

# Live Vape Free

## **Why are we concerned about youth vaping?**

Nicotine can harm the growing adolescent brain that controls attention, learning, mood, and impulse control. Using nicotine in adolescence may also increase the risk for future addiction to other drugs.

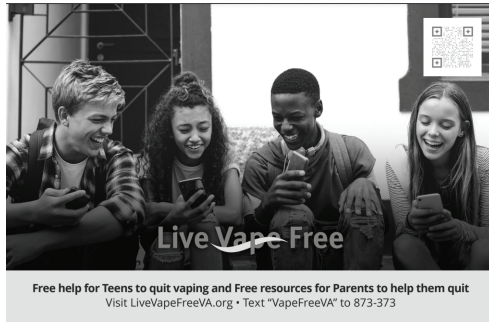
## **What can we do to prevent youth from vaping?**

- Learn the risks of vaping to better educate others.
- Have comprehensive smokefree, vaping, tobacco, and nicotine free policies at all places.
- Promote and use cessation services such as Live Vape Free and Quit Now.

## **What resources are available to help us quit?**

There are a number of resources available to help quite tobacco:

- [Live Vape Free Virginia](#) (or text 873-373) is a free service offering professional support and expert advice to parents and teens.
- [Stanford Tobacco Tool kit](#) provides resources for educators, parents, youth, and researchers to prevent the use of tobacco and nicotine among middle and high school students.
- [Quit Now Virginia](#) (800-784-8669) is a free service for all Virginians 13 and older who want to quit tobacco.



**For more information contact:** Tiffany Eustice, Northwest Region Coordinator for Tobacco Control, Virginia Department of Health at 434-964-8544 or [tiffany.eustice@vdh.virginia.gov](mailto:tiffany.eustice@vdh.virginia.gov).



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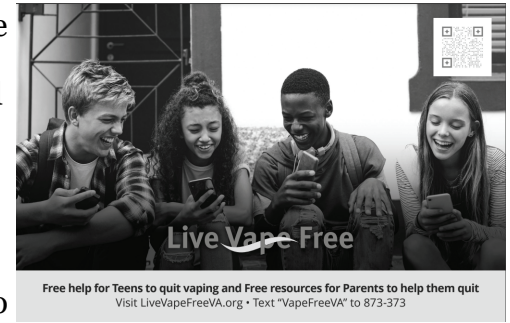
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