

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.



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