



# VAPING

## Quit support

There are lots of ways to support young people to quit vaping. Remind them they're not alone and it may take a few tries to quit for good.

### Tips to support young people to quit

Start by having an open and honest conversation about vaping. Let them know you're there to help, and you care about their health and wellbeing. Be prepared to listen to their thoughts and feelings without judgement.



Ask why they vape, if they've tried to stop before, anything that made it hard, and what might make it easier.



Help them identify their vaping triggers. This might be places, feelings, times, or people. Plan how they will manage them.



Explore how much they know about vaping harms and risks. Reinforce the negative impacts of vaping on physical and mental health.



Help set goals and reasons to quit. Write this down so they can look at this list when they're finding it difficult.



Help them prepare for peer pressure to vape and how to respond.



Lead by example by being vape-free and tobacco-free yourself.

### What to expect when quitting

Some people can experience withdrawal symptoms when they stop getting their regular nicotine 'hits'. Nicotine withdrawal is temporary and isn't dangerous.

#### Common withdrawal symptoms:

- Being down or irritable
- Finding it hard to concentrate or think clearly
- Feeling anxious, restless or jittery
- Trouble sleeping
- Feeling more hungry than usual
- Not being able to focus on things apart from vaping.

Nicotine withdrawal symptoms usually get better during the first few weeks of quitting.

The psychological urge to vape can last longer as the brain adapts and re-learns how to function without nicotine.

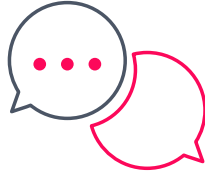
Withdrawal symptoms can be uncomfortable, but will reduce over time. This is a sign the body is recovering.

# Ways to manage vape cravings

Regularly trying these strategies can help your young person to manage cravings and keep their mind off vaping. It might take a few tries to figure out which strategies work best for them. Encourage them to keep trying, even if they find it challenging or slip-up.



**Avoid triggers** as much as they can, especially in the first 2 weeks.



**Reach out for help** from a friend who also wants to quit or doesn't vape, or an adult they can trust, like a school counsellor or health professional.



**Get active** – try short bursts of physical activity like push ups, squats, star jumps or a brisk walk.



**Carry a snack** (e.g. fruit, nuts, sugar free gum). This can provide the 'feel good' dopamine hit their brain is craving and keep their hands and mouth busy.



**Distraction.** Chat to a friend, play a game, use a fidget toy or stress ball, read a book, listen to music, or try a new hobby that's hands-on like drawing or knitting.



**Relaxation strategies.** Try deep breathing, meditation or other mindfulness strategies. For example [square breathing](#), [five count breath](#), or [relaxation exercises](#).

Visit [cleartheair.org.au](https://cleartheair.org.au) for more ways to deal with common triggers and stay vape-free.

## Other quit supports

Quit medications like nicotine replacement therapy (NRT) may be appropriate for some young people if they're finding it hard to quit or manage cravings. Speak to your doctor or pharmacist for advice.

## Where to get help

Chat to the [Quitline](https://quitline.org.au) (13 7848). Quitline has trained counsellors who understand nicotine dependence and can provide personalised and confidential advice, tips and support to help young people stay vape-free.

Encourage young people to download the free [MyQuitBuddy](#) app to set personal goals, track quitting progress, and find tips to help quit vaping for good.



Get the facts about vaping at [healthywa.wa.gov.au/vaping](https://healthywa.wa.gov.au/vaping)

Produced by Tobacco Policy. © Department of Health 2024.  
The WA Department of Health acknowledge NSW Health's authorship and ownership of these materials.