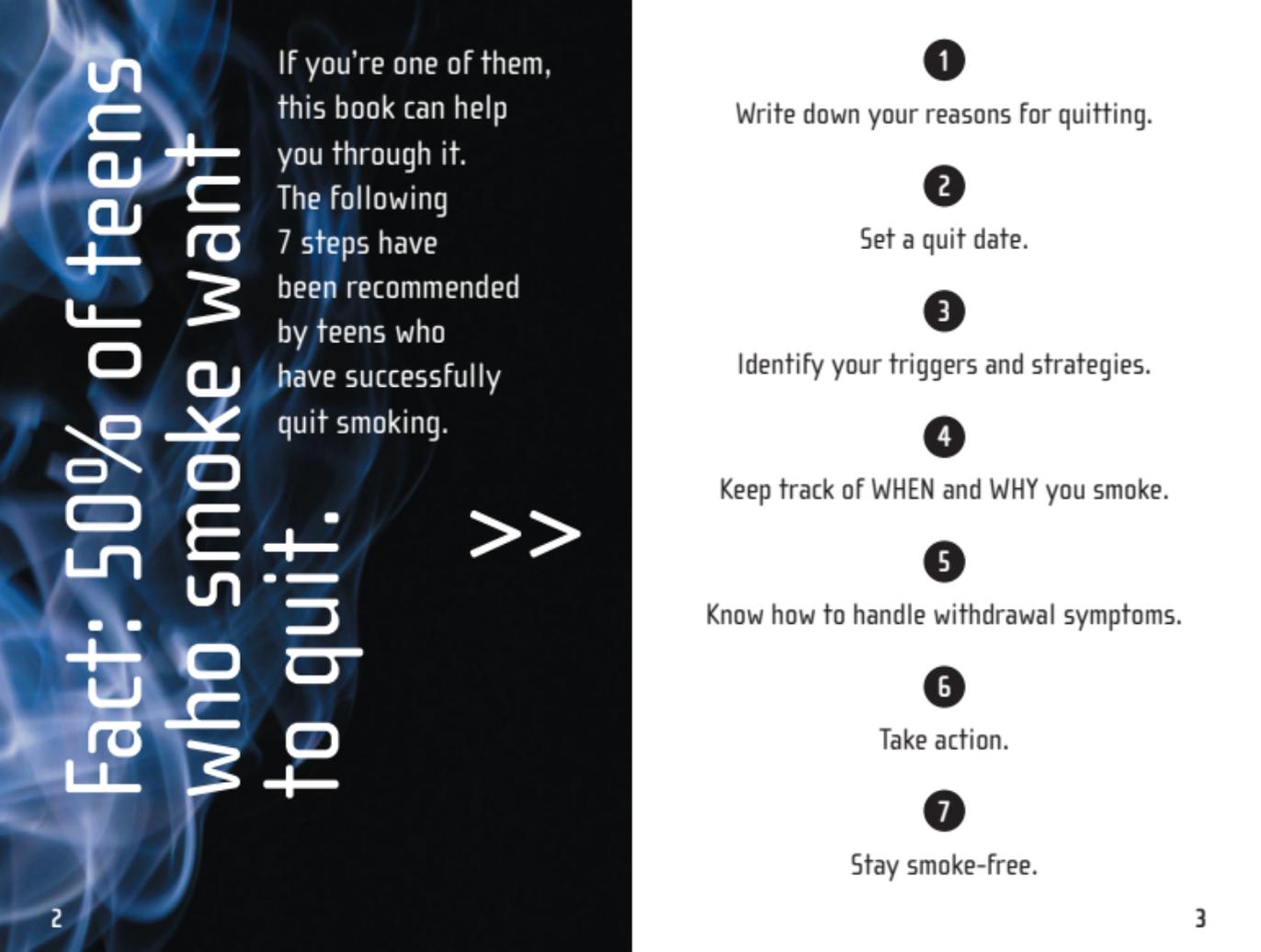


Quit
Kit

A background of blue smoke or mist rising from the bottom left corner against a black background.

Fact: 50% of teens who smoke want to quit.

If you're one of them, this book can help you through it. The following 7 steps have been recommended by teens who have successfully quit smoking.



1

Write down your reasons for quitting.

2

Set a quit date.

3

Identify your triggers and strategies.

4

Keep track of WHEN and WHY you smoke.

5

Know how to handle withdrawal symptoms.

6

Take action.

7

Stay smoke-free.

2

Set a quit date.

This quit date should be within the next two weeks. Decide how you will quit — cold turkey or cutting back — and any other strategy that you will use. (See your large booklet.)



MY QUIT DATE

4

Keep track of WHEN and WHY you smoke.

Find out your triggers for smoking by keeping track of when and with whom you smoke. When you are about to take a cigarette, but before you actually put it in your mouth and light up, fill in this chart:



YOUR MOOD									
WHO YOU WERE WITH									
WHAT YOU WERE DOING									
TIME									
DATE									

6

Take action.

Tell your friends and ask for their understanding and support. Throw away any cigarettes you have, and get rid of any other tobacco materials. Remember, total abstinence is essential — even one puff can set you back.



7

Stay smoke-free.

Congratulations! Now that you've quit smoking, think of what could get in your way of staying a nonsmoker. Use the following page to write down how you will handle these challenges.



Calling
it
Quits.

