



## Teen Cessation Programs



### Not On Tobacco®

The Not On Tobacco® group (N-O-T) is the American Lung Association's voluntary smoking cessation program taught by trained and certified adults 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](http://lung.org) or call 1-800-LUNGUSA to learn more or contact your local charter at 717-541-5864 for a list of available classes.

### 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](http://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](http://teen.smokefree.gov).

### Taking Down Tobacco

Taking Down Tobacco is a comprehensive youth advocacy training program created by the Campaign for Tobacco-Free Kids in partnership with the CVS Health Foundation. This initiative educates and engages youth through free online and in-person trainings. It provides introductory training for youth new to the fight against tobacco and advanced training to help young leaders take their advocacy to the next level. For more information, visit [takingdowntobacco.org](http://takingdowntobacco.org).

1-800-LUNGUSA | [Lung.org](http://Lung.org)