American Lung Association®
N-O-T Not On Tobacco®

Why quit? Why N-O-T?

1. Your health—you'll be healthier by quitting tobacco or vaping, but you'll also learn about exercising more, eating better and being less stressed.
2. You save money—you'll be surprised how much you spend on tobacco products.
3. You stop being controlled by nicotine.
4. You join friends who are going through the same things you are—learn to lean on them for support
5. You can do it—thousands already have. You're not alone!

Let's quit together!

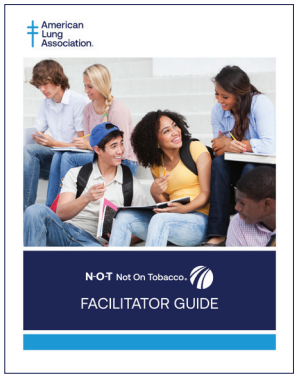
Quitting vaping or tobacco use isn't easy—but it's easier with the right help. The American Lung Association's N-O-T Not On Tobacco® program gives you options, resources and support to quit for good! N-O-T is a quit vaping and tobacco use program for teens. It helps you develop a plan that guides you on your quit journey. You'll also get the support you need to remain vape-free and tobacco-free for life!

What you'll learn:

- How to stop making excuses for not quitting
- Why you vape or use tobacco and what it will be like when you quit
- How nicotine in e-cigarettes and tobacco products affects your mind and body
- How to overcome nicotine dependence
- Getting ready for your quit day
- Benefits of quitting
- What to do if you slip
- Getting support from your friends and family
- Managing stress and avoiding weight gain
- How to stay tobacco-free and vape-free for good

N-O-T Not on Tobacco® Works!

We can help you end your addiction:



- Among the highest success rates of programs designed to help teens quit tobacco use, including e-cigarettes.
- Based on more than 20 years of research and evaluation
- Almost 97% of the participants said they liked the N-O-T program
- 87% agreed or strongly agreed that being in a group was helpful when trying to quit vaping or using tobacco
- N-O-T participants were twice as likely to quit using tobacco than teens who received just advice and brochures
- Most teens who quit their tobacco use, including e-cigarettes, through the N-O-T program were still tobacco- and vape-free for at least 18 months after the program ended

Mary and Morgan S., sisters from Fayetteville, WV, share their experience with the N-O-T program:

"It (smoking) was a sign to the world, 'I'm a deep person and I have issues. I need a cigarette.' The thing I learned the most from N-O-T was the self-talk. If you tell yourself, 'I can do this, I can stop smoking,' then you can. If we'd say, we smoke because we're stressed out, we'd think of ways to not be stressed out." —Morgan

"We started to see we weren't doing it for our teachers or our parents, we were doing it for our health. It was empowering. We learned not only could we quit smoking, we didn't have to have sex with a guy. Once you get past that addiction, what is it in your head that makes you need that toxic smoke in your lungs? It does not help you relax, you're still uncool, you're not sexy." —Mary