

E-cigarettes are especially addictive for teens. Here's how to help them quit

Bailey Loosemore, Louisville Courier Nov. 20, 2019

As [teen vaping rates](#) continue to rise, health professionals across the country are scrambling to find ways to help them quit. The electronic devices often contain potent doses of nicotine that make them highly addictive — especially for adolescents whose brains are not yet mature.

And while nicotine replacement therapies, such as patches or gum that release low doses of the chemical, have helped reduce withdrawal symptoms for adults, they have not been approved for use by those under 18.

Experts nationwide are working to create programs and therapies that directly address teen e-cigarette use. But for now, they've recommended the following steps to help teens quit vaping:

Know the facts

There are plenty of resources available online and through local chapters of health organizations, such as the American Lung Association, that can provide adolescents and their parents with facts on vaping. One example: [Teen.smokefree.gov](https://teen.smokefree.gov), a website run by the U.S. Department of Health and Human Services, features information on risks associated with various tobacco products, including hookah and e-cigarettes.

Be ready to quit

People of any age will not give up vaping or smoking unless they want to, experts say. So parents of adolescents who use the devices should remain patient until their child is ready to quit. At that point, the vaper can set a quit date and develop a "plan for success," according to a fact sheet from the American Academy of Pediatrics.

Form a support system

Experts say people are more likely to quit using nicotine products if they have support and encouragement from family or friends.

Download an app

The Truth Initiative and [SmokeFree.gov](https://www.smokefree.gov) both offer apps to help young people, specifically, stop vaping. [This Is Quitting](#) by the Truth Initiative is a free mobile program tailored to those between 13 and 24 years of age. Teens and young adults can enroll by texting DITCHJUUL to 88709. Parents of teen vapers can also receive support by texting QUIT to 202-899-7550.

Similar to This is Quitting, QuitSTART from SmokeFree.gov is a text messaging program aimed at young adults between 13 and 19 years of age. To sign up, text QUIT to 47848 or fill out a form at teen.smokefree.gov/become-smokefree/smokefreeteen-signup.

In Kentucky, adolescents can also use a new service called My Life, My Quit, which is operated by National Jewish Health. Teenagers who want to stop vaping can text or call 1-855-891-9989 toll-free. They will be connected to a "quit coach" who will provide five sessions of personalized support. For more information about My Life, My Quit, visit MyLifeMyQuit.com.

Consider counseling

Health experts recommend adolescents seek counseling or therapy that can address nicotine use as well as underlying problem