's Facebook page to stay updated on ways to support youth

Tobacco Control Network Resources | Browse by category and access various resources including tobacco control talking points, tips for debunking the misconceptions about menthol products and more



Youth Vaping Resources

For Schools



Educators and school administrators, this section is your go-to resource for addressing vape and other nicotine product use within educational settings. Dive into a collection of resources aimed at implementing prevention programs, providing support for students who are ready to quit using tobacco or nicotine products, and creating a healthier learning environment for student well-being and success. Explore tools that empower you to effectively and equitably address youth nicotine use.

Youth Data and Research Resources

Healthy Kids Colorado Survey Interactive Data Dashboard (2023) | HKCS is a statewide, anonymous survey conducted biennially to assess the health behaviors of middle and high school students in Colorado. It gathers data on various topics such as vaping, substance use, mental health, physical activity, nutrition, and safety. The survey results provide valuable insights for policymakers, educators, healthcare professionals, and communities to develop targeted interventions and programs.

Stanford Resources on Nicotine & Tobacco and Opioids/Fentanyl

- Free infographics and factsheets for youth and parents
- Curriculum flyers for Tobacco Prevention Toolkit and Safety First

Tobacco 21: The Vape Epidemic | Website with information on Tobacco Twenty-One laws and data on vaping

Campaign for Tobacco-Free Kids: Toll of Tobacco in Colorado | Data on nicotine use by state, compares to national data

Stanford: Research into the Impact of Tobacco Advertising Library | Research data on tobacco advertising

CDC Foundation: Monitoring E-Cigarette Use Among Youth | State and national data on e-cigarette use among youth

Stanford Data Dashboard for Educators | Stanford's REACH Lab's data dashboard for educators, where you can see, in real time, anonymous student survey responses related to the curriculum and interventions.

Youth Quit Support: Research Papers and Current Studies

Addict Behaviors Article: School-Based E-cigarette Cessation Program: What do Youth Want? | A study that explores youth preferences for school vaping cessation programs to develop effective interventions

Supporting Youth Vaping Cessation With the Crush the Crave Smartphone App: Protocol for a Randomized Controlled Trial | A study that tests Crush the Crave app for vaping cessation



Youth Vaping Resources

For Schools

Youth Quit Programs, Curriculums, and Outreach Materials

Massachusetts Department of Public Health: Quitting Vaping: Information for Youth Brochure | Information brochure for youth who vape to help them identify if they may have a problem and resources to help quit

American Lung Association Helping Teens Quit

- **N-O-T**: The American Lung Association's 10-week teen quit smoking program that helps teens identify reasons, healthy alternatives, and find support
- **INDEPTH**: The American Lung Association's alternative for students facing suspension for tobacco/vaping violations with interactive sessions led by adults in school or community
- **Smokefree TXT**: A free mobile text messaging program, designed by the National Cancer Institute, that provides 24/7 tips, advice and encouragement, sign-up for SmokefreeTXT, by texting QUIT to (47848)
- **QuitSTART**: A free app by the National Cancer Institute offers personalized tips and challenges to help teens quit smoking and lead healthier lives
- **Lung HelpLine**: The American Lung Association's resource, available by phone (800-LUNGUSA) or online (Lung.org), supports teens aged 13-17 in quitting nicotine products with guidance from certified tobacco treatment specialists and personalized quit plans

Healthy Futures (Alternative-to-Suspension) | Program tailored for youth e-cigarette users or those quitting tobacco. Includes self-paced lessons, group sessions, and quitting resources

CDC Empower Vape-Free Youth | This campaign urges educators to discuss vape/e-cigarette risks with students and offers resources to prevent or quit vaping

Truth Initiative: Vaping: Know the Truth | This campaign educates students on vape/e-cigarette dangers and provides free curriculum via EVERFI to schools

Vaping Cessation: A Guide for School Nurses and Counselors to Help Youth Who Vape | This guide provides tools and resources for assessing nicotine dependence, along with scripts for discussing vaping, to aid school nurses or counselors in helping youth quit

FDA: The Real Cost | Educational website of the facts of vape use on the brain including nicotine cravings

Smokefree.gov: Quit Vaping | Build a quit plan, education on vaping, information on the cravings, withdrawals, and mental health effects when quitting

Youth Prevention Resources

Uprise: Resist, Inform, Step-up, Empower | UpRISE, Colorado's social justice tobacco control movement, amplifies the passion of Colorado's young people to expose the dangerous practices of the tobacco industry and increase awareness about why many youth use nicotine and other substances

RMC Health: Healthy Schools Start Here | RMC Health partners with passionate advocates for healthy young people, providing professional learning and capacity building that prepares them to be knowledgeable, capable, and effective

- Contact for more information: info@rmc.org

Second Chance Program: Alternative to Suspension | This free, web-based, self-directed and non-punitive program is designed to increase student knowledge about tobacco vaping laws, health effects; their skills to resist; and motivation to quit.

- Contact for more information: secondchance@rmc.org

You and Me, Together Vape-Free Curriculum | Combat youth e-cigarette use by shifting attitudes, boosting refusal skills, reducing stress, and curbing intentions

Safety First Curriculum | 13 lessons on alcohol, opioids, psychedelics, and more, encouraging abstinence with harm-reduction options for experimenting youth

Tobacco Free Colorado Website | Stay up-to-date and get resources to support youth prevention and cessation in schools

Tobacco Free Colorado Facebook | Follow Tobacco Free Colorado's Facebook page to stay updated on youth nicotine prevention and cessation through school-based settings

Youth Vaping Resources

For Schools

School Administration Resources

[TobaccoFreeCO School Administrator Letter](#) | Access strategies to reduce youth tobacco and nicotine use in schools

[UpRise and RMC Health: What are Vape Detectors?](#) | Access information about vape detectors and evidence-based sustainable alternatives to vape detectors in schools

[How to Spend JUUL Settlement Funds: Champion Our Children, Target Commercial Tobacco](#) | Access suggestions on how Juul settlement funds and other funds can be used to address the problem

Youth Quitting Programs/ Treatment

[My Life, My Quit](#) | My Life, My Quit™ is a free and confidential way for youth ages 12-17 to quit smoking or vaping

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[Truth Initiative: This Is Quitting](#) | Texting program with advice and support from experts and other quitters



Youth Vaping Resources

For Communities



Youth use of tobacco and other nicotine products isn't just an issue that needs to be addressed by parents, teachers, and health care providers. Communities can help make lasting changes by taking steps to ensure that Colorado teens are protected from the tobacco industry's influences and feel supported when they're ready to quit.

Discover an array of resources and strategies aimed at mobilizing community-wide initiatives to combat youth nicotine use. From organizing impactful awareness campaigns to leveraging local resources and engaging stakeholders, this section equips community leaders and concerned community members with the tools and guidance needed to create a supportive environment for youth who are ready to quit using tobacco and nicotine.

Youth Quitting Programs and Resources

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- Young people can get started by texting "Start My Quit" to 36072 or visiting My Life, My Quit to chat with a coach

Truth Initiative: This Is Quitting | Texting program with advice and support from experts and other quitters

Youth Vaping Policy Resources

American Academy of Peds: Section on Nicotine and Tobacco Prevention and Treatment Policy Resources (SONTPT) | Guidance on adolescent nicotine/tobacco use and effects of secondhand/thirdhand smoke/aerosol for healthcare providers

Other Resources

Tobacco Free Colorado Website | See what is happening in your community

Tobacco Free Colorado Facebook | Follow Tobacco Free Colorado's Facebook page to stay updated on ways to get engaged in your community

Youth Vaping Resources

For Communities

Advance Health and Racial Equity

STEPP Strategic Plan 2021 - 2030 | Discover how the Discover how the State Tobacco Education & Prevention Partnership (STEPP) is moving the needle on eliminating tobacco use from Colorado and all tobacco-related disparities

Support Your Community and Yourself

Connect with Your Local Health Department |

Get connected to local, state, and national initiatives about youth tobacco control and mental health services in Colorado and reach out to your local health department to get involved in your community

I MATTER | The I Matter program connects youth to a therapist for up to six free, completely confidential, and virtual counseling sessions

988 Colorado Mental Health Line | 988 is a free and confidential service that can assist when you or someone you know has a mental health, substance use, and/or emotional concern

- People can call or text by dialing 988, or chat (988colorado.com) with a trained care specialist anytime – day or night

Colorado Crisis Services | If you don't know where to begin getting help with a mental health, substance use or emotional concern—for you, or for someone you know— connect with Colorado Crisis Services, where you can get free, confidential and immediate support from trained professionals and peer specialists, available 24/7/365 by calling 844-493-TALK (8255), or texting TALK to 38255

- Colorado residents can also seek services in-person at its walk-in centers, regardless of ability to pay.

The Trevor Project | The mission is to end suicide among lesbian, gay, bisexual, transgender, queer & questioning young people by providing crisis services, peer support, education, and public awareness

