



TEEN PROGRAMS

Not On Tobacco®

The Not On Tobacco® group (N-O-T) is the American Lung Association's voluntary smoking cessation program for teens ages 14 – 19. Over the 10-week program, participants learn to identify their reasons for smoking, healthy alternatives to tobacco use and people who will support them in their efforts to quit. Visit Lung.org, call 1-800-LUNGUSA (1-800-586-4872) or email NOT@Lung.org to learn more.

Smokefree Teen

Smokefree Teen is a web-based program designed and run by the National Cancer Institute to help you understand the decisions you make - especially the decision to quit smoking - and how those decisions fit into your life. Visit teen.smokefree.gov to learn more or sign up for this free program.

Smokefree TXT

Smokefree TXT is a mobile text messaging program that provides 24/7 tips, advice and encouragement to help you quit smoking. To sign up for SmokefreeTXT, simply text QUIT to IQUIT (47848). This free program is designed and run by the National Cancer Institute.

1-800-QUIT-NOW

The quitline is a free service that offers one-on-one immediate support. It is staffed by quit smoking coaches who can provide you with helpful information, advice and support as they walk you through a step by step plan to quit. To sign up or for more information, call 1-800-QUIT-NOW (1-800-784-8669).

QuitSTART App

This QuitSTART is a free app made for teens who want to quit smoking. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration and challenges to help you become smokefree and live a healthier life. This app is free for download on iTunes and Android. This free program is designed and run by the National Cancer Institute. For more information, visit teen.smokefree.gov.

Truth Initiative E-Cigarette Quit Program

To access the new e-cigarette quit program, users can text "DITCHJUUL" to 88709. Users can also enroll in This is Quitting or BecomeAnEX®, free digital quit programs from Truth Initiative that integrate the text program. For more information on the text-based e-cigarette quit program from Truth Initiative, visit truthinitiative.org/quitecigarettes or text "QUIT" to (202) 804-9884.