



# Youth Tobacco Prevention and Cessation Resources

## Cessation Resources

- **My Life, My Quit™:** [mylifemyquit.com](http://mylifemyquit.com)
  - A program supported by the Rhode Island Department of Health for teens and young adults
  - Free, live, and confidential
  - Text "start my quit" to 36072, call 855-891-9989, or visit the website to chat online.
- **This Is Quitting:** [truthinitiative.org/thisisquitting](http://truthinitiative.org/thisisquitting)
  - A program of the Truth Initiative
  - A free and anonymous program designed to help young people quit vaping.
  - Text DITCHVAPE to 88709



## Prevention Resources

- **“No smoking/No vaping” sign for all K-12 schools (State law as of 1/1/2018)**
  - Print and display indoors and outdoors on all school properties
  - English:  
[health.ri.gov/publications/signs/ThisIsATobaccoFreeSchoolCampus.pdf](http://health.ri.gov/publications/signs/ThisIsATobaccoFreeSchoolCampus.pdf)
  - Spanish:  
[health.ri.gov/otherlanguages/spanish/publications/signs/ThisIsATobaccoFreeSchoolCampus.pdf](http://health.ri.gov/otherlanguages/spanish/publications/signs/ThisIsATobaccoFreeSchoolCampus.pdf)
- **FDA Signage**
  - Get FREE professional prints of glossy posters shipped direct to you!
  - Posters available in English and Spanish
  - [digitalmedia.hhs.gov/tobacco](http://digitalmedia.hhs.gov/tobacco)
- **FDA-Scholastic Book Publishers Educational Curricula**
  - Evidence-based health education materials for school settings
  - Materials available in English and Spanish
  - [scholastic.com/youthvapingrisks](http://scholastic.com/youthvapingrisks)
- **CDC Youth Tobacco Use Infographics**
  - Evidence-based health education resources for parents, teachers, and community partners
  - [cdc.gov/tobacco/infographics/youth](http://cdc.gov/tobacco/infographics/youth)



- **CDC Youth Tobacco Use and E-cigarette Resources**
  - Includes parent resources, fact sheets, tips for healthcare providers, etc.
  - [cdc.gov/e-cigarettes](https://cdc.gov/e-cigarettes)
- **US Surgeon General Youth Tobacco Use and E-cigarette Resources**
  - Includes FAQ's, healthcare provider conversation cards, and parent tip sheets
  - [e-cigarettes.surgeongeneral.gov](https://e-cigarettes.surgeongeneral.gov)
- **Truth Initiative**
  - Gives young people the facts about smoking, vaping, nicotine, and the tobacco industry
  - [truthinitiative.org](https://truthinitiative.org)
- **Campaign for Tobacco Free Kids**
  - One of the leading advocacy organizations working to reduce tobacco use
  - Provides health education on the deadly consequences of tobacco use in the United States and around the world
  - [tobaccofreekids.org](https://tobaccofreekids.org)

## **Rhode Island Resources**

- **Tobacco Free Rhode Island (TFRI): [tobaccofree-ri.org](https://tobaccofree-ri.org)**
  - A statewide network of organizations and people fighting to reduce tobacco and nicotine use
  - Access evidence-based educational tools, policy updates, quit resources, and more
  - Follow TFRI on Facebook: [Facebook.com/TobaccoFreeRI](https://Facebook.com/TobaccoFreeRI)
  - Tobacco Free Youth Ambassador Program: [tobaccofree-ri.org/TFRI-Ambassadors.pdf](https://tobaccofree-ri.org/TFRI-Ambassadors.pdf)
- **Rhode Island Prevention Resource Center (RIPRC)**
  - Online e-cigarette health education trainings available
  - [riprc.org/elearning/e-cigarettes](https://riprc.org/elearning/e-cigarettes)

## **Trainings and Health Education with National Partners**

- **INDEPTH – Alternative to Suspension/Citation Program**
  - [lung.org/quit-smoking/helping-teens-quit/indepth](https://lung.org/quit-smoking/helping-teens-quit/indepth)
- **Taking Down Tobacco Training Program**
  - Created and sponsored by the Campaign for Tobacco Free Kids and CVS Health
  - [takingdowntobacco.org](https://takingdowntobacco.org)
- **Stanford Tobacco Education Toolkit**
  - Resources suitable for faculty, health educators, parents, and peer-to-peer trainings
  - [med.stanford.edu/tobaccopreventiontoolkit](https://med.stanford.edu/tobaccopreventiontoolkit)
- **Catch My Breath Curriculum**
  - National program created through a CATCH Global Foundation partnership with CVSHealth
  - [catch.org/program/vaping-prevention](https://catch.org/program/vaping-prevention)