

BE YOUR OWN HERO!

Don't let your friends, family or classmates give you an addiction.

SAY "NO."

Giving a no-nonsense "no" should be more than enough if "no thanks" doesn't do it. Set your boundaries and be firm – your friends should respect your word.

TELL THEM "THAT'S NOT WORTH MY HEALTH."

Remind them that using any vape or tobacco products can lead to all kinds of cancer, lung disease and even heart attacks.

USE YOUR HUMOR.

Brush it off with humor. Say "I'm allergic" or "My parents would ground me for the rest of my life."

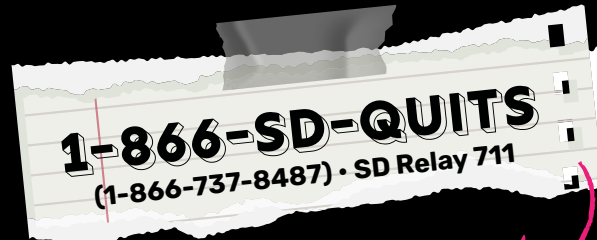
EXPLAIN YOUR STORY.

Let them know that your family has a history of addiction and that you don't want to chance it on the family issues.

CHANGE THE SUBJECT.

Just shake your head and move on to a new topic like the game that weekend, your latest binge-watch or where you're going for dinner tonight.

COMMIT TO THE QUIT.



Monday – Friday 7 a.m. – 9 p.m. CST
Saturday 9 a.m. – 5 p.m. CST
Voicemail is available 24/7 and calls are returned the next business day.

VAPINGSUCKS.TV
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SOUTH DAKOTA

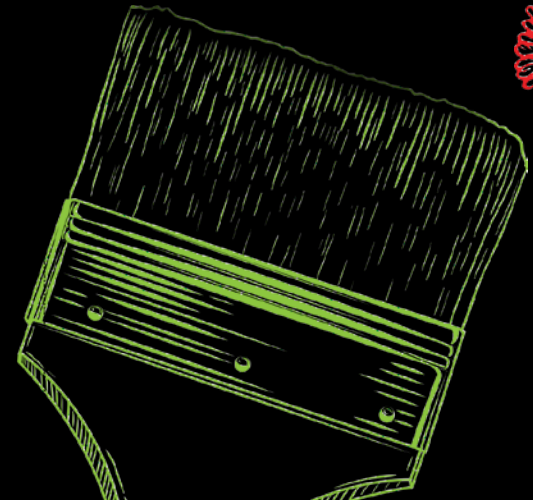
QUITLINE



DITCH THE VAPE, TINS AND SMOKES.

AND HELP OTHERS
KICK THE HABIT.

VAPINGSUCKS.TV



GET HELP FREE (13+)

Ready to ditch the habit? Standing up for your health and your good habits is up to you, but you don't have to do it alone. Whether you, your friends or your family are vape or tobacco users, the South Dakota QuitLine is here to help.

SOUTH DAKOTA
QUITLINE

PUT ME IN COACH!

Quitting your habit can be a team sport. Get a coach to help.

+ ENHANCED COACHING

Video or phone coaching includes:

- Weekly coaching calls.
- As many as 12 weeks of prescription cessation medications or NRT.*
- Step-by-step interactive Quit Guide.

Note: FREE* medications could include bupropion (generic Chantix), varenicline (generic Chantix), bupropion (generic Zyban), lozenges, gum or patches.

+ HYBRID TEXT COACHING

2QuitSD hybrid text coaching includes:

- Approximately eight weeks of individual texting with limited calls.
- As many as eight weeks of FREE nicotine lozenges, gum or patches*
- Step-by-step interactive Quit Guide.

I'M A LONE WOLF!

Quitting doesn't have to be cold turkey. Quit on your own time.

+ KICKSTART KIT

This kit is delivered to you and includes:

- Tools and tips to help you quit.
- As many as four weeks of FREE nicotine lozenges, gum or patches.*
- The optional Quit Guide.

+ QUIT GUIDE

This guide can be delivered to you, used online or printed. It includes:

- Tips and techniques to help you quit on your own.
- Guidance to better understand your addiction and prepare for your quit.
- Recommendations to ease your symptoms and cope.

*Any medications and nicotine replacement therapy options vary based on your age. Prescription medications require a prescription from a provider. Clinic costs may apply but the prescription itself is free with enrollment.

**PRACTICE MAKES
PERFECT!**

**MOST PEOPLE DON'T QUIT ON THEIR
FIRST TRY. IT OFTEN TAKES
BETWEEN 8 AND 11 ATTEMPTS
BEFORE THEY KICK THE
HABIT FOR GOOD.**

THAT'S TOXIC!

What are you putting in your lungs?
When you take a puff from a vape pen, you are inhaling truly vile chemicals. You'd be surprised where else you can find these toxic ingredients.

