

Nicotine and vaping

Moderate · 12 min to read; 20 min to make a quit plan · Free help

YOU'LL NEED

- ☐ A calendar to pick a quit date
- ☐ One or two people to tell
- ☐ Your list of reasons to quit, on your phone

WHAT TO KNOW

- 1 **Know what's in it.** Most e-cigarettes contain nicotine, which is highly addictive. The aerosol can also contain cancer-causing chemicals, heavy metals like nickel, tin and lead, and tiny particles that reach deep into the lungs.
- 2 **Know why it hits young people harder.** Brain development continues until about age 25. Young people can show signs of addiction quickly, sometimes before vaping daily, and may be at higher risk of other addictions later.
- 3 **Write down why you're quitting (health, money, feeling in control) and keep the list on your phone to look at when a craving hits.**
- 4 **Pick a quit date no more than a week or two away, and not a stressful day like the day before a big test.**
- 5 **Learn your triggers (certain people, places, feelings or situations) and plan around them.** Early on, it may mean a short break from friends you vape with and knowing what you'll say if someone offers.
- 6 **Expect withdrawal.** It can include feeling irritable, restless or anxious, feeling down, trouble sleeping or concentrating, hunger and cravings. These symptoms fade as your brain adjusts. The first few weeks are usually the hardest.
- 7 **Get free help.** Call 1-800-QUIT-NOW (1-800-784-8669) to talk confidentially with a quit coach; in Spanish, 1-855-335-3569. Or sign up for SmokefreeTXT by texting QUIT to 47848, or use the quitSTART app.
- 8 **Tell people what kind of support you want, and talk to your doctor about quitting.**

Watch out Vaping won't fix stress, anxiety or a low mood. The most common reason students give for vaping is feeling anxious, stressed or depressed, but nicotine addiction and withdrawal can make those feelings worse and keep the cycle going. Also keep vapes and e-liquid away from little kids: more than 80% of poison-center calls about e-cigarettes involve children under 5.

DAD NOTE *Quitting usually takes more than one try. Every try counts.*

Full lesson: aptkeys.com/body/substances-the-facts/nicotine-and-vaping/

Checked October 2, 2026. Sources: Centers for Disease Control and Prevention; National Cancer Institute (Smokefree Teen); U.S. Food and Drug Administration; Truth Initiative.